



Ways to Use  
Vegetables  
in Hawaii

UNIVERSITY OF HAWAII  
AGRICULTURAL EXPERIMENT  
STATION BULLETIN 97

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Ways to Use

# Vegetables

in Hawaii

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UNIVERSITY OF HAWAII AGRICULTURAL EXPERIMENT STATION  
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WAYS TO USE VEGETABLES IN HAWAII has been planned especially for the homemaker, but it should be of value also to teachers, students, and others who are interested in preparing vegetables available in Hawaii as part of attractive and nutritious meals.

It has been the aim of the authors\* to embody the findings of recent scientific research in simple and concise directions for the selection and preparation of vegetables.

Sections on vegetables appear in alphabetical order. Concerning each vegetable there are notes on nutritive values, points to consider in selection, recipes for preparing in a number of appetizing ways, and specific directions for preserving the maximum nutritive value.

A brief discussion on the contribution which vegetables in general make to the well-planned diet, the general principles involved in storing and cooking vegetables, and the selection and care of utensils used in vegetable cookery precede the sections which include recipes. On pages 8 and 9 is a table summarizing the vitamin values of vegetables.

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# NUTRITIVE VALUE OF VEGETABLES and their place in the diet

THE WISE HOUSEWIFE should spend at least as much money for vegetables and fruits as for meat, fish, and poultry; and, in addition, she must choose the vegetables and fruits with an understanding of their nutritive value if she is to get her money's worth, and if her family is to be well fed. Scientific research in recent years has proved clearly that fruits and vegetables vary widely in their composition and cannot be used interchangeably. The homemaker must also decide which vegetables to plant in the home garden. When the plot is small, the nutritive value of the vegetables to be grown is one of the primary factors to be considered.

Vegetables are valued chiefly for the vitamins and minerals which they furnish. Some, such as potatoes, sweetpotatoes, taro, sweet corn, and lima beans, which contain 20 to 25 percent starch, can also contribute materially to the day's energy needs. Others, like tomatoes, watercress, and green leafy cabbage, which contain more than 90 percent of water and only 3 percent or less of carbohydrate, make their chief contribution as important carriers of minerals and vitamins. Some watery vegetables—for example, summer squash and chayote—contain only small amounts of minerals or vitamins. However, they and other vegetables of low nutritive value may be used to provide variety in flavor, texture, and color. Many vegetables are of value for their mildly laxative properties.

Authorities in the field of nutrition recommend eating at least three vegetables each day. At least one of these should be dark green or deep yellow because of the high vitamin A value of such vegetables. With the exception of green onions and green lettuce, an average serving of any one of the vegetables rated as an excellent source of vitamin A (p. 8) will supply the day's quota of this vitamin.

Fresh vegetables cannot be depended upon to furnish adequate amounts of thiamine. Only two—green soybeans and lima beans—are considered good sources. A number of vegetables are fair sources of thiamine, however, and when some of them, including taro, poi, and potatoes, are used in relatively large amounts, they may make an important contribution to the daily thiamine need. However, we must depend upon other foods such as whole-grain cereals, legumes, milk, and lean pork to furnish a large portion of the needed thiamine.

In Hawaii, fruits such as papayas, guavas, mangoes, and oranges, which are usually available, may be depended upon to furnish the day's need for ascorbic acid. Vegetables that are excellent or good sources of ascorbic acid are listed in the table on page 9. The ascorbic acid of these vegetables, when they

## WAYS TO USE VEGETABLES

are handled and prepared in such a way as to preserve this unstable and water-soluble vitamin, may supplement or replace the ascorbic acid furnished by fruit.

Recent studies have shown that vegetables, even of the same variety, vary greatly in their nutritive value when ready to be eaten. The problem of determining differences in and losses of the nutritive value of vegetables is being actively investigated at this time and much remains to be discovered. To date, some of the most important factors that affect the nutritive value of vegetables, especially the vitamin content, may be summarized as follows:

1. **VARIETY AND ENVIRONMENT.** Different varieties of the same vegetable may vary greatly even when grown under the same conditions. Efforts are being made to develop and produce varieties with high mineral and vitamin values. Also the effects of soil, fertilizer, season, climate, and locality are being studied to determine the most favorable growing conditions.

2. **MATURITY.** The age of the plant and the condition and the quality of the vegetable at the time of harvesting influence its composition. In general, vegetables in prime condition have their maximum nutritive value.

3. **STORAGE AND TRANSPORTATION.** Long exposure of vegetables to warm air affects the nutritive value as well as the freshness. Refrigeration tends to retard but does not completely prevent loss of the more labile (unstable to light, heat, and oxidation) vitamins. Garden-fresh vegetables are most desirable because of their higher nutritive values as well as their superior flavor.

4. **PREPARATION.** (a) *Prior to cooking*—The amount of trimming, the portions discarded or retained, and the thickness of parings may affect the final nutritive value of vegetables. Coarse midribs and stems of leafy vegetables may be discarded without reducing the nutritive value because they have less nutrients than the leafy portions, though this practice will increase the cost of the vegetables as served. On the other hand, the green outer leaves of cabbage and head lettuce contain more minerals and vitamins than the bleached inner leaves, and when they are in good condition they should be utilized. If potatoes and root vegetables are pared carelessly and thick parings are discarded, not only are waste and cost increased but loss of some of the nutrients results.

(b) *Cooking*—When vegetables are cooked in large amounts of water, more water-soluble vitamins (thiamine, riboflavin, niacin, and ascorbic acid) and minerals are extracted, and if the water is discarded, the nutritive value of the vegetables as served is greatly decreased. Therefore, as little water as practicable should be used and the vegetable juices should be served with the vegetables. Overcooking tends to destroy the less stable vitamins. A few minutes' additional cooking in an ordinary saucepan is not serious, but it is

## NUTRITIVE VALUE OF VEGETABLES

reported that overcooking even one-half minute in a pressure saucepan may greatly increase the vitamin loss and result in an undesirable product.

It is recommended that vegetables be started in boiling water and quickly reheated to the boiling point in order to kill the enzymes in them. These enzymes, if not destroyed, hasten the oxidation and consequent destruction of vitamins. It is also recommended that vegetables, including those added to meat stews, should be cooked only long enough to make them palatable; overcooking destroys the vitamins.

Baking retains the minerals of vegetables but experiments to date indicate that greater losses of vitamins result when the vegetables are baked than when they are boiled in small amounts of water. Putting vegetables to bake in a hot oven may reduce these losses because the enzymes which cause vitamin destruction are then inactivated more rapidly.

Keeping cooked vegetables warm on the stove or the steam table or reheating them after storage in the refrigerator tend to increase the loss of the more labile vitamins.

Thus it may be seen that not only do vegetables vary greatly in their composition but that they are also affected by cumulative losses of vitamins that often occur during passage from the garden to the table.

All of the more recent work on the nutritive value of vegetables serves to emphasize the importance of the home garden in supplying strictly fresh food. When vegetables must be purchased, select those that are crisp and fresh, store them properly, and prepare them so as to retain their minerals and vitamins. Effective rules to follow for the preservation of the nutritive value of vegetables are given on pages 10 and 11.

Vegetables of low nutritive value, used principally to lend variety in texture and flavor to meals, may be prepared in ways not recommended for the more nutritious vegetables. For example, there is no objection to soaking cucumbers in ice water to make a crisp salad since they furnish little or no minerals and vitamins, but are used chiefly for their flavor and texture. Beets lend color to a meal but are so poor nutritionally that it is immaterial how they are cooked so long as the color is well retained.

Research in the laboratories of the University of Hawaii Agricultural Experiment Station to date indicates that vegetables grown in Hawaii are as good sources of minerals as are similar vegetables imported from the Mainland. Many factors affect the mineral content of vegetables and other plants, so that within one locality wide variations are the rule rather than the exception. Since investigation of the mineral content of Hawaiian-grown vegetables is still in progress, and since the results of the research will be published later, little space is given in this bulletin to a discussion of mineral values.



## WAYS TO USE VEGETABLES

Compared with other vegetables, fresh legumes and most green leafy vegetables are especially rich in calcium and iron. However, because the calcium of beet greens, chard, and all kinds of spinach, including amaranth (p. 70), is in the form of calcium oxalate, it is not utilized by the body. The calcium oxalate does not affect the utilization of the iron of these vegetables.

Hawaiian-grown vegetables, as a rule, show higher vitamin values than similar fresh vegetables imported from the Mainland, probably because storage and transportation have affected the vitamins in the imported products.

In the table below, the vegetables included in this bulletin are rated as excellent, good, fair, and poor sources of the three important vitamins—vitamin A, thiamine (vitamin B<sub>1</sub>), and ascorbic acid (vitamin C). With one or two exceptions, these data are based on vitamin assays made in the Nutrition Department of the University of Hawaii Agricultural Experiment Station. The criteria for rating the vegetables as sources of vitamins are given in the appendix.

Chemical analyses and vitamin assays of many local vegetables will be published in forthcoming bulletins of the University of Hawaii Agricultural Experiment Station.

TABLE 1.—*Vegetables as sources of vitamins.*  
(All were tested in the cooked state except cucumbers, lettuce, tomatoes, and watercress.)

V I T A M I N A		
<b>EXCELLENT SOURCES</b>		
Beet greens	Chard	Sweetpotato
Belembe	Lettuce, green	(deep-yellow)
Broccoli	Onions, green	Taro leaves (luau)
Cabbage, green mustard	Spinach	Turnip greens
Cabbage, white mustard	Squash and pumpkin	
Carrots	(yellow-fleshed)	
<b>GOOD SOURCES</b>		
Asparagus	Cowpeas	Watercress
<b>FAIR SOURCES</b>		
Beans, green	Okra	Sweetpotato (light-yellow)
Beans, green soy	Peppers, green	Tomatoes
<b>POOR SOURCES</b>		
Bean sprouts	Cabbage, head	Eggplant
Beans, lima	Cauliflower	Lettuce, bleached
Beans, wax	Chayote	Squash, pattypan
Beets	Corn	Taro, Hawaiian
Cabbage, Chinese	Cucumber	Taro, Japanese

## NUTRITIVE VALUE OF VEGETABLES

### T H I A M I N E

#### EXCELLENT SOURCES

None

#### GOOD SOURCES

Beans, lima

Beans, green soy

#### FAIR SOURCES

Asparagus

Chard

Squash and pumpkin  
(yellow-fleshed)

Bean sprouts

Corn

Sweetpotato

Beans, green

Cowpeas

Taro, Hawaiian

Beans, wax

Eggplant

Taro, Japanese

Belembe

Okra

Taro leaves

Broccoli

Onions, green

Tomatoes

Cabbage, green mustard

Parsnips

Watercress

Cauliflower

Potato

#### POOR SOURCES

Beets

Carrots

Peppers, green

Beet greens

Cucumber

Spinach

Cabbage, head

Onions, dry

Squash, pattypan

Cabbage, white mustard

### A S C O R B I C      A C I D

#### EXCELLENT SOURCES

Broccoli

Peppers, green

#### GOOD SOURCES

Belembe

Cabbage, white mustard

Turnip greens

Cabbage, green mustard

Taro leaves

Watercress

#### FAIR SOURCES

Asparagus

Cabbage, head

Onions, green

Bean sprouts

Cauliflower

Potato

Beans, green soy

Celery

Squash and pumpkin  
(yellow-fleshed)

Cabbage, Chinese

Cowpeas

Tomatoes

#### POOR SOURCES

Beans, green

Corn

Parsnips

Beans, lima

Cucumber

Spinach

Beans, wax

Lettuce, bleached

Squash, pattypan

Beet greens

Lettuce, green

Sweetpotato

Carrots

Okra

Taro, Hawaiian

Chard

Onions, dry

Taro, Japanese

Chayote

# MAKING THE MOST OF VEGETABLES

Vegetables are valuable in our diets chiefly for the minerals and vitamins which they contribute and in some cases for the energy or for the bulk they provide. The maximum nutritive value can be obtained not only by the adoption of methods of cooking that will reduce vitamin and mineral losses, but also by careful selection and by proper storage and preparation prior to cooking.

Listed below are practical suggestions on how to select, store, prepare, and cook vegetables.

## SELECTION—

1. Purchase vegetables that are in season.
2. Plan to use one dark-green or one deep-yellow vegetable each day.
3. Choose one or two vegetables each day that may be served raw.
4. Select vegetables that are fresh and crisp, avoiding those with damaged or decayed spots.
5. Purchase or harvest only enough perishable vegetables for immediate use.

## STORAGE—

1. Discard inedible portions of vegetables, such as damaged and decayed leaves of leafy vegetables and carrot tops, in order to prevent further spoilage and to save storage space. Wash, if necessary, and drain.
2. Store vegetables that wilt or spoil easily in the refrigerator in moisture-proof bags or wrapped in waxed paper, or place them in the hydrator or any other tightly covered container.
3. Store eggplant, green peppers, and tomatoes on a shelf in the refrigerator.
4. Store lima beans, soybeans, and peas in the pods in a covered container in the refrigerator.
5. Store staple vegetables, such as dry onions and potatoes, in dry ventilated bins.

## PREPARATION—

1. Use vegetables as soon as they are purchased or harvested, or refrigerate as directed under Storage. Vitamin values begin to decrease as soon as vegetables are harvested.

## MAKING THE MOST OF VEGETABLES

2. If vegetables are to be cooked without skins, scrape or pare them very thinly.

3. Do not shred or cut vegetables until just before cooking or, if served raw, until just before serving.

4. Do not soak pared or cut vegetables in water; doing so results in the loss of water-soluble vitamins and minerals.

5. Do not discard the outer green leaves of lettuce and cabbage if they are of good quality; they are rich in minerals and vitamins.

6. Leave the skins on root vegetables, such as potatoes, sweetpotatoes, parsnips, and beets, if they are to be boiled in large amounts of water; this procedure reduces the loss of minerals and vitamins.

### COOKING—

1. Cook vegetables only long enough to soften them or to make them palatable. Do not overcook them. The length of the cooking period varies according to the kind, age, and maturity of the vegetable, and the size of the pieces to be cooked.

2. Never use soda to preserve the color of a vegetable nor to shorten the cooking time since soda destroys vitamins.

3. Add salt at the beginning of the cooking period because it tends to reduce losses of vitamins and minerals.

4. Cook vegetables in a covered pan in order to lessen the destruction of certain of the vitamins.

5. Start vegetables in boiling water and heat the water to the boiling point again quickly.

6. Use only a small amount of boiling water in the bottom of the saucepan, add vegetables, cover closely, and "steam."

7. When cooking green leafy vegetables, use only the water that clings to the leaves after washing, add fat, using 1 to 2 tablespoons of fat for each pound of raw vegetable, and "steam."

8. Serve the small amount of water that remains in the saucepan after the vegetable is cooked, since it contains some of the water-soluble nutrients.

9. Serve vegetables as soon as possible after they are cooked.

10. Since refrigeration and reheating of cooked vegetables further destroy vitamins, try to avoid having leftovers; utilize any that you do have in salads whenever possible.

# SELECTION AND CARE OF UTENSILS used in preparing and cooking of vegetables

The food values of vegetables will be preserved equally as well whether you use utensils of tin, aluminum, enamelware, glass, or earthenware. To be efficient the utensil should have a smooth flat bottom and straight or slightly flaring sides. The bottom of the utensil should be as large in diameter as the burner on which it is to be used. The handle should be convenient in shape and size and the lid should be tight-fitting and heavy enough to stay in place. Use of a close-fitting cover is important for two reasons. First, the contents of the saucepan can be heated to the boiling point more quickly. Second, less water is required to cook the vegetables without burning them, because less evaporation occurs.

Some types of glass and earthenware are flameproof, while others are meant for oven cookery only. The manufacturers' directions for using glass and earthenware utensils should be carefully followed.

A small pressure saucepan, usually made of cast aluminum, with a cover that snaps on or slides into position, can be used for ordinary household cookery. Scientific experiments show that the small pressure saucepan is as satisfactory as other utensils for the cooking of green vegetables with the exception of cabbage, asparagus, broccoli, and cauliflower. However, great care must be taken not to overcook the vegetables. Experiments done elsewhere indicate that even one-half minute of overcooking in the pressure saucepan greatly increases the destruction of some of the vitamins.

The larger pressure cooker used for canning is made of cast aluminum, tinned steel, or porcelain-enameled steel and must be strong enough to withstand relatively high steam pressures. It has a tight-fitting cover that can be locked or clamped into the top of the cooker. Such a pressure cooker is not recommended for cooking vegetables but should be used for the canning of all vegetables (with the exception of tomatoes) and for all meats.

Vegetable brushes, sharp knives, a measuring cup, a set of measuring spoons, and vegetable graters or shredders are the only other utensils needed for vegetable cookery.

It pays to keep your cooking utensils in good condition. Here are a few simple rules for their care:

1. When adding water to vegetables in any type of utensil, but especially in a glass one, be sure that the liquid is about the same temperature as the vegetable which is being cooked.

2. Always be sure that your utensil holds either liquid, fat, or moist food before you place it over the heat. Overheating utensils causes them to warp.
3. Never handle a hot utensil with a wet cloth or place it in cold water.
4. Put utensils to soak in water as soon as they are cool after emptying them.
5. Scour spots and stains on aluminum and iron utensils with metal scourers.
6. Use fine scouring powders or very fine steel wool for glass-, earthen-, and enamelware.
7. Wash all cooking utensils in hot soapy water, rinse, and dry thoroughly.

## ASPARAGUS

**DESCRIPTION AND SUPPLY.** The tender shoots of the asparagus plant which are used as a vegetable may be green or bleached according to the cultural methods used. Fresh asparagus is normally imported from the Mainland from March to August, with the height of the season coming in April. Production in Hawaii is heaviest from November to March. Asparagus should be graded according to size and quality of stalks.

**NUTRITIVE VALUE.** Green asparagus is more nutritious than bleached or white. Green asparagus is a good source of vitamin A and a fair source of thiamine and ascorbic acid.

**SELECTION AND PREPARATION.** Good quality asparagus has crisp, tender, straight, thick stalks with unbroken, compact tips.

In preparation for cooking, grasp each stalk between thumbs and forefingers and snap off the woody butt end from the tender portion. Cut or rub off the coarser scales. If the stalks are sandy, scrub them with a brush to remove sand and scales.

**AMOUNT TO BUY.** One pound of asparagus yields three to five servings. About 2 cups of cooked diced asparagus may be obtained from 1 pound. Five to seven tips of good quality asparagus will serve one person.

### CREAM OF ASPARAGUS SOUP

YIELD: 4 Servings

- |                                   |                                 |
|-----------------------------------|---------------------------------|
| 1/4 cup minced onion              | 1 teaspoon salt                 |
| 1/4 cup minced celery             | 1/4 teaspoon paprika            |
| 1 cup water                       | 1 cup undiluted evaporated milk |
| 2 tablespoons butter or margarine | 1 cup chopped cooked asparagus  |
| 2 tablespoons flour               |                                 |

Cook onion and celery in water until very tender. In the meantime, melt fat in top of double boiler and blend in flour, salt, and paprika. Add the milk

## WAYS TO USE VEGETABLES

slowly, stirring constantly. Cook 10 minutes. Reheat the cooked asparagus, finely chopped or rubbed through a sieve, with the onion, celery, and liquid. Pour asparagus, onion, and celery mixture slowly into the hot thin white sauce just before serving in order to keep the sauce from curdling.

### BUTTERED ASPARAGUS

YIELD: 4 Servings

1 pound asparagus	3 to 4 tablespoons melted
$\frac{3}{4}$ cup boiling water	butter or margarine
$\frac{1}{2}$ teaspoon salt	

#### METHOD I

Wash asparagus and prepare as directed on page 13. Tie asparagus in bunches and place upright in boiling salted water in the bottom of a double boiler. Invert the top of the boiler over the asparagus tips and boil 15 to 20 minutes, or until bottoms of stalks are tender. The steam will cook the tips. Lift bunch from boiler and drain. Add melted fat to individual servings of five to seven stalks.

#### METHOD II

Wash asparagus and prepare as directed on page 13. Cut stalks in 1- to  $1\frac{1}{2}$ -inch pieces. Use only  $\frac{1}{3}$  cup water, add salt, and heat water to the boiling point. Add butt-end pieces and cook 10 minutes, then add tip pieces and cook 5 minutes longer, or until tender. Serve with the melted fat.

**VARIATION:** Prepare asparagus as in Method I or II and serve with Cheese Sauce or Hollandaise Sauce (p. 101), allowing approximately  $\frac{1}{4}$  cup sauce per person.

### ASPARAGUS WITH CHEESE AND BACON SAUCE

YIELD: 4 to 5 Servings

1 cup White Sauce (p. 101)	1 cup cooked diced asparagus
$\frac{1}{3}$ to $\frac{1}{2}$ cup grated cheese	2 slices bacon, sautéed and minced

Prepare white sauce, and add grated cheese. Stir over low heat until cheese is melted. Then add 1 cup cooked diced asparagus and the minced bacon. Serve over partially polished or brown rice or on whole-wheat toast.

### ASPARAGUS TIMBALES

YIELD: 4 to 5 Servings

20 cooked asparagus tips (about 1 pound)	1 teaspoon chopped parsley, if desired
3 eggs	1 teaspoon chopped onion
$\frac{3}{4}$ teaspoon salt	$1\frac{1}{2}$ cups scalded milk
$\frac{1}{2}$ teaspoon paprika	

Butter four or five custard cups. Place cooked asparagus tips around the sides, tips down. Beat eggs slightly, add seasonings and scalded milk, and pour into the custard cups. Place cups in pan of hot water. Bake about 25 minutes at 350° F., or until an inserted paring-knife blade comes out clean. Unmold the timbales onto a warm platter and serve with Parsley Sauce (p. 102).

## FRESH BEANS

**DESCRIPTION AND SUPPLY.** Four types of fresh beans are grown the year round in Hawaii—green, wax, lima, and soybeans.

Both green and wax beans are referred to as snap beans. The pods of these beans are eaten. Flat-podded varieties of green beans are most popular with oriental housewives. The tender round-podded varieties are not often found in the markets, but they are grown in many home gardens.\* The market supply of snap beans is most plentiful from April through July.

Only the young green beans of limas and soybeans are used and the pods are discarded. In Hawaii, green soybeans are sold on the plants (with the leaves and roots) which are made into bunches of varying sizes. The pods have a fuzzy surface, are green in color, and contain from one to three beans per pod.

**NUTRITIVE VALUE.** Among vegetables, fresh beans rank high for their nutritive qualities. They are generally available and can be consumed in relatively large amounts.

Green beans contain more vitamin A than yellow wax beans. Dark-green beans are good sources of vitamin A and the light-green ones are only fair sources. Green and wax beans are fair sources of thiamine.

Lima beans are a good source of thiamine, but should be cooked in small amounts of water in order to retain this and other water-soluble vitamins. Lima beans are a poor source of vitamin A and ascorbic acid.

Green soybeans, like lima beans, are one of the few good vegetable sources of thiamine. As thiamine is readily water-soluble, the common method of cooking the pods in a large amount of water results in a loss of about 40 percent of this vitamin. Smaller amounts of the water-soluble vitamins are lost if the beans are blanched long enough to shell easily and the cooking of the shelled beans is completed in a small amount of water. Green soybeans contain fair amounts of vitamin A and ascorbic acid.

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\* At the time this bulletin is published the Vegetable Crops and Plant Pathology Departments of the University of Hawaii Agricultural Experiment Station are developing a number of new, rust-resistant green beans, especially suited to Hawaiian conditions.



## WAYS TO USE VEGETABLES

**SELECTION.** Green beans and wax beans should be crisp and tender and when snapped should break suddenly and evenly. The best varieties of green and wax beans have no strings if they are harvested at the proper stage.

Lima beans should be well developed and green in color. They may be purchased by the pound, shelled or in the pod, but they retain their nutritive values and flavor best if marketed in the pod.

The pods of green soybeans should be green and tender but well filled. If the leaves of the plants are green and unwithered it is an indication that the product is very fresh. The quantity of beans and the proportion of pods per bunch vary greatly.

**AMOUNT TO BUY.** Green or wax beans—1 pound yields 2½ cups cooked, or four to five servings; lima beans—2 pounds unshelled yield four servings; soybeans—4 pounds (plants plus pods) yield approximately 2 cups of shelled beans, or four to six servings.

### **BUTTERED GREEN OR WAX BEANS**

YIELD: 4 to 5 Servings

1 pound string beans  
½ cup water

½ teaspoon salt  
1 tablespoon fat

Wash and drain the beans. String if necessary and cut into 1-inch lengths. Boil water, add salt, fat, and beans. Butter, margarine, or bacon fat may be used. Cover. When water starts to boil again, reduce heat enough to keep water boiling gently. Cook 15 to 20 minutes, or until beans are tender. The exact cooking time will depend upon the variety and the maturity of the beans. Kentucky Wonder beans should be cooked from 25 to 30 minutes. Remove cover during the last 5 minutes of cooking to allow excess water to evaporate.

**VARIATION:** Cut 2 slices of bacon into small pieces and fry in saucepan before adding other ingredients. Omit other fat. Proceed as directed above.

### **SAVORY GREEN OR WAX BEANS**

YIELD: 4 Servings

2 cups cooked beans  
2 slices bacon (about 3  
tablespoons chopped)  
¼ cup chopped onion  
¼ cup chopped green pepper

½ teaspoon salt  
⅛ teaspoon pepper  
2 tablespoons undiluted  
evaporated milk

Precook beans, using the same method as for Buttered Green or Wax Beans above, but omit the fat. Sauté bacon until nearly crisp. Add onion and pepper. Cover and cook 3 minutes. Add beans, seasonings, and milk. Heat and serve at once.

## FRESH BEANS

### GREEN OR WAX BEANS WITH CHILI SAUCE

YIELD: 4 to 5 Servings

- |                                  |                     |
|----------------------------------|---------------------|
| 1 pound string beans             | 1/2 teaspoon salt   |
| 1/2 cup boiling water            | 1/4 cup chili sauce |
| 3 tablespoons minced onion       | Dash of pepper      |
| 1 tablespoon butter or other fat |                     |

Wash and drain the beans. String if necessary and cut into 1-inch lengths. Combine water, onion, fat, and salt. Cover and cook as for Buttered Green or Wax Beans (p. 16). Add chili sauce and pepper, and reheat before serving.

### BUTTERED LIMA BEANS

YIELD: 5 Servings

- |                                  |                           |
|----------------------------------|---------------------------|
| 3/4 cup water                    | 2 cups shelled lima beans |
| 1 tablespoon butter or margarine | (3/4 pound shelled or     |
| 2/3 teaspoon salt                | 2 pounds unshelled)       |

Boil water, add fat, salt, and beans. Cover and quickly reheat to boiling. Then reduce heat and boil gently 15 to 25 minutes, or until tender. The exact cooking time will depend on the maturity of the beans. Remove cover during the last 5 or 10 minutes to allow water to evaporate. Bacon fat may be substituted for butter or margarine.

### CURRIED LIMA BEANS

YIELD: 4 Servings

- |                                |                                   |
|--------------------------------|-----------------------------------|
| 1 cup White Sauce (p. 101)     | 1 1/2 to 2 cups cooked lima beans |
| 1/2 to 1 teaspoon curry powder |                                   |
- Prepare white sauce and add curry powder. Add lima beans and reheat.

### LIMA BEANS AU GRATIN

YIELD: 4 Servings

- |                                   |                              |
|-----------------------------------|------------------------------|
| 1 cup White Sauce (p. 101)        | 1/2 to 3/4 cup grated cheese |
| 1/2 teaspoon Worcestershire sauce | 1/4 cup bread crumbs         |
| 1/4 teaspoon paprika              | 2 tablespoons butter or      |
| 1 1/2 cups cooked lima beans      | margarine                    |

Prepare white sauce and add Worcestershire sauce and paprika. Oil a casserole and place in it alternate layers of sauce, lima beans, and cheese. Cover the top with bread crumbs, dot with butter, and bake at 350° F. 15 to 20 minutes, or until sauce bubbles and crumbs are brown.

### LIMA BEAN CHOWDER

YIELD: 5 Servings

- |                      |                              |
|----------------------|------------------------------|
| 2 to 3 slices bacon  | 2 cups milk                  |
| 1/3 cup minced onion | 1 1/2 cups cooked lima beans |
| 1 cup diced potatoes | 1/2 teaspoon salt            |
| 1 cup diced carrots  | Dash of pepper               |
| 1 cup water          |                              |

## WAYS TO USE VEGETABLES

Cut bacon into tiny pieces. Heat saucepan and sauté bacon until slightly brown. Add onion and cook until onion is transparent. Stir constantly to prevent burning. Add potatoes, carrots, and water, and cook until vegetables are tender. Add remaining ingredients, reheat, and serve. The lima beans may be chopped, if desired.

### LIMA BEAN LOAF

YIELD: 4 to 5 Servings

1 1/2 cups coarsely chopped cooked lima beans	4 tablespoons peanut butter 1 cup milk
3/4 cup dry bread crumbs	1 teaspoon salt
1 1/2 tablespoons minced onion	Dash of pepper

Combine all ingredients, place in oiled casserole, and bake 40 minutes in a moderate oven (350° F.).

Serve with White Sauce or Parsley Sauce (p. 101), allowing approximately 1/4 cup sauce per serving.

For other recipes using lima beans, see pages 69 and 100.

### BOILED FRESH SOYBEANS

#### METHOD I

Wash soybean pods, cover with boiling, salted water, using 1/2 teaspoon salt for each 2 cups of boiling water. Boil from 20 to 30 minutes, or until tender. Drain. The beans then may be eaten from the pod or shelled and used in any of the following recipes.

#### METHOD II

Follow above directions, but boil the beans for only 5 minutes and drain; then slip the beans from the pods by pressing them between the thumb and forefinger. Simmer 1 to 2 cups partially cooked beans in 1/2 to 3/4 cup boiling water for 15 to 20 minutes and use in any of the following recipes.

### BUTTERED SOYBEANS AND CORN

YIELD: 4 Servings

1 cup cooked soybeans	1/2 teaspoon salt
1 cup whole-kernel corn	1 tablespoon butter or margarine
1/4 teaspoon pepper	

Precook fresh soybeans as in Method II above using liquid from canned corn instead of water to complete the cooking. Add corn and seasonings. Heat and serve.

**BUTTERED SOYBEANS AND CARROTS**

YIELD: 5 Servings

1 ½ cups diced carrots	½ teaspoon salt
1 cup cooked soybeans	1 tablespoon butter or margarine
½ cup water	

Wash, scrape, and dice the carrots. Precook soybeans as in Method II (p. 18). Add water, carrots, salt, and fat to shelled beans and cook 15 to 20 minutes longer, or until tender.

**SOYBEANS AU GRATIN**

YIELD: 4 Servings

1 cup cooked soybeans	1 teaspoon minced onion
1 cup White Sauce (p. 101)	¼ teaspoon melted butter or margarine
½ to 1 cup grated cheese (2 ounces)	2 tablespoons bread crumbs

Cook fresh soybeans as in Method II (p. 18). Prepare white sauce and add cheese and minced onion. Heat and stir over low heat until cheese is melted and the mixture is well blended. Add soybeans, pour into a well-oiled casserole, and cover with crumbs mixed with fat. Bake from 20 to 30 minutes in moderate oven at 350° F., or until sauce bubbles and crumbs are brown.

**SOYBEAN CASSEROLE**

YIELD: 4 Servings

1 cup precooked soybeans	1 cup cooked diced meat
2 tablespoons bacon fat	1 cup Tomato Sauce (p. 102)
1 cup finely cut celery	3 thin slices stale bread or
1 tablespoon minced onion	¼ cup bread crumbs

Cook fresh soybeans as in Method II (p. 18). Prepare tomato sauce. Sauté onion and celery in bacon fat until tender but not brown (about 10 minutes). Add soybeans, meat, celery, and onion to the tomato sauce. Pour the mixture into an oiled baking dish. Cover with thin slices of buttered stale bread or ¼ cup of crumbs and bake at 350° F. until sauce bubbles and crumbs are brown, or about 20 minutes.

**SOYBEANS AND RICE**

YIELD: 6 to 8 Servings

1 ½ cups partially polished or brown rice	2 cups water
1 ½ cups precooked soybeans	1 teaspoon salt

Pick over rice, wash once, and discard water. Precook soybeans according to Method II (p. 18). Combine rice, beans, water, and salt. Bring to a boil, lower heat, and continue boiling for about 12 minutes, or until almost all of the water is evaporated. Turn heat as low as possible and steam 40 to 50 minutes, or until rice is tender.

# BEAN SPROUTS

**DESCRIPTION AND SUPPLY.** Bean sprouts of good quality are grown commercially and are available throughout the year in Hawaii. Therefore, it is not recommended that beans be sprouted in the home. Two varieties of bean sprouts grown from freshly germinated beans are commonly used as a vegetable. Green gram beans (also called mung or mungo beans), which are small round green beans about  $\frac{1}{8}$  inch in diameter, produce small tender sprouts. Soybean sprouts are larger and have a rather nutty flavor.

**NUTRITIVE VALUE.** Bean sprouts are a fair source of thiamine but a poor source of vitamin A and ascorbic acid.

**SELECTION, STORAGE, AND PREPARATION.** Fresh bean sprouts should be firm and crisp, and white to pale yellow in color except the rootlets, which may be slightly brown.

To store bean sprouts in the home, two methods may be used. Either sprinkle the sprouts with water and store them in a closely covered pan or jar in the refrigerator, or keep them submerged in a pan of water in the refrigerator. The first method best retains their crispness and color. Long soaking in water causes deterioration and reduces the quantity of water-soluble vitamins.

To prepare bean sprouts for cooking, rinse them in water several times and discard bruised or discolored portions. The brown rootlets may be removed to improve the appearance of the product, but it is a time-consuming process. The green skins of the beans which settle to the bottom of the pan or float on the surface should be discarded.

Bean sprouts should be cooked only long enough to heat them thoroughly, because they turn dark and become slightly bitter when cooked too long. Cooking in a small amount of water or panning in a small amount of fat are the recommended methods of preparation. The large beans of the soybean sprouts may be detached from the shoot and cooked a short time before the shoots themselves are added.

**AMOUNT TO BUY.** One pound yields approximately 4 cups, or four to five servings. There is little waste (about 4 percent) even when the bean sprouts are carefully prepared and all skins and rootlets are discarded.

## BUTTERED BEAN SPROUTS

YIELD: 4 to 5 Servings

1 pound bean sprouts  
(about 4 cups)

2 tablespoons boiling water

$\frac{1}{2}$  to 1 teaspoon salt

1 tablespoon butter or  
margarine

## BEAN SPROUTS

Wash bean sprouts and drain well. In a skillet or saucepan combine the water, salt, fat, and bean sprouts and cook them 4 to 6 minutes over moderate heat, stirring once or twice. Bacon fat may be substituted for the butter or margarine, if desired.

VARIATION: Omit salt and add 1 or 2 tablespoons of shoyu, according to taste.

### BEAN SPROUTS WITH BACON

YIELD: 4 to 5 Servings

1 pound bean sprouts (about 4 cups)      ¼ teaspoon salt  
2 slices finely cut bacon                      Dash of pepper  
½ teaspoon minced ginger root

Wash bean sprouts and drain well. Heat skillet, add bacon, and fry until crisp and brown. Add ginger and bean sprouts and cook 3 to 4 minutes, stirring constantly. Season and serve immediately.

### BEAN SPROUT CASSEROLE

YIELD: 5 Servings

3 tablespoons melted fat                      2 tablespoons sugar  
1 clove garlic                                      1 teaspoon salt  
½ cup chopped celery                          ¼ teaspoon pepper  
½ cup chopped green pepper                3 cups bean sprouts  
¼ cup minced onion                            ¼ cup buttered bread crumbs  
3½ cups tomatoes (No. 2½ can)

Brown garlic, celery, green pepper, and onion in the melted fat. Remove the garlic. Add the tomatoes, sugar, salt, and pepper. Simmer until thick. Add the bean sprouts, pour into buttered casserole, sprinkle with bread crumbs, and bake at 375° F. until sauce bubbles and crumbs are brown, or about 20 to 30 minutes.

### BEAN SPROUTS IN TOMATO ASPIC

YIELD: 6 to 8 Servings

2 cups tomato juice                              3 whole cloves  
1 medium onion, sliced                        ¾ teaspoon salt  
1 or 2 stalks celery, chopped                ¼ teaspoon Worcestershire sauce  
2 sprigs parsley                                  1½ tablespoons gelatin  
1 tablespoon vinegar                            ¼ cup cold water  
2 teaspoons sugar                                2 cups crisp mung bean sprouts

Combine all the ingredients except gelatin, water, and bean sprouts. Simmer for 15 minutes and strain. Soak gelatin in cold water for 5 minutes, add to the hot strained liquid, and stir until dissolved. Chill the mixture until it becomes jelly-like in consistency. In the meantime, blanch the bean sprouts

## WAYS TO USE VEGETABLES

by dipping them in and out of boiling water and then plunging them into cold water. Drain the sprouts and fold them into the tomato aspic. Pour into individual molds and chill until set. Serve on a bed of shredded lettuce and garnish with mayonnaise.

## BEET ROOTS AND BEET GREENS

**DESCRIPTION AND SUPPLY.** The beet is a hardy vegetable which is grown throughout the year in Hawaiian gardens, largely for the dark-red roots. The young immature plants make a very satisfactory green vegetable. The leaves and stems of the more mature beet roots may be used if they are tender, crisp, and free from blemishes.

**NUTRITIVE VALUE.** Nutritionally, beet roots have nothing to recommend them, since they are poor sources of all of the vitamins and minerals. However, they furnish variety and color and may be included in meals which contain vegetables of high nutritive value. Because of the low nutritive value of beets, they should be used only to a limited extent in children's meals, both at home and at school.

Beet greens or tender tops of beets are an excellent source of vitamin A and of iron but contain little thiamine and ascorbic acid. In general, green leafy vegetables are good sources of calcium, but in the case of beet greens the calcium is not well utilized by the body (see p. 8).

**SELECTION.** Select roots that are small or medium-sized and young, with dark-red, smooth, clean skins. Old, large beet roots are apt to be strong and woody. Beet greens should have crisp, tender, unbroken leaves.

**AMOUNT TO BUY.** Beets are usually bunched and sold by the pound, though larger, more mature beet roots are sometimes topped and sold by the pound. One pound of topped beets will serve four. Allow one medium or two small young beets per person. One bunch (1 pound) of greens will yield four servings.

### BEET GREENS

YIELD: 4 Servings

1 bunch beet greens (1 pound)      1 teaspoon salt  
2 tablespoons water

Discard roots and about  $\frac{1}{2}$  inch of the lower stems of beet greens. Cut remaining stems from the leaves and wash both in several changes of water. Cut stems and leaves into pieces about 1 inch in length. Place water, salt, and stems in saucepan; cover, and cook approximately 5 minutes, stirring once or

## BEE T ROOTS AND BEE T GREENS

twice. Add the leaves and continue cooking over moderate heat about 10 minutes, stirring occasionally. Serve with lemon juice or vinegar at the table, if desired.

### SAVORY BEE T S

YIELD: 4 Servings

2 cups diced raw beets (5 medium)	1 tablespoon salad oil
½ teaspoon salt	2 tablespoons minced onion, if desired
1 tablespoon sugar	1 tablespoon vinegar
1 whole clove	
½ cup water	

Combine all ingredients except vinegar. Cover and simmer for 25 to 30 minutes, or until beets are tender. Add vinegar, remove clove, and serve hot.

### SHREDDED BEE T S

YIELD: 4 Servings

3 cups shredded raw beets (5 to 6 medium)	1 tablespoon vinegar
3 tablespoons water	½ teaspoon salt
	1 tablespoon butter or margarine

Shred the beets with a vegetable shredder or a very coarse grater. Place beets in casserole and add water, vinegar, salt, and fat. Cover and bake ½ hour at 350° F.

If preferred, the shredded beets may be cooked in a double boiler about 45 minutes instead of baking them.

### HARVARD BEE T S

YIELD: 4 Servings

4 large beets (about 2 cups sliced or diced cooked beets)	¼ teaspoon salt
¼ cup sugar	¼ cup water
½ tablespoon cornstarch	¼ cup vinegar
	3 tablespoons butter or margarine

Boil beets in their skins until tender. Remove skins and slice in thin crosswise slices, or dice them, if preferred. Combine sugar, cornstarch, and salt in upper part of a double boiler, then add water and vinegar. Cook over direct heat until thickened, stirring constantly. Add fat and sliced beets. Place over hot water, cover, and let stand 20 minutes.

**VARIATION: GINGER BEE T S**—Add ½ teaspoon crushed fresh ginger root to the water and vinegar, and let stand for at least 10 minutes in order to extract the flavor of the ginger. Strain, and discard pieces of ginger. Use liquid as directed in recipe above.



## WAYS TO USE VEGETABLES

### QUICK HARVARD BEETS

YIELD: 4 Servings

2 cups sliced raw beets (4 to 5 medium)	½ tablespoon cornstarch
¼ cup sugar	¼ cup vinegar
½ teaspoon salt	¼ cup water
	2 tablespoons butter or margarine

Pare raw beets and cut into thin crosswise slices. Combine all ingredients in saucepan, cover, and simmer for 25 to 30 minutes, or until beets are tender.

### SPANISH BEETS

YIELD: 4 Servings

3 tablespoons finely cut bacon	¾ teaspoon salt
3 tablespoons minced onion	1 cup canned tomatoes
3 tablespoons minced green pepper	1 ½ cups diced cooked beets (3 large)
Dash of cayenne	

Sauté bacon until crisp. Add onion and green pepper and cook until limp but not brown, stirring constantly. Add seasonings and tomato, and simmer for 15 minutes. Add beets and simmer 10 minutes longer.

### BEET AND CELERY SALAD

YIELD: 4 Servings

4 small cooked beets	½ cup diced celery
¼ teaspoon salt	4 teaspoons mayonnaise
2 tablespoons French dressing	2 teaspoons chopped fresh mint
Lettuce leaves	

Slice beets into ⅛-inch slices. Sprinkle with salt and marinate in French dressing for 30 to 40 minutes in the refrigerator. Arrange beet slices on a bed of lettuce. Sprinkle with diced celery. Top each salad with a teaspoon of mayonnaise and sprinkle with chopped mint.

### PICKLED BEETS

YIELD: 4 Servings

4 medium beets (1 pound)	3 whole cloves
⅓ cup vinegar	1 teaspoon chives or
⅓ cup water	¼ cup sliced onion
2 tablespoons sugar	½ dried bay leaf, if desired
½ teaspoon salt	

Boil beets in the skins until tender, then remove skins. Large beets may be sliced; smaller ones may be left whole. Put them in a glass jar. Heat vinegar, water, sugar, and salt. Add cloves, chives or onion, and bay leaf, and pour over beets. There should be enough liquid to cover the beets. Cool, then place in refrigerator overnight before serving. Beets prepared in this manner will keep a week or longer.

## VARIATIONS:

1. The spiced vinegar left over from commercial sweet pickles may be substituted for the vinegar and water.
2. Add two whole, shelled, hard-cooked eggs to the beets before adding the hot vinegar and spice, and allow them to pickle with the beets.

## BELEMBE\*

**DESCRIPTION AND SUPPLY.** The leaves and stems of belembe are used as greens. Like taro, it belongs to the arum family, but it is placed in another genus (*Xanthosoma*), to which yautias, large tuber-bearing herbs of tropical America, also belong. The leaves resemble those of taro, but are spear-shaped (or triangular) rather than heart-shaped. In Hawaii belembe is called variously Tahitian taro and Tahitian spinach, probably because it was introduced into Hawaii from Tahiti by the late G. P. Wilder at some time prior to 1933. Although the scientific name would indicate that the plant is from Brazil, it is a native of the West Indies where its common or vernacular name is "belembe."

Belembe is propagated from young plants which spread from the old root stock. The entire plant should not be cut, but the deep-green, outside leaves may be removed as needed. The plant produces tubers that are too small to be of practical use. At the time this bulletin is published, belembe is not found on the market in Hawaii, but there seems to be no reason why it should not be sold in bunches or by the pound as are other greens. It is grown in many home gardens throughout the Territory.

**NUTRITIVE VALUE.** Belembe is one of the most valuable of green leafy vegetables, not only because of its high nutritive value but because it can so readily be grown in home gardens the year round. Belembe is an excellent source of vitamin A, a good source of ascorbic acid, and a fair source of thiamine.

**SELECTION AND PREPARATION.** Green leaves without yellow edges should be used. The stems of tender leaves need not be discarded, since they are easily cooked. Belembe may be used in any way taro leaves are commonly used, except that it need not be cooked for such a long period to make it palatable. (See footnote, p. 83.)

**AMOUNT TO BUY OR USE.** One pound, or 40 to 60 leaves, yields four servings. The size of the leaves varies greatly.

\* Information concerning the scientific name, *Xanthosoma brasiliense*; the common name, belembe; the origin of the plant; and its introduction into Hawaii have been furnished by Marie Neal, Botanist, Bernice P. Bishop Museum, Honolulu, Hawaii.

## WAYS TO USE VEGETABLES

### BUTTERED BELEMBE

YIELD: 4 to 5 Servings

1 pound belembe (40 to 60 leaves)      1 tablespoon butter or margarine  
1/3 cup water      1/2 teaspoon salt

Cut off all but 4 to 6 inches of the belembe stems. Then wash leaves and remaining stems. Heat water to boiling, and add fat, salt, and stems. Then place the leaves on top, cover, and cook 10 to 15 minutes, or until leaves are tender and no "sting" is noticeable. Stir once or twice. Remove cover during last few minutes of cooking to allow water to evaporate, if necessary.

### BELEMBE AND EVAPORATED MILK

YIELD: 4 to 5 Servings

1 pound belembe (40 to 60 leaves)      1/3 cup evaporated milk  
1/2 teaspoon salt

Cut off all but 4 to 6 inches of the belembe stem. Wash leaves and remaining stems, and wilt them in the top of a tightly covered double boiler directly over low heat until water that clings to leaves is evaporated and the belembe is softened. Stir occasionally to prevent burning. Add salt and evaporated milk. Place over boiling water and cook 30 to 35 minutes, or until most of the liquid is absorbed. Stir occasionally. The product resembles luau cooked with coconut milk. Coconut milk may be used in place of evaporated milk.

### BELEMBE AND PILCHARD LAULAU

YIELD: 4 Servings

4 ti leaves      Salt  
4 slices bacon      4 slices onion  
1 can pilchards packed in brine      4 slices lemon  
    or tomato sauce (15 ounces)      1 sprig parsley, crushed  
1/2 pound belembe (20 to 30 leaves)

Wash ti leaves and remove the stiff midrib so that the leaf is pliable. Fry the bacon until it is a delicate brown and then cut into 1-inch pieces. Dip the pilchards in boiling water to give them a more delicate flavor. Wash the belembe, then divide into four parts. Place one portion of the belembe on a ti leaf and sprinkle with salt. Add one or two pilchards, a slice of onion and lemon, a crushed or finely cut sprig of parsley, and a few pieces of bacon. Fold over the sides and ends of the ti leaf to make a neat package. Tie with a piece of string or strips of ti leaves. Steam for 30 to 40 minutes, or place packages in a pan without water and bake at 350° F. for 30 to 40 minutes. Other types of fish may be used instead of pilchards.

VARIATION: Tarò leaves may be used in place of belembe, but they must be steamed or baked for about 1 1/2 hours.

# BROCCOLI

**DESCRIPTION AND SUPPLY.** The flower buds, small tender leaves, and stems of broccoli are eaten as a green vegetable. The flower buds at the top of the stalk resemble cauliflower except that they are coarser, not so compact, and are green in color. Italian green sprouting broccoli is grown throughout the year in Hawaii, but the best quality and the largest quantity are produced in the winter months.

**NUTRITIVE VALUE.** Broccoli is a superior vegetable because it is a rich source of important minerals (calcium, phosphorus, and iron) and vitamins. It is an excellent source of vitamin A and ascorbic acid and a fair source of thiamine.

**SELECTION AND PREPARATION.** Select broccoli with green, firm, compact flower buds and with crisp, tender, fleshy stalks, 6 to 10 inches in length. The tough outer portion of the stalks should be removed before cooking. The small tender leaves surrounding the heads may be used, but the larger leaves are usually too tough to make a good product and should be discarded.

**AMOUNT TO BUY.** One to 1½ pounds of good quality broccoli yield four servings.

## **BUTTERED BROCCOLI**

YIELD: 4 Servings

1 ½ pounds broccoli  
1 cup boiling water

½ teaspoon salt  
2 tablespoons butter or margarine

### METHOD I

Cover broccoli with water to which 2 teaspoons salt have been added, and soak for 15 to 20 minutes. (This soaking will remove any insects present.) Drain, cut off larger leaves, and peel the stalk. Place 1 cup water in bottom of a double boiler, heat to boiling, and add salt. Place broccoli in water, stem ends down, and cover with inverted top of double boiler. Boil 15 to 20 minutes, or until stems are tender. The flower buds will be sufficiently cooked by the steam. Season with salt, pepper, and melted fat.

### METHOD II

Cover broccoli with water to which 2 teaspoons salt have been added, and soak for 15 to 20 minutes. (This soaking will remove any insects present.) Drain, and cut off flower buds with about 1 or 2 inches of stalk. Peel the remaining stalks and cut into 1-inch pieces. Place ½ cup water in saucepan, heat to boiling, and add salt and broccoli stalks. Cover and cook 5 to 7 minutes, then add flower buds and cook 7 to 10 minutes longer, or until stalks and flower buds are tender. Serve with melted fat.

## WAYS TO USE VEGETABLES

### VARIATIONS:

1. Serve with Cheese or Mock Hollandaise Sauce (p. 102), allowing 2 to 4 tablespoons per serving.
2. Omit butter and serve very hot with mayonnaise, allowing 1 tablespoon per serving.

### **BROCCOLI WITH MUSTARD SAUCE**

YIELD: 4 Servings

1 1/2 pounds broccoli	1 teaspoon sugar
4 tablespoons butter	1/2 teaspoon salt
1 teaspoon prepared mustard	2 teaspoons lemon juice

Cook broccoli, following directions for Methods I or II (p. 27), omitting the fat. Melt butter in a small saucepan over low heat. Add mustard, sugar, salt, and lemon juice. Blend well and pour over hot broccoli.

### **BROCCOLI CHINESE STYLE**

YIELD: 4 Servings

1 1/2 pounds broccoli	2 teaspoons cornstarch
1/4 pound pork	2 tablespoons shoyu
1-inch piece ginger root, crushed	3/4 cup water

Cover broccoli with water to which 2 teaspoons salt have been added, and soak from 15 to 20 minutes in order to remove insects. Drain. Cut off flower buds, leaving 1 to 2 inches of stalk. Peel and cut remaining stalks into 1-inch pieces. Cut part of the fat from the pork and try out in a heavy skillet. Slice remainder of the pork diagonally across the muscle fibers into very thin strips, 1 to 1 1/2 inches long. Fry pork and ginger root for 10 to 15 minutes, or until the pork is delicately browned. Remove ginger root. In the meantime make a paste of the cornstarch and shoyu and mix with the water. Add mixture to the meat. Add broccoli stalks, cover, and cook 5 to 7 minutes. Add broccoli flower buds. Cover and cook 10 minutes longer, or until broccoli and meat are tender. Stir occasionally.

### **BROCCOLI SALAD**

YIELD: 4 Servings

2 cups cooked broccoli	4 tablespoons mayonnaise
1/4 cup French Dressing (p. 103)	Dash of paprika
1/4 teaspoon salt	1 teaspoon finely cut chives
9 to 12 leaves of lettuce	

Cook broccoli according to Method II (p. 27), omitting fat. Marinate in the French dressing 30 to 40 minutes in the refrigerator. Season with salt and arrange in a mound on the lettuce leaves. Top with mayonnaise, garnish with a dash of paprika, and sprinkle with chives.

# CABBAGE

**DESCRIPTION AND SUPPLY.** Round head cabbage is one of the most commonly used vegetables in Hawaii because of its low price and availability. Head cabbage is grown the year round but the best quality is raised during the cooler months or at the higher elevations in the hotter months. The largest quantities are produced from March through June.

Chinese cabbage is the name commonly used in Hawaii for oriental cabbages of the heading type, which are also known as celery cabbage, Hilo cabbage, and Korean lettuce, as well as by special varietal names such as Wong Bok, Chiefoo, and Chihili. The heads of Chinese cabbage are elongated and less compact than those of head cabbage. The green outer leaves, which may be smooth or crinkly, have lighter colored, thick midribs. The inner leaves are pale green or white. The flavor of most varieties is sweet and mild. Chinese cabbage may be served either raw or cooked. The supply is greatest and the quality best during the cooler months of the year.

White mustard cabbage, also known as spoon cabbage, is one of the most common of the nonheading types of oriental cabbage. It has broad, smooth, dark-green leaves and short, thick, glossy, white stems. It has a stronger flavor than Chinese cabbage but makes a desirable cooked vegetable. It may also be used in soup.

Green mustard cabbage, another nonheading oriental-type cabbage, has an oblong, notched leaf with short thick stem. Both leaves and stems are yellow-green in color. This cabbage has a stronger flavor than white mustard cabbage.

**NUTRITIVE VALUE.** Light-green or bleached cabbage of any variety is a poor source of vitamin A, whereas the green leafy varieties are excellent sources of this vitamin. Garden-fresh, tender head cabbage, raw or slightly cooked in a small amount of water, is a good source of ascorbic acid. However, when considerable time elapses between harvesting and eating, much of the ascorbic acid may be lost during the period of transportation, and if, in addition, it has been improperly stored (i.e., without refrigeration), it is likely to be only a fair or even a poor source of this vitamin. The green outer leaves of head cabbages contain more minerals and vitamins than the white or bleached inner leaves.

**SELECTION AND PREPARATION.** When purchasing head cabbage, choose heads that have green outside leaves and are compact and heavy for their size.

Cabbage may be kept crisp by sprinkling the head with water and storing it in the hydrator or by wrapping it in waxed paper. If cabbage is slightly wilted, the head should be cut in half and allowed to stand in cold water for 10 to 15 minutes. Drain or shake off excess water and store in the refrig-

## WAYS TO USE VEGETABLES

erator in a covered container until it becomes crisp. Cabbage for salads should always be crisp.

Good quality Chinese cabbage (celery cabbage) should have fresh green outer leaves and the heads should be free from blemishes and decay. White mustard and green mustard cabbages are not commonly stored for any length of time, so the product found on the market is usually relatively fresh, but it varies greatly in quality. Choose bunches with clean, fresh leaves that are free from blemishes and insects.

**AMOUNT TO BUY.** One pound of any type of cabbage will yield four to five servings raw or cooked. One pound of head cabbage yields 5 to 6 cups when shredded.

### BUTTERED CABBAGE

YIELD: 4 to 5 Servings

5 cups shredded cabbage (1 pound)      1 tablespoon butter or other fat  
1/2 teaspoon salt                              1/4 cup boiling water

Shred cabbage very fine. Combine all ingredients in saucepan. Cover and cook about 6 minutes, or until tender. Do not overcook.

### PAN-FRIED CABBAGE AND BACON

YIELD: 4 to 5 Servings

1/3 cup finely cut bacon                      1 teaspoon salt  
5 cups finely shredded cabbage (1 pound)

Heat skillet or saucepan, add bacon, and fry until brown. Add cabbage and salt and cook over moderately high heat about 4 minutes, stirring to prevent burning. Do not overcook.

**VARIATION:** Use salt pork instead of the bacon and reduce the salt to 1/2 teaspoon.

### SAVORY CABBAGE

YIELD: 3 to 4 Servings

2 tablespoons bacon or other fat              1/8 teaspoon dry mustard  
3 cups finely shredded cabbage              1/4 teaspoon salt  
2 tablespoons milk                              1/4 teaspoon paprika  
1/2 teaspoon sugar                              Dash of cayenne

Melt fat in saucepan, add cabbage, and cook over moderate heat from 3 to 4 minutes, stirring to prevent burning. Combine other ingredients and add to cabbage. Cover and cook about 1 minute longer. Do not overcook.

### SCALLOPED CABBAGE

YIELD: 4 to 5 Servings

2 1/2 cups cooked shredded                      1/4 teaspoon salt  
cabbage (1/2 pound)                              Dash of pepper  
1 cup White Sauce (p. 101)                      1/4 cup bread crumbs

## CABBAGE

The cabbage may be a leftover or may be cooked according to directions for Buttered Cabbage (p. 30), omitting fat. Prepare white sauce and add seasonings. Place cabbage and white sauce in a casserole in alternate layers. Sprinkle top with bread crumbs. Bake in moderate oven (350° F.) for about 20 minutes, or until sauce bubbles and crumbs are brown.

VARIATION: CABBAGE AU GRATIN—Sprinkle grated cheese over each layer of white sauce, using a total of  $\frac{3}{4}$  cup cheese.

### COLE SLAW\*

YIELD: 4 Servings

2 tablespoons sugar	3 tablespoons evaporated milk
1 teaspoon salt	2 tablespoons vinegar
Pinch of white pepper	2 cups finely shredded cabbage

Combine sugar, salt, pepper, and milk. Add vinegar gradually, about  $\frac{1}{2}$  tablespoon at a time, beating with an egg beater after each addition. The finished product should be thick. Combine dressing and cabbage, and mix well. Serve immediately.

Sour cream may be substituted for the evaporated milk. This dressing may be used for lettuce, watercress, or any green salad.

### HAWAIIAN PERFECTION SALAD

YIELD: 4 Servings

1 tablespoon gelatin	3 tablespoons sugar
$\frac{1}{4}$ cup cold pineapple juice	1 cup finely shredded crisp cabbage
1 $\frac{1}{4}$ cups hot pineapple juice	$\frac{1}{2}$ cup finely cut green pepper
1 tablespoon lemon juice	4 tablespoons mayonnaise
$\frac{1}{2}$ teaspoon salt	

Soften gelatin in cold juice. Add it to the hot pineapple juice and stir until dissolved, then add lemon juice, salt, and sugar. Chill until mixture begins to thicken, fold in vegetables, and pour into individual salad molds. Chill until firm, unmold, and serve on a bed of greens. Garnish with mayonnaise.

### BUTTERED CHINESE CABBAGE

YIELD: 4 Servings

1 pound Chinese cabbage (celery cabbage)	1 tablespoon butter
1 teaspoon salt	or margarine

Wash the cabbage and cut crosswise into pieces  $\frac{1}{2}$  inch wide, keeping the tough lower ends separated from the more tender leafy portions. Combine fat, salt, and stem ends of the cabbage in a saucepan. Cover and cook over moderate heat about 6 minutes, stirring once or twice. Add leafy portion and cook 4 or 5 minutes longer, or until leaves are tender, stirring once or twice.

\* MILLER, CAREY D., and LIND, HELEN YONGE. FOOD FOR HEALTH IN HAWAII. Hawaii Agr. Expt. Sta. Bul. 88, p. 69. 1942.



## WAYS TO USE VEGETABLES

**VARIATION:** Bacon fat may be substituted for butter, or  $\frac{1}{2}$  teaspoon chopped ginger may be added as suggested under White Mustard Cabbage and Ginger (p. 33).

### CHINESE CABBAGE AND COCONUT SALAD

YIELD: 4 to 5 Servings

5 cups shredded Chinese cabbage (celery cabbage) (1 pound)	1 teaspoon salt
1 cup grated fresh coconut	1 teaspoon sugar
2 tablespoons minced green pepper	$\frac{1}{4}$ cup French Dressing or mayonnaise (p. 103)
$\frac{1}{4}$ cup chopped walnuts or almonds	

Combine all ingredients, tossing to mix well. Serve on a bed of lettuce or other greens.

#### VARIATIONS:

1. For variety and additional color, add  $\frac{1}{2}$  cup shredded or grated raw carrot.
2. One cup diced pineapple may be substituted for the coconut.

### CHINESE CABBAGE SLAW

YIELD: 4 to 5 Servings

2 tablespoons sugar	5 cups shredded Chinese cabbage (celery cabbage) (1 pound)
1 teaspoon salt	$\frac{1}{2}$ to 1 green pepper
3 tablespoons evaporated milk	
2 tablespoons vinegar	

Combine sugar, salt, and milk. Add vinegar gradually, about  $\frac{1}{2}$  tablespoon at a time, beating with an egg beater after each addition. The finished product should be thick. Shred green pepper and cabbage just before serving. Combine with dressing and serve immediately.

### CHINESE CABBAGE SALAD

YIELD: 4 Servings

$\frac{1}{2}$ pound Chinese cabbage (celery cabbage)	$\frac{1}{3}$ to $\frac{1}{2}$ cup salad dressing
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Crisp cabbage according to directions for crisping head cabbage under Selection and Preparation on page 29. Just before serving, cut crosswise into  $\frac{1}{2}$ -inch slices. Place on individual plates. Serve with 2 to 3 tablespoons Favorite French or Thousand Island Dressing (p. 104).

### WHITE MUSTARD CABBAGE WITH BACON FAT

YIELD: 4 Servings

5 cups white mustard cabbage (1 pound)	$\frac{1}{2}$ teaspoon salt
1 tablespoon bacon fat	

Wash cabbage and remove roots. Separate tough white stems from leaves, then cut into  $\frac{1}{2}$ -inch pieces, keeping stems and leafy portions separate. Heat

fat in saucepan, then add stems. Cover and cook 3 minutes. Add leafy portion of cabbage and salt, then cover, and cook about 6 minutes, or until tender. Stir once or twice if necessary to prevent burning.

**WHITE MUSTARD CABBAGE WITH GINGER**

YIELD: 4 Servings

5 cups white mustard cabbage (1 pound)	¼ cup water
1 teaspoon finely chopped ginger root	1 tablespoon vegetable
1 teaspoon salt	oil

Wash cabbage and remove roots. Separate tough white stems from leaves, then cut into 1-inch lengths, keeping stems and leafy portions separate. Add ginger and salt to water and allow to stand at least 10 minutes in order to extract flavor from the ginger. Discard pieces of ginger. Heat saucepan and add oil. Keep the heat moderately high. Add cabbage stems and cook 2 minutes, stirring or tossing the pieces so they will not burn. Add water and leaves and cook 5 to 8 minutes, stirring once or twice.

**PANNED GREEN MUSTARD CABBAGE I**

YIELD: 4 Servings

5 cups green mustard cabbage (1 pound)	¼ teaspoon salt
½ cup chopped onion	2 teaspoons shoyu
2 tablespoons butter or margarine	2 tablespoons water

Wash cabbage and remove roots. Cut the leafy and the stem portions into pieces ½ to 1 inch in length, keeping the two portions separate. Sauté cabbage stems and onion in the fat for 5 minutes. Add leafy portion, salt, shoyu, and water. Cover and cook 6 minutes, or until tender.

**PANNED GREEN MUSTARD CABBAGE II**

YIELD: 4 Servings

5 cups green mustard cabbage (1 pound)	½ teaspoon salt
2 slices bacon	¼ cup consomme or
¼ teaspoon dry mustard	beef broth

Wash cabbage and remove roots. Cut leafy and stem portions into pieces about ½ to 1 inch long, keeping the two portions separate. Cut bacon into small pieces and fry until it begins to turn crisp. Add stems, cover, and cook 3 minutes. Mix salt and mustard, blend with a tablespoon of consomme, and then add remainder of consomme. Add mixture and leafy portion to stems, cover, and cook about 6 minutes, or until stems are tender.

**VARIATION:** Use ¼ bouillon cube dissolved in ¼ cup hot water in place of consomme.

## WAYS TO USE VEGETABLES

### GREEN MUSTARD CABBAGE ORIENTAL STYLE

YIELD: 4 Servings

5 cups green mustard cabbage (1 pound)	1/2 teaspoon salt
2 slices bacon	3 tablespoons vinegar
1 tablespoon sugar	3/4 cup water
1 1/2 tablespoons cornstarch	

Wash cabbage and remove roots. Cut leafy and stem portions into pieces 1/2 to 1 inch in length, keeping two portions separate. Cut bacon into small pieces and fry in a skillet until crisp. Remove bacon. Make a paste of the dry ingredients, vinegar, and water. Pour mixture into skillet and cook 5 minutes. Add stems, then cover, and cook 3 minutes. Add leafy portion and cook 6 minutes, or until tender. Garnish with the crisp bacon.

## CARROTS

**DESCRIPTION AND SUPPLY.** Carrots are grown the year round in Hawaii, with the peak of production from April to July. The color, which varies from yellow to deep-orange, depends upon the variety, cultural methods, and climatic conditions under which the plants are grown. Young carrots with tops are bunched and sold by the pound. Older more mature carrots raised locally or imported are usually topped and sold by the pound.

**NUTRITIVE VALUE.** Carrots are valuable nutritionally because they are an excellent source of vitamin A and a good source of calcium. They are poor sources of thiamine and ascorbic acid.

**SELECTION AND PREPARATION.** Choose carrots with smooth, clean, unbroken skins. Since they have very thin skins, carrots should be scraped rather than pared. The natural color, flavor, and nutritive value of carrots are best retained by cooking them only until tender in as little water as practicable. Because of the sugar they contain, carrots scorch easily.

**AMOUNT TO BUY.** One pound of topped carrots yields about 2 1/2 cups raw grated carrot or 2 cups diced. The number of young carrots, including tops, in 1 pound varies from two to four.

### BUTTERED CARROTS

YIELD: 4 Servings

1 pound carrots	1/2 teaspoon salt
2/3 cup water	1 tablespoon butter or margarine

Scrape and dice carrots. Boil water, add salt, fat, and carrots. Cover. When water reaches boiling point again, reduce heat sufficiently to keep water boiling gently and cook about 15 minutes, or until carrots are tender. The exact

## CARROTS

cooking time will depend upon the maturity of the carrots. Remove cover during the last 5 minutes of cooking to allow excess water to evaporate.

VARIATION: Serve with one-half recipe of Herb Butter (p. 107), omitting fat called for in recipe for Buttered Carrots.

### SHREDDED CARROTS

YIELD: 4 Servings

2½ cups shredded carrots  
(1 pound)  
½ cup hot water

1½ tablespoons butter or margarine  
½ teaspoon salt

Scrape and shred carrots. Combine ingredients and place in casserole. Cover and bake at 350° F. for 45 minutes to 1 hour, or cook in double boiler on top of the stove for the same length of time, if desired.

### GLAZED CARROTS

YIELD: 4 Servings

8 medium carrots  
2 tablespoons butter or margarine

¼ cup brown sugar  
1 tablespoon water

Wash and scrape carrots, cut in half lengthwise or leave whole, whichever is preferred. Boil as directed in recipe for Buttered Carrots (p. 34). Heat fat, sugar, and water in skillet over low heat until well blended. Add carrots to the mixture and cook until well glazed, turning frequently. If preferred, place the carrots in a shallow pan, pour the sirup over them, and bake in an oven heated to 375° F. for 20 to 30 minutes, turning several times.

### CREAMED CARROTS

YIELD: 4 Servings

1½ cups diced cooked carrots  
1 cup White Sauce (p. 101)

2 tablespoons minced parsley,  
if desired

Cook carrots, using recipe for Buttered Carrots (p. 34). Prepare the white sauce and add the cooked carrots and parsley. Reheat before serving.

### CARROTS WITH MINT SAUCE

YIELD: 4 Servings

1 teaspoon cornstarch  
1 teaspoon sugar  
6 tablespoons water in which  
carrots have been cooked  
2 tablespoons butter or margarine

2 cups hot diced cooked carrots  
1 to 2 tablespoons finely  
chopped mint leaves  
¼ teaspoon lemon juice  
½ teaspoon grated lemon rind

Mix cornstarch and sugar. Add water and cook until sauce thickens. Add fat and stir until smooth. Add the other ingredients and reheat.

## WAYS TO USE VEGETABLES

### CARROT AND CELERY SOUFFLE

YIELD: 4 to 5 Servings

3 tablespoons fat	3 eggs, separated
3 tablespoons flour	½ cup mashed cooked carrots
¾ teaspoon salt	½ cup finely chopped cooked celery
1 cup milk	1 teaspoon lemon juice

Make a thick white sauce of the fat, flour, salt, and milk, following directions for White Sauce on page 101. Add the beaten egg yolks, vegetables, and lemon juice. Beat egg whites until stiff and fold into first mixture. Cook by one of the following methods:

#### METHOD I

Pour mixture into oiled baking dish and place it in a pan of water. Bake in a moderate oven (375° F.) 45 minutes to 1 hour, or until firm. Serve at once.

#### METHOD II

Turn into greased top of double boiler, then cover and cook over steadily boiling water 40 minutes without lifting cover. (Be sure double boiler is large enough to allow mixture to double its bulk.)

### SHREDDED CARROT MOLD

YIELD: 4 to 6 Servings

1 package lemon-flavored gelatin	1 cup cold water
1 cup boiling water	2 cups finely shredded or grated raw carrots
2 tablespoons vinegar	4 tablespoons mayonnaise
1 teaspoon salt	

Dissolve gelatin in the boiling water. Add vinegar, salt, and cold water. Chill. When mixture begins to thicken, fold in the carrots, and pour into individual molds. Chill until firm, then unmold and serve on lettuce. Garnish with mayonnaise.

VARIATION: Finely shredded cabbage may be substituted for ½ to 1 cup of grated carrots.

### MOLDED PINEAPPLE AND CARROT SALAD

YIELD: 4 to 6 Servings

2 cups canned pineapple juice	2 cups shredded or grated carrots
1 package orange-flavored gelatin	1 teaspoon lemon juice
½ teaspoon salt	4 tablespoons mayonnaise

Heat pineapple juice, add gelatin and salt, and stir until dissolved. Chill. When mixture begins to thicken, fold in carrots and lemon juice, and pour into individual molds. Chill until firm, then unmold, and serve on lettuce. Garnish with mayonnaise.

VARIATION: One cup of drained canned crushed pineapple may be substituted for 1 cup of shredded carrots.

## CARROTS

### CARROT SLAW

YIELD: 4 Servings

8 lettuce leaves  
1 cup shredded carrots  
1 cup shredded cabbage

Few sprigs watercress  
 $\frac{1}{3}$  to  $\frac{1}{2}$  cup salad dressing

Prepare lettuce according to directions on page 55. Arrange lettuce on individual salad plates. Toss carrot, cabbage, and watercress sprigs with French Dressing, or one of its variations (p. 103).

### GRATED CARROT SALAD

YIELD: 4 Servings

8 lettuce leaves  
2 cups grated raw carrots

2 tablespoons minced parsley  
 $\frac{1}{3}$  to  $\frac{1}{2}$  cup French Dressing (p. 103)

Prepare lettuce according to directions on page 55 and arrange on individual salad plates. Place  $\frac{1}{2}$  cup grated carrots in each lettuce cup; sprinkle with minced parsley. Just before serving, add 1 to 2 tablespoons French dressing, or one of its variations, to each salad.

#### VARIATIONS:

1. Add 2 or 3 tablespoons raisins to the shredded carrots.
2. Arrange 1 slice fresh or canned pineapple on bed of greens and place a mound of shredded carrots on the pineapple slice.

### CARROT AND PINEAPPLE JAM

YIELD: 1 Quart

4 cups ground raw carrots  
 $\frac{1}{3}$  cup water  
1  $\frac{1}{2}$  cups finely diced fresh  
pineapple

1  $\frac{1}{3}$  tablespoons grated lemon  
rind  
 $\frac{1}{3}$  cup lemon juice  
4 cups sugar

To the carrots, which may be finely shredded or grated instead of ground, add water. Cover and cook 25 minutes. More water may be added toward the end of the cooking period, but no more should be used than is necessary to keep the carrots from burning. Add remaining ingredients and boil gently about 1 hour, or until mixture is thick and sirupy. Pour into sterilized jars and seal with paraffin.

### CARROT CANDY

YIELD: about 30 1-inch Squares

3  $\frac{1}{2}$  cups grated carrots  
(1  $\frac{1}{2}$  pounds)  
 $\frac{1}{4}$  teaspoon salt  
2 cups sugar

$\frac{1}{2}$  to 1 teaspoon grated fresh  
ginger root  
 $\frac{1}{2}$  cup macadamia nuts

## WAYS TO USE VEGETABLES

Combine all ingredients except nuts and cook in a heavy saucepan or skillet over low heat until mixture has a jam-like consistency, or about 30 to 45 minutes. Add nuts and pour into a buttered pan. When partially cool, cut into squares and roll in granulated sugar.

## CAULIFLOWER

**DESCRIPTION AND SUPPLY.** Cauliflower, a member of the cabbage family, is one of the few flowers used as a vegetable. The tender green leaves, the stalks, and stems, as well as the creamy-white head, may be used. Cauliflower has much the same flavor as fresh young cabbage. However, it is much more expensive than cabbage because most of the cauliflower found on our markets comes from the Mainland. Cauliflower of good quality may be grown commercially or in home gardens in Hawaii during the cool season or at high elevations.

**NUTRITIVE VALUE.** Cauliflower has little or no vitamin A, and although it is a fair source of thiamine and a good source of ascorbic acid, it is not likely to retain these water-soluble vitamins unless special care is used to preserve them during transportation, storage, and cooking.

**SELECTION AND PREPARATION.** Select compact creamy-white heads that are uniform in color and not fuzzy or blemished. The adhering leaves should be fresh and green. After cooking, cauliflower should have a tender yet firm texture and good color. Overcooking spoils the appearance, texture, and flavor of cauliflower.

**AMOUNT TO BUY.** A medium-sized, 2-pound head yields four to six servings.

### **BUTTERED CAULIFLOWER**

YIELD: 4 Servings

1 head cauliflower (2 pounds)	2 tablespoons butter or
1 1/2 cups boiling water	margarine
1 teaspoon salt	

Remove leaves and stalk. Add 2 teaspoons salt to 2 cups water, pour over cauliflower head, and let stand for a few minutes to remove insects. Remove cauliflower from salt water and drain. Place right side up in boiling salted water and cook until stalk is slightly tender, or about 20 to 30 minutes. Drain well, place in serving dish, dot with fat, and serve.

If cauliflower is broken into sections, reduce the amount of water to  $\frac{3}{4}$  cup and cook 8 to 15 minutes.

**VARIATION:** Omit butter. Prepare 1 cup White Sauce (p. 101), and pour over cauliflower head or sections. Garnish with a dash of paprika.

**CAULIFLOWER WITH CHEESE SAUCE**

YIELD: 4 to 5 Servings

1 head cauliflower (2 pounds)      1 cup Cheese Sauce (p. 101)

Boil cauliflower whole as directed in recipe for Buttered Cauliflower. Prepare cheese sauce. Drain cauliflower well and place head up in serving dish. Cover with cheese sauce.

**CURRIED EGGS AND CAULIFLOWER**

YIELD: 5 Servings

1 head cauliflower (2 pounds)      ½ teaspoon salt  
 1 cup White Sauce (p. 101)      2 hard-cooked eggs, sliced  
 1 teaspoon curry powder

Separate cauliflower into sections and cook as directed for Buttered Cauliflower (p. 38). Prepare white sauce. Mix curry powder and salt with 2 tablespoons of sauce, then mix with remainder of sauce. Place hot sliced eggs and well-drained hot cauliflower in serving dish. Cover with hot curry sauce and serve immediately.

**RAW CAULIFLOWER AND CARROT SALAD**

YIELD: 5 Servings

1 small head cauliflower      2 teaspoons vinegar  
 1 small carrot      2 tablespoons salad oil  
 Dash of pepper      ¼ teaspoon Worcestershire sauce  
 ½ teaspoon salt      Speck of cayenne

Break cauliflower into sections and wash. Slice each section lengthwise into thin slices. Scrape carrot and cut into long thin strips, or shred with a vegetable shredder. Combine other ingredients in a jar, cover tightly, and shake well. Marinate the vegetables with the dressing and allow to stand in the refrigerator at least ½ hour before serving. The flavor is better if vegetables are allowed to marinate overnight. Serve cold on a bed of lettuce.

**CELERY**

**DESCRIPTION AND SUPPLY.** The stalks and leaves of celery, which may be green or bleached, are used as a vegetable and for seasoning. Much of the celery found on the market in Hawaii in normal times comes from the Mainland. Good quality celery, both green-stalked and white-stalked self-blanching varieties, can be grown in the Islands at high elevations throughout the year, and at low elevations during the cooler season.



## WAYS TO USE VEGETABLES

**NUTRITIVE VALUE.** Green celery has more vitamin A than bleached celery, but even the green is a poor source of this vitamin compared with green leafy or yellow vegetables. Celery has little thiamine and is only a fair source of ascorbic acid. It is most valuable for its texture and flavor.

**SELECTION AND PREPARATION.** Choose bunches of celery with crisp, green, tender stalks. The coarse outer stalks may be used as seasoning or cooked and used as a vegetable. The young tender tops of the stalks and the leaves are sometimes used as a green vegetable. The leaves may be dried and used as seasoning in soups and stews. Celery is best served raw as a relish, plain or stuffed (p. 101), or chopped and used in salads.

**AMOUNT TO BUY.** One pound of celery yields about  $\frac{1}{2}$  pound trimmed or 2 cups diced.

### CREAM OF CELERY SOUP

YIELD: 5 to 6 Servings

2 cups chopped celery (1 pound)	3 tablespoons flour
1 slice onion	3 cups milk
$\frac{1}{2}$ cup water	2 teaspoons salt
2 tablespoons butter or margarine	

Wash celery and chop into very fine pieces. Cook celery and onion in water as directed in recipe for Buttered Celery. Make a thin white sauce of the fat, flour, milk, and salt, following directions for White Sauce on page 101. Combine the cooked celery, finely chopped or rubbed through a sieve, the liquid in which the onion and celery were cooked, and the sauce. Reheat and serve.

### BUTTERED CELERY

YIELD: 4 to 5 Servings

2 cups chopped celery (1 pound outside stalks)	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup water	1 tablespoon butter or margarine

Wash celery and cut crosswise into 1-inch lengths. Boil water and add salt and celery. Cover and heat water to boiling again. Then lower heat and cook 15 to 20 minutes, or until tender. Add fat and serve.

**VARIATION:** For Creamed Celery, prepare as for Buttered Celery, omitting fat, and combine with 1 cup White Sauce (p. 101).

### CELERY AU GRATIN

YIELD: 6 Servings

1 cup White Sauce (p. 101)	2 cups diced cooked celery (1 pound)
1 teaspoon grated onion	1 teaspoon melted butter or margarine
$\frac{1}{2}$ to 1 cup grated cheese	2 to 3 tablespoons bread crumbs

Prepare white sauce and add minced onion and cheese. Place over low heat and stir until cheese is melted. Add cooked celery, then pour into a well-oiled casserole. Cover with buttered bread crumbs and bake in moderate oven (350° F.) 15 to 20 minutes, or until sauce bubbles and crumbs are brown.

### CELERY SOUFFLE

YIELD: 4 to 5 Servings

2 tablespoons butter or margarine	1 teaspoon salt
3 tablespoons flour	1 cup cooked celery
1 cup milk	3 eggs, separated

Make a thick white sauce of the fat, flour, milk, and salt, following directions for White Sauce on page 101. Chop celery fine and add to white sauce. Beat egg yolks until thick and add to celery mixture. Then fold in stiffly beaten egg whites. Cook as directed in Method I or II.

#### METHOD I

Pour into oiled baking dish and place in a pan of water. Bake in a moderate oven (375° F.) 45 minutes to 1 hour, or until firm. Serve at once.

#### METHOD II

Pour into oiled top of double boiler, then cover and cook over gently but steadily boiling water 40 minutes without lifting cover. (Be sure double boiler is large enough to allow mixture to double its bulk.)

### CELERY CURLS

Select tender stalks. Cut into 2- or 3-inch lengths. Slit lengthwise into very narrow strips to within  $\frac{1}{2}$  inch of the end. Place in water with cracked ice until slit stalks curl, or about 60 minutes. Serve 2 or 3 curls per person.

### DRIED CELERY LEAVES

YIELD: 1  $\frac{1}{2}$  cups crushed dried celery leaves

1 pound green celery leaves

#### METHOD I

**OVEN DRYING.**—Remove the fresh green leaves from celery stalks, wash thoroughly, and dry by tossing in a clean, dry kitchen towel. Do not use yellow leaves or even short bits of the stalk because these do not dry uniformly, nor do they dry to a pleasing color. When the moisture has been removed from the leaves, spread them in a thin layer on a cookie sheet, broiling pan, or other shallow pan. Heat in a very slow oven, about 200° to 225° F., until the leaves are dry and crisp. If the pan is deeper than  $\frac{1}{2}$  inch, it may be necessary to turn the leaves several times. This drying process will take from

## WAYS TO USE VEGETABLES

45 minutes to 1 hour. When dried, crush the leaves with the fingers and place in a jar or can with a tight-fitting lid, or if desired, the leaves may be stored unbroken. Use in soups, stews, meat loaves, etc. instead of fresh celery.

### METHOD II

**SUN DRYING.**—Wash celery leaves and remove excess moisture as directed above. Spread on a cookie sheet in the sunshine near an open window. This process will take from 2 to 3 days, depending on the weather. Turn two or three times a day. Store in a dry jar or can. Use as suggested above.

## CHARD

**DESCRIPTION AND SUPPLY.** Chard (often called Swiss chard) is a green leafy vegetable easily grown throughout the year in Hawaii. A short row of chard plants in the home garden will supply sufficient leaves for the average family. Unlike most other green leafy vegetables, the entire chard plant need not be harvested. Instead, the outer, more mature leaves are cut as needed, and the new leaves develop in the center.

Although chard may be grown throughout the year in Hawaii, it is not always available in the markets.

**NUTRITIVE VALUE.** Chard is a good source of vitamin A, a fair source of thiamine, and a poor source of ascorbic acid. The calcium of chard is not utilized by the body, because it is in the form of calcium oxalate. (See p. 8.)

**SELECTION AND PREPARATION.** Select bright-green, crisp, tender leaves, free from blemishes. Because the stems of chard are thick and comparatively tough, a more uniform product will result if the stems are cooked a few minutes longer than the leaves. Much of the stem may be discarded because of its lower nutritive value. Although this practice adds to the cost per serving, the result is a more delicate product.

**AMOUNT TO BUY.** One pound yields approximately 5 cups cut, or four servings.

### **BUTTERED CHARD**

YIELD: 4 Servings

1 pound chard  
¼ cup water

1 tablespoon butter or margarine  
½ teaspoon salt

Wash chard and separate stems from leaves. Cut into 1-inch lengths, keeping stems and leaves separate. Boil water, add fat, salt, and stems. Cover and cook 4 minutes. Add leaves, then cover, and heat water to boiling point again. Reduce heat sufficiently to keep water boiling gently. Cook about 6 minutes, or until tender, stirring once or twice.

**CHARD WITH GINGER**

YIELD: 4 Servings

1 pound chard	¼ cup water
1 teaspoon finely chopped ginger	1 tablespoon vegetable oil
½ teaspoon salt	

Wash chard and separate leaves from stems. Cut into 1-inch lengths, keeping stems and leaves separate. Add ginger and salt to water, and allow to stand 10 minutes in order to extract the flavor from the ginger, then discard the pieces of ginger. Heat saucepan and add the oil. Keeping the heat moderately high, add the stems, and cook 3 minutes, stirring or tossing the pieces about so they will not burn. Add water, cover, and heat to the boiling point. Add leaves, then cover, and reduce the heat sufficiently to keep the water boiling gently. Cook approximately 6 minutes, stirring once or twice.

**CHARD WITH BACON**

YIELD: 4 to 5 Servings

1 pound chard	¼ cup water
3 strips of bacon	½ teaspoon salt

Wash chard and separate leaves from stems. Cut into 1-inch lengths, keeping stems and leaves separate. Cut the bacon into small pieces and cook in a saucepan until crisp and brown. Add the water and salt, then cover, and bring to a boil. Add the stems of the chard, cover, and cook for 3 minutes. Add the leaves, cover, and bring water to the boiling point again. Reduce heat sufficiently to keep water boiling gently. Cook about 6 minutes, or until tender, stirring once or twice.

**CHAYOTE**

**DESCRIPTION AND SUPPLY.** The chayote is a member of the melon and squash family. The fruits range in size from 3 to 6 inches in length, from 2 to 4 inches in diameter, and weigh from ½ to 1 pound. They are jade green, and roughly pear-shaped with a slightly creased, irregular surface. The flesh is white and nonfibrous and contains one large seed.

The chayote is not often found in the markets but is grown in many home gardens. Many of the chayotes raised in Hawaii are of poor quality because they are injured by melon flies. Although the larvae do not develop as in other fruits, they cause serious blemishes in the flesh. To produce good quality fruit, especially in home gardens, chayote should be covered with paper or cloth sacks in the young stage, as tomatoes and cucumbers are, until such time as the melon fly is otherwise controlled.

## WAYS TO USE VEGETABLES

**NUTRITIVE VALUE.** The chayote is a poor source of all the vitamins and has little to recommend it nutritionally. It may be used for variety and as a carrier for other food nutrients.

**SELECTION AND PREPARATION.** Select immature, unblemished, tender-skinned fruits. Chayotes have a mild flavor and may be substituted for summer squash or zucchini in most recipes. (See pp. 76 to 78.)

**AMOUNT TO BUY.** One pound of good quality chayotes yields four servings.

### **BUTTERED CHAYOTE**

YIELD: 4 Servings

1 pound chayote	$\frac{1}{3}$ cup water
$\frac{1}{2}$ teaspoon salt	2 tablespoons butter or margarine

Wash the chayote. Peel, remove the seed, and dice into 1-inch cubes or slice crosswise into  $\frac{3}{4}$ -inch slices. Add to boiling salted water, cover, and cook about 20 minutes, or until tender but not mushy. Serve with melted fat.

### **CHAYOTE AU GRATIN**

YIELD: 4 Servings

2 cups diced chayote (about 1 pound)	$\frac{1}{4}$ teaspoon Worcestershire sauce
1 cup White Sauce (p. 101)	
$\frac{1}{4}$ teaspoon mustard	$\frac{1}{4}$ cup grated cheese
2 tablespoons minced onion	$\frac{1}{4}$ cup soft bread crumbs

Cook chayote as for Buttered Chayote above. In the meantime, prepare white sauce and add mustard, onion, Worcestershire sauce, and cheese. Arrange diced, cooked chayote in oiled casserole, cover with sauce, sprinkle with bread crumbs, and bake at 350° F., 15 to 20 minutes, or until sauce bubbles and crumbs are brown.

### **CHAYOTE MACADAMIA**

YIELD: 5 to 6 Servings

4 cups diced chayote (2 pounds)	$\frac{1}{4}$ cup raisins, if desired
1 $\frac{1}{2}$ cups water	4 tablespoons bread crumbs
1 $\frac{1}{4}$ teaspoons salt	2 tablespoons butter or margarine
$\frac{1}{4}$ cup chopped macadamia nuts	

Wash, peel, and dice chayote. Cook as for Buttered Chayote above. Mash cooked chayote, add 1 tablespoon fat and all other ingredients except crumbs. Fill oiled individual casseroles with the mixture. Cover with crumbs mixed with 1 tablespoon melted fat. Bake at 350° F. for 20 minutes, or until crumbs are browned. Serve very hot.

# CHINESE PEAS (EDIBLE-POD PEAS)

**DESCRIPTION AND SUPPLY.** Edible-pod peas are usually called Chinese peas in Hawaii because they were probably introduced into the Islands by the Chinese and are used by them in many oriental dishes. The young, green, tender pods with immature seeds are eaten whole. The supply is greatest during the cooler months from November to May, although varying amounts are obtainable throughout the year.

**NUTRITIVE VALUE.** Chinese peas are a good source of ascorbic acid. Their content of other vitamins has not been investigated.

**SELECTION AND PREPARATION.** Young, green, tender pods which contain only small seeds are the most desirable. To prepare Chinese peas for cooking, wash the peas and break off the tips and strings. The peas are most frequently cooked whole, although they may be broken in half, if desired.

**AMOUNT TO BUY.** One pound will yield about 4 cups, or eight servings. Although the cost per pound is relatively high, the cost per serving is not, since the amount of waste is small (about 10 percent).

## **BUTTERED CHINESE PEAS**

YIELD: 4 Servings

1/2 pound Chinese peas (2 cups)	3/4 teaspoon salt
1/3 cup water	1 tablespoon butter or margarine

Wash the peas, remove stem and blossom ends, and string if necessary. Heat water to boiling, then add salt, fat, and peas. Cook for 5 minutes.

## **CHINESE PEAS WITH BACON**

YIELD: 4 Servings

1 slice bacon	1/2 pound Chinese peas (2 cups)
1/3 cup water	1/4 teaspoon salt

Cut bacon into 1/2-inch pieces, cook until crisp, stirring constantly, lowering heat to avoid smoking of fat. Add water and heat to boiling. Wash peas, and remove blossom and stem ends. Add peas and salt to boiling water and cook 5 minutes, or until peas are tender. Serve hot.

## **CHINESE PEAS AND CARROTS**

YIELD: 4 Servings

1/2 pound carrots (2 medium)	1/4 pound Chinese peas (about 1 cup)
2/3 cup water	2 tablespoons butter or margarine
1/2 teaspoon salt	

## WAYS TO USE VEGETABLES

Scrape and dice the carrots. Heat water to boiling, add salt and carrots, and cook 10 to 12 minutes. In the meantime, wash peas, remove blossom ends, and string if necessary. Add the fat and peas to the carrots and cook 5 minutes more, or until carrots and peas are tender.

### CHOP SUEY WITH CHINESE PEAS

YIELD: 4 Servings

1 tablespoon ginger	2 tablespoons flour or 1 1/2
2 tablespoons shoyu	tablespoons cornstarch
2 teaspoons sugar	2 cups carrots (1/2 pound)
1 teaspoon prepared mustard	1 1/2 cups yam bean root (1/2 pound)
1 teaspoon salt	1/2 cup dry onion
1/4 pound ham	1 cup celery
1/2 pound lean pork	1/2 pound Chinese peas (2 cups)
2 tablespoons oil	1/2 cup green onion (about 3 onions)
1 cup water	

Crush or chop ginger and add shoyu, sugar, mustard, and salt. Let stand 10 minutes. In the meantime, cut ham and pork into thin slices 2 inches long. Strain liquid from ginger and add liquid to the meat. Then prepare vegetables (except peas) by cutting them into thin strips. Remove meat from the liquid and fry in oil until brown. Make a paste of water, seasoned liquid, and flour, or cornstarch. Add it to meat and simmer until meat is almost done, then add vegetables in the following order, cooking 2 to 3 minutes after each addition: carrots and yam bean root, dry onion, celery, Chinese peas, and green onion. Continue cooking until vegetables are done but are still crisp.

VARIATION: Three-fourths pound of beef or pork alone may be substituted for the pork and ham.

## CORN

DESCRIPTION AND SUPPLY. At the present time, U. S. D. A. 34 is the only variety of sweet corn raised in Hawaii that is suited to the climate. However, work is in progress to develop other kinds, especially yellow varieties similar to those popular on the Mainland.\* The best quality corn is marketed during the cooler months. The supply is seldom equal to the demand.

Fresh corn used as a vegetable is best not only when it is young, but when eaten as soon after harvesting as possible. On standing, the kernels rapidly lose their sweetness, owing to the conversion of sugar into starch.

\* The Agronomy Department of the University of Hawaii Agricultural Experiment Station and the Genetics Department of the Hawaiian Sugar Planters' Association Experiment Station are developing new varieties of sweet corn suited to Hawaii.

**NUTRITIVE VALUE.** Sweet corn is a fair to poor source of the three important vitamins. Because of its high sugar and starch content it is usually classed as an energy vegetable.

**SELECTION AND PREPARATION.** It is difficult to determine whether corn on the market is freshly picked, but it is not satisfactory unless the husk is green and tightly wrapped about the ear, and the silk enclosed within the husk is succulent and clings closely to the kernels. The kernels should be plump and should exude a milky juice when broken. The color of the kernels is not a reliable indication of age because it varies with the variety. Freshly picked U. S. D. A. 34 at the proper stage of maturity for fresh corn is white, but other varieties may be a deep-yellow.

If the corn is mature and the kernels are large and slightly tough, it is advisable to cut them from the cob and use them for chowders, casserole dishes, or for stewed corn. To remove the kernels from the cob, score down the length of the cob by cutting through the center of each row of kernels, then cut them from the cob, and scrape the cob to remove all of the inner kernel. To obtain whole-kernel corn, cut the kernels from the cob without the preliminary scoring.

**AMOUNT TO BUY.** Ears of corn are sold singly or by the dozen. The quantity to purchase depends upon the method of preparation. For serving on the cob, allow one or two large ears per serving. One 7-inch cob will yield about  $\frac{1}{3}$  cup of kernels, which may be used in chowder, casseroles, or other dishes.

## CORN CHOWDER

YIELD: 4 Servings

2 slices bacon or $\frac{1}{4}$ cup salt pork, finely cut	1 cup corn
2 tablespoons onion, finely cut	1 teaspoon salt
1 cup water	Dash of pepper
1 cup diced potato (1 medium)	1 $\frac{1}{2}$ cups milk

Fry bacon or salt pork in saucepan until brown. Add onion and fry until onion is transparent. Add water, diced potato, corn, and salt. Cover and simmer for 15 minutes, or until potato is tender. Add pepper and milk, and reheat before serving.

## CORN-ON-THE-COB

Cook as soon after picking as possible. Allow one or two ears per person. Just before cooking, remove husks, undeveloped tip, and silky threads. Using 1 teaspoon salt to each quart of water, heat to boiling sufficient water to cover



## WAYS TO USE VEGETABLES

the corn. Drop ears into the boiling water, bring the water to boiling again, and cook from 6 to 10 minutes. Lift corn from the water and place on a platter covered with a napkin. Serve with salt, pepper, and butter.

### ROASTED CORN-ON-THE-COB

YIELD: 4 Servings

4 large ears freshly picked corn

Soak the unhusked ears of corn in enough cold water to cover them for about 15 minutes. Remove from the water, place on a shallow pan in a moderate oven (350° F.), and bake from 20 to 40 minutes, or until the kernels are tender. The exact cooking time will depend upon the maturity of the corn. If the ears are roasted at a higher temperature with other foods, they may be wrapped in damp newspaper before being placed in the oven.

### SAUTÉED CORN

YIELD: 4 Servings

2 slices bacon, cut fine                      ½ teaspoon salt  
2 cups whole-kernel corn                  Dash of pepper

Fry bacon until slightly browned, add corn and seasonings, and cook until the corn is tender. If desired, 3 tablespoons butter or margarine may be used instead of the bacon.

#### VARIATIONS:

1. Add 1 tablespoon minced green pepper and 1 tablespoon minced pimento to the above recipe.

2. Cook bacon and corn as directed, then add 2 slightly beaten eggs and continue cooking until the eggs are done.

### CORN PUDDING

YIELD: 6 Servings

2 eggs    1 teaspoon salt  
2 cups scalded milk                          2 tablespoons chopped parsley, if desired  
2 cups cooked corn                          2 tablespoons butter or margarine

Beat eggs slightly, then add milk, corn, seasoning, and melted fat. Pour into oiled custard cups and set cups in baking pan of hot water. Bake at 350° F. about 40 minutes, or until an inserted paring-knife blade comes out clean.

### STEWED CORN

YIELD: 4 Servings

2 cups fresh corn                              ½ teaspoon salt  
⅓ to ½ cup milk                                Dash of pepper  
1 tablespoon butter or margarine        1 tablespoon sugar, if desired

Combine ingredients and simmer until corn is tender, or about 10 to 20 minutes.

# COWPEAS

**DESCRIPTION AND SUPPLY.** In Hawaii cowpeas are commonly used in the green-pod stage. The pods, which look somewhat like round, green, snap beans, are 6 to 8 inches long, slightly curved, and light yellow-green or green with purple markings. They are usually tied in small bundles and sold by the pound. Long beans and yard-long beans are varieties of cowpeas and may be used in the same way as ordinary cowpeas and green beans.

**NUTRITIVE VALUE.** Cowpeas are a good source of vitamin A and a fair source of thiamine and ascorbic acid.

**SELECTION AND PREPARATION.** For the green-pod stage, the beans should be young and tender. When the beans have become mature, they may be shelled and cooked alone or with tender pods.

**AMOUNT TO BUY.** One pound yields four servings.

## **COWPEAS WITH BACON FAT**

YIELD: 4 to 5 Servings

4½ cups cowpeas (1 pound)	1 teaspoon salt
¾ cup water	1 tablespoon bacon fat

Wash peas and snap into inch lengths. Boil water, add salt, bacon fat, and beans. Cover and reheat to boiling. Reduce heat and cook 15 to 20 minutes, or until cowpeas are tender.

## **OTHER WAYS TO COOK COWPEAS**

Cowpeas may be substituted for green or wax beans in any of the recipes on pages 16 and 17.

# CUCUMBERS

**DESCRIPTION AND SUPPLY.** Cucumbers are difficult to raise in Hawaii and are likely to be attacked by melon flies. Supplies of cucumbers are largest during April through August. In other months they may be difficult to obtain, particularly from January to March.

**NUTRITIVE VALUE.** The cucumber is a poor source of all the important vitamins and minerals, but its texture and flavor make it a desirable salad vegetable when used alone or in combination with other vegetables.

**SELECTION, STORAGE, AND PREPARATION.** Choose firm, bright-green cucumbers about 6 to 8 inches in length that are well developed and smooth.

## WAYS TO USE VEGETABLES

Store cucumbers in the hydrator of the refrigerator. To insure crispness, peel just before serving (do not remove the seeds), slice or dice, and let stand in ice water in the refrigerator from 20 to 30 minutes.

**AMOUNT TO BUY.** One pound or two medium cucumbers will yield four to five servings.

### **BUTTERED CUCUMBER**

YIELD: 4 to 5 Servings

1 pound cucumbers  
¼ cup boiling water

½ teaspoon salt  
1 tablespoon butter or bacon fat

The cucumbers may be pared if desired, or the skin may be left on to add color. Cut into cubes, add the water and salt, cover, and cook about 15 minutes, or until tender. Remove the cover during the last 5 to 10 minutes of cooking to allow the water to evaporate. Add butter or bacon fat, and serve hot.

### **CREAMED CUCUMBER**

YIELD: 4 to 5 Servings

1 pound cucumbers  
¼ cup boiling water  
½ teaspoon salt  
About ¾ cup milk

2 tablespoons fat  
2 tablespoons flour  
1 tablespoon chopped parsley

Cook cucumbers according to directions for Buttered Cucumber above. Drain off the water and add enough milk to make 1 cup of liquid. Use this in combination with the fat and flour for making a white sauce, following directions given on page 101. Combine the sauce and the cooked cucumber, and serve hot.

### **CRISP CUCUMBER SPEARS**

YIELD: 4 Servings

2 medium cucumbers  
4 tablespoons French Dressing (p. 103)

Pare and cut cucumbers lengthwise into spears, or into wedges, about 2 inches in length. Do not remove the seeds. Place in ice water in the refrigerator for 20 to 30 minutes, or until crisp. Serve with French dressing on a bed of Manoa lettuce or watercress.

### **NAMASU (JAPANESE CUCUMBER SALAD)**

YIELD: 4 to 5 Servings

2 medium cucumbers  
1 teaspoon salt  
¼ cup water squeezed from the cucumber slices

¼ cup vinegar  
2 teaspoons sugar

Pare cucumbers and cut in thin strips or slices. Add salt and allow to stand about 15 minutes, or until the slices are limp. Squeeze out most of the water, then combine  $\frac{1}{4}$  cup of this liquid with the vinegar and sugar, and pour over the cucumber. Allow to stand in the refrigerator from 10 to 15 minutes before serving.

### WATERCRESS AND CUCUMBER SALAD

See page 96

### DUTCH CUCUMBER SALAD

YIELD: 4 to 5 Servings

2 medium cucumbers	Pinch of white pepper
2 teaspoons salt	3 tablespoons evaporated milk
2 tablespoons sugar	2 tablespoons vinegar

Remove the skin from cucumbers in strips. Cut the cucumber in thin slices, place in a bowl, add 1 teaspoon salt, and allow to stand about 15 minutes, or until the slices are limp. Squeeze out most of the water. Combine sugar, remaining teaspoon of salt, pepper, and milk. Add vinegar gradually, about  $\frac{1}{2}$  teaspoon at a time, beating with an egg beater after each addition. The finished product should be thick. Mix this dressing with the cucumbers and chill a few minutes before serving.

### CUCUMBER AND PINEAPPLE GELATIN SALAD

YIELD: 4 to 6 Servings

2 cups sirup from canned pineapple	1 cup diced or crushed canned pineapple
1 package lemon-flavored gelatin	
$\frac{1}{2}$ teaspoon salt	1 tablespoon lemon juice
1 cup finely diced cucumber	

Heat pineapple sirup, add gelatin and salt, and stir until dissolved. Chill. When the mixture begins to thicken, fold in crisp cucumber (p. 50), pineapple, and lemon juice, and pour into individual molds. Chill until firm, then unmold, and serve on lettuce. Garnish with mayonnaise.

**VARIATION:** - If desired,  $\frac{1}{2}$  cup cottage cheese may be added with the cucumber and pineapple.

## EGGPLANT

**DESCRIPTION AND SUPPLY.** Eggplant is well suited to the Hawaiian climate, and, although it is grown the year round, it is most abundant during the summer and fall months when some local vegetables are likely to be scarce. Two types may be found in the markets—the round, which is preferred by the occidentals, and the long, about the size and shape of a banana,

## WAYS TO USE VEGETABLES

which is favored by the orientals. Choice is apparently governed by convenience of preparation, since there is no noticeable difference in flavor. Both types have thin, shiny, purple skins, and pale-green or cream-colored flesh.

**NUTRITIVE VALUE.** Eggplant is a poor source of vitamin A, a fair source of thiamine, and has little or no ascorbic acid. Its value lies in its bland flavor, which makes it combine well with a number of other vegetables.

**SELECTION AND PREPARATION.** Good eggplants are firm, smooth, and uniform in color. If possible, eggplant should be cooked immediately after it is cut, since cut surfaces darken upon exposure to the air. Soaking in water or sprinkling the pieces with salt will prevent darkening but may reduce the thiamine content. When eggplant is precooked before combining it with other vegetables, boil it in the skin to preserve as much of the flavor and nutritive value as possible. The skin is edible, but if it detracts from the appearance of the dish, it may be removed after boiling.

**AMOUNT TO BUY.** One pound of eggplant yields six 1/2-inch slices, 5 cups raw diced, or 2 1/2 cups cooked. This amount makes four or five servings.

### STEWED EGGPLANT AND TOMATOES

YIELD: 4 to 6 Servings

3 slices bacon, cut fine	2 cups fresh plum tomatoes, peeled
1/2 cup chopped onion	and diced (1 pound)
2 cups diced raw eggplant	1 teaspoon salt
(about 2/3 pound)	Dash of pepper

Fry bacon in a saucepan or large skillet. Add onions and cook until they are transparent. Add the diced eggplant, cover, and cook slowly about 15 minutes. Then add tomatoes and seasonings, mix thoroughly, and cook from 10 to 15 minutes, or until the tomatoes are tender.

### MACARONI AND VEGETABLE STEW

YIELD: 6 Servings

1 1/2 cups uncooked macaroni	2 teaspoons salt
3 1/2 cups canned tomatoes.	1/4 to 3/4 cup rice middlings
(No. 2 1/2 can)	or wheat germ
3 cups diced peeled raw eggplant	1 cup grated cheese
(2/3 pound)	

Cook the macaroni in boiling salted water about 10 minutes. Drain, then add the tomatoes, diced eggplant, salt, and rice middlings or wheat germ. Simmer gently about 25 minutes, or until the eggplant is tender. Stir occasionally, but do not mash the macaroni. Add the cheese just before serving.

**SAUTÉED EGGPLANT**

YIELD: 4 servings (8 to 10 slices)

1 medium eggplant (1 pound)  
Salt  
Pepper

Flour  
Bacon fat or vegetable  
shortening

Cut eggplant into  $\frac{1}{4}$ - to  $\frac{1}{2}$ -inch slices, sprinkle with salt and pepper, and dredge with flour. Sauté slices 8 to 12 minutes in bacon fat or vegetable shortening until well browned.

**ITALIAN EGGPLANT CASSEROLE**

YIELD: 6 Servings

1 medium eggplant (1 pound)  
1 teaspoon salt  
1 tablespoon fat  
5 slices bread ( $\frac{1}{2}$  inch thick)  
cut in  $\frac{1}{2}$ -inch strips  
5 eggs

$\frac{1}{4}$  cup milk  
 $\frac{1}{3}$  to  $\frac{1}{2}$  cup grated cheese  
1  $\frac{1}{3}$  tablespoons finely  
chopped parsley  
 $\frac{1}{2}$  cup Tomato Sauce (p. 102)

Peel eggplant, slice  $\frac{1}{4}$  inch thick, and sprinkle with salt. In heated fat, sauté slices of eggplant and of bread until slightly brown, adding more fat as needed to prevent burning. Do not allow food to absorb large quantities of the fat. Beat eggs, then add milk, cheese, and parsley. Divide eggplant, egg mixture, and tomato sauce into two portions. Place one half of the tomato sauce on bottom of oiled casserole. Cover with one half of the eggplant, then one half of the egg mixture and the bread. Arrange the remainder of the eggplant on the bread, pour remaining egg mixture on top of eggplant, and cover with the tomato sauce. Bake at 350° F. for 30 minutes.

**STUFFED EGGPLANT**

YIELD: 4 Servings

2 small round eggplants  
( $\frac{1}{2}$  pound each)  
2 cups boiling water  
2 tablespoons fat  
3 tablespoons minced onion

1 cup ground or chopped cooked meat  
 $\frac{1}{2}$  teaspoon salt  
1 tablespoon butter or margarine  
 $\frac{1}{4}$  cup bread crumbs

Boil whole eggplants in water for 10 minutes. Cut each one in half lengthwise and scoop out the center portion, being careful to leave a shell which is thick enough to hold its shape. Mash fleshy portion. Heat fat, add onion, and fry until transparent. Combine cooked onion, meat, mashed eggplant, and salt. Stuff eggplant shells with this mixture. Melt butter or margarine, add crumbs, and mix well. Cover the stuffed eggplant halves with the crumbs and bake at 350° F. for 20 to 30 minutes.

## WAYS TO USE VEGETABLES

### EGGPLANT CASSEROLE

YIELD: 4 to 6 Servings

- |   |                                  |
|---|----------------------------------|
| 1 1/2 cups cooked eggplant<br>(1 medium eggplant weighing<br>approximately 1 pound) | 1/3 cup whole-kernel corn        |
| 1/4 cup minced ham  | 2 tablespoons minced onion       |
| 1/2 teaspoon salt   | 1 egg, beaten                    |
| Dash of pepper  | 3/4 cup bread crumbs             |
|   | 1 tablespoon butter or margarine |

Mash eggplant and combine all ingredients except 3 tablespoons of the bread crumbs and the fat. Mix well and place in casserole. Heat fat, add remaining crumbs, mix well, then spread over top of casserole. Bake at 350° F. for 30 minutes. Serve as main dish for lunch or supper.

### EGGPLANT CREOLE

YIELD: 5 to 6 Servings

- |   |   |
|---|---|
| 2 cups cooked eggplant<br>(1 medium eggplant weighing<br>approximately 1 pound) | 1/2 teaspoon salt                         |
| 2 tablespoons butter or margarine   | Dash of pepper                            |
| 1/4 cup chopped onion   | 1/4 teaspoon paprika                      |
| 1/4 cup chopped green pepper  | 3 to 6 fresh minced rosemary<br>leaves    |
| 1 1/2 cups diced peeled fresh<br>tomatoes or 1 cup canned tomatoes              | 1/4 to 1/2 teaspoon fresh minced<br>thyme |
|   | 1/2 cup dry bread crumbs                  |

Mash eggplant with a fork. Heat 1 tablespoon fat, add onion, and fry until transparent. Combine eggplant, onion, green pepper, tomatoes, seasonings, and 1/4 cup bread crumbs and place in casserole. Cover with remaining bread crumbs and dot with remaining fat. Bake at 350° F. for 30 to 40 minutes.

## LETTUCE

**DESCRIPTION AND SUPPLY.** In Hawaii, the two most widely grown varieties of lettuce, both in home and commercial gardens, are the Mignonette, which has a purple tinge on the edge of the leaves, and the Manoa, which is also known as Green Mignonette. These varieties normally form loose heads of delicate and tender green leaves. Both varieties thrive the year round, though finer quality may be expected during cool and rainy periods. The large, heading, bleached variety of lettuce (Iceberg) is grown commercially at higher elevations. Mainland importations of lettuce are normally greatest during the summer and fall. The local production of lettuce is generally heaviest from March to July.

**NUTRITIVE VALUE.** Tender, green lettuce has much more vitamin A than the bleached head types. Lettuce of any variety is of little value as a source of thiamine and ascorbic acid.

**SELECTION, STORAGE, AND PREPARATION.** Select heads with fresh green leaves. Wash lettuce in a pan of water and lift the leaves out of the water rather than pour the water from the leaves. Head lettuce can be opened by cutting out the core and allowing water to run down through the leaves, thus forcing them apart. Do not use this method if lettuce is to be served in wedges. After washing, remove the excess water that clings to the lettuce leaves by placing them in a cloth or bag and twirling (out of doors) several times, or drain and pat the leaves dry with a cloth. Store in a covered container in the refrigerator. A metal pail is an excellent container for lettuce. When serving lettuce, be sure that the leaves are clean, cold, crisp, and dry. Do not discard the green outside leaves of Manoa or Mignonette lettuce if they are in good condition. Shred the tougher leaves and use them for wilted lettuce or as a bed for other salads.

**AMOUNT TO BUY.** A pound of lettuce averages 35 to 40 leaves, which is enough for 6 or 7 salads, or if used as a garnish only, for 12 to 15 salads.

## LETTUCE SALAD COMBINATIONS

Green salads add color and pleasing flavors to meals.

*Lettuce alone or combinations of lettuce and other salad greens* may be arranged on individual salad plates, or mixed with tart French Dressing or one of its variations (p. 103) and served from a bowl. The crisp, fresh, tender leaves are usually used whole, while the tougher outside leaves should be shredded.

*Head lettuce* may be cut in wedges or slices and served with Thousand Island Dressing (p. 104).

*Tossed green salads* may be made from combinations of the following greens with lettuce: watercress, endive, head cabbage, celery, Chinese or celery cabbage.

*Tossed vegetable salads* are usually made by combining one or two greens with varying amounts of the vegetables listed below. The vegetables may be sliced or diced, but the pieces should be large enough so that they will not lose their shape or identity when added to the greens and tossed.

*Use these raw:* carrots, celery, cucumber, cauliflower, green pepper rings, parsley, green onions, radishes, tomatoes, chives.

*Use these cooked:* asparagus, beets, cauliflower, green and lima beans, Chinese peas.



## WAYS TO USE VEGETABLES

### WILTED LETTUCE\*

YIELD: 4 Servings

2 tablespoons salad oil	1/4 teaspoon salt
2 tablespoons vinegar	3 cups shredded Manoa lettuce
2 teaspoons sugar	2 to 4 leaves chives, cut fine

Make a sauce by combining the first four ingredients in a large saucepan and heating them until the sauce bubbles. Remove from heat and add shredded lettuce and chives. Mix well and serve at once.

This method of preparation is an especially good way to use green outer leaves that are slightly bruised and do not look attractive enough for salads.

Other greens, such as watercress, may be substituted for the lettuce.

**VARIATION:** Cut bacon in fine pieces and fry until a delicate brown. Remove bacon and use the fat in place of salad oil in above recipe. Sprinkle crisp bacon on lettuce just before serving.

## OKRA

**DESCRIPTION AND PREPARATION.** Okra or gumbo is the edible mucilaginous pod of a plant of the mallow family of which cotton and hibiscus are members. The young, tender pods with round white seeds are best when they are 3 to 4 inches long and pale green. The very large pods which are dark green or brownish are apt to be woody, and the seeds large and tough.

Okra is not widely used in Hawaii and is not commonly found on the markets. Most of it is sold by vegetable wholesalers to hotels and restaurants. It is easy to grow and might well be included in more home gardens, especially during the summer months, when it thrives best.

**NUTRITIVE VALUE.** Okra is a fair source of vitamin A and thiamine, and a poor source of ascorbic acid.

**SELECTION AND PREPARATION.** Select young, tender, brittle, light-green pods with soft seeds. Okra is commonly used in soups, combined with other vegetables in casserole dishes, or fried. It may be boiled and served as a vegetable or as a salad. Some cooking directions recommend rinsing the cooked whole pods in water to remove some of the mucilaginous substance, but such washing appears to have little effect upon the slimy quality, and it further reduces the vitamin content.

**AMOUNT TO BUY.** One pound yields four servings.

\* MILLER, CAREY D., and LIND, HELEN YONGE. FOOD FOR HEALTH IN HAWAII. Hawaii Agr. Expt. Sta. Bul. 88, p. 68. 1942.

**OKRA AND CORN SOUP**

YIELD: 4 Servings

1/2 pound plum tomatoes (1 cup diced)	1 3/4 cups water
1 slice bacon	1 teaspoon salt
1/4 pound okra (3/4 cup sliced)	Dash of pepper
1 cup cream-style or whole-kernel corn	

Peel and dice the tomatoes. Cut the bacon into small pieces and fry. Remove stem ends of okra and cut remaining portion crosswise into 1/2-inch slices. Combine all ingredients and cook 10 to 15 minutes, or until okra is tender.

**OKRA WITH HOLLANDAISE SAUCE**

YIELD: 4 to 5 Servings

20 young okra pods	1/2 to 3/4 cup Hollandaise Sauce (p. 102)
1/2 teaspoon salt	Boiling water

Wash okra well. Do not remove stems. Heat to boiling enough salted water to cover, add okra, and cook 7 to 10 minutes, or until tender. Drain. Serve four or five pods per person with 2 tablespoons hollandaise sauce. The pods are eaten by picking them up with the fingers by the stem and dipping them in the sauce.

**STEWED OKRA AND TOMATOES**

YIELD: 5 to 6 Servings

1 1/2 cups sliced okra (1/2 pound)	1 1/3 cups canned tomatoes*
1 cup diced fresh tomatoes* (1/2 pound)	1/4 cup canned corn
1 tablespoon bacon fat	1/2 teaspoon salt
3 tablespoons chopped onion	Dash of pepper
1/4 cup chopped green pepper	

Wash okra and discard stem ends. Cut okra crosswise into 1/2-inch slices. Peel fresh tomatoes and dice. Heat fat, add onion and green pepper, and fry until slightly brown. Add all other ingredients, cover, and cook 15 to 20 minutes, or until okra is tender.

**OKRA SUCCOTASH**

YIELD: 4 Servings

1 cup canned cream-style corn	2 tablespoons milk
1 cup cooked okra, cut in 1/2-inch slices	1 tablespoon butter or margarine

Cook okra as directed for Okra with Hollandaise Sauce above. Combine all ingredients and heat before serving.

\* Canned tomatoes only may be used in place of part fresh and part canned tomatoes, but the combination of the fresh and canned gives a more desirable flavor.

## WAYS TO USE VEGETABLES

### OKRA SALAD

YIELD: 4 Servings

20 young tender okra pods	2 cups shredded Manoa lettuce
½ teaspoon salt	4 teaspoons mayonnaise
3 tablespoons French Dressing (p. 103)	Dash of paprika

Prepare okra as for Okra with Hollandaise Sauce (p. 57). Chill and marinate in French dressing about 20 minutes. Serve five pods per person on a bed of shredded Manoa lettuce. Top with a teaspoon of mayonnaise, and garnish with a dash of paprika.

## ONIONS

**DESCRIPTION AND SUPPLY.** Hawaii markets offer housewives onions for every purpose. Several varieties of green bunching onions are abundant throughout the year.

Kailua onions is the local name given to white Bermuda onions harvested in the young stage when the bulbs are about 1 inch in diameter and very mild and sweet in flavor. They are sold with some adhering green tops, and are more expensive than dry onions. They are usually available from February to May, but the supply is rarely equal to the demand.

Most of the dry or bulb onions used in Hawaii are imported from the Mainland, but some good types are grown locally, especially the yellow Bermuda variety grown on Maui. These are harvested from May through August. Both green and dry onions are used for flavoring and in combination with other vegetables. Dry onions are used extensively as a vegetable. White bulb onions, which are usually milder in flavor than the colored ones, are best adapted for use in salads.

**NUTRITIVE VALUE.** Green onions are an excellent source of vitamin A, and a fair source of thiamine and ascorbic acid if the green tops are included. Bulb or dry onions and the white portion of green onions contain little or no vitamin A and are poor sources of thiamine and ascorbic acid. Onions are most valuable for their flavor and their laxative properties.

**SELECTION, PREPARATION, AND STORAGE.** To prepare bulb onions for cooking, hold the onion under the surface of water in a pan or under running water when removing the dry outer skin and when cutting the onion in pieces. This procedure causes some of the volatile material to be dissolved in or carried away by the water and thus keeps the eyes from becoming irritated. Less odor will remain on the fingers and the knife if they are first rubbed with fat to prevent absorption of the volatile oils.

To keep green onions fresh, wrap them in waxed paper and store in a tightly covered container in the refrigerator. Bulb onions should be stored in a cool, dry, ventilated place.

**AMOUNT TO BUY.** One pound of bulb onions (4 medium) will yield four servings. Allow one or two stalks of green onions per serving.

### CREAM OF ONION SOUP

YIELD: 4 Servings

4 medium onions (1 pound)	2 tablespoons flour
1 cup water	1 teaspoon salt
4 tablespoons butter or margarine	2 cups milk

Peel onions and chop fine. Cook them slowly in 2 tablespoons of fat for about 5 minutes, or until onions are yellow in color. Add water, cover, and simmer about 20 minutes, or until onions are very tender. Rub through a sieve if desired. Make a thin white sauce of the remaining fat, flour, salt, and milk, following directions for White Sauce on page 101. Combine thin white sauce with onion pulp and liquid and reheat before serving.

### FRENCH ONION SOUP

YIELD: 5 Servings

4 or 5 small onions (2 cups sliced)	Dash of pepper
3 tablespoons butter or margarine	2 slices toast, cut in fourths
4 cups beef stock	$\frac{1}{3}$ cup grated cheese
1 teaspoon salt	

Peel and slice onions. Melt fat in saucepan, add onions, and cook over low heat until a delicate golden color; avoid breaking the pieces. Add stock, salt, and pepper, and simmer about 20 minutes, or until onion is very tender. Butter hot toast. Pour hot soup into individual soup plates and place pieces of toast in each plate. Sprinkle with cheese and serve immediately. If earthenware bowls are used, these may be placed in the oven to allow the cheese to melt before serving.

### BUTTERED ONIONS

YIELD: 4 Servings

4 medium onions (1 pound)	2 tablespoons butter or margarine
$\frac{1}{2}$ teaspoon salt	

Prepare onions for cooking according to directions on page 58. Cut in halves or quarters, or if Kailua onions are used, leave them whole. Place in saucepan, then add salt and an inch of water. Cover and bring water to the boiling point. Reduce heat and cook 30 to 45 minutes, or until onion is easily pierced with a fork. Drain if necessary. Add fat.

## WAYS TO USE VEGETABLES

### VARIATIONS:

1. Omit fat and add 1 cup White Sauce (p. 101) to onions.
2. Prepare  $\frac{1}{2}$  pound onions. Add 1 cup White Sauce (p. 101) and combine with  $\frac{1}{2}$  cup freshly shredded raw carrot just before serving.

### SAUTÉED ONIONS

YIELD: 4 Servings

4 medium onions 1/2 teaspoon salt  
2 tablespoons butter or margarine

Prepare onions according to directions on page 58. Cut in thin slices. Sauté slowly in the fat 10 to 15 minutes, or until a delicate brown. Stir occasionally to prevent burning. Add salt.

### GLAZED ONIONS

YIELD: 4 Servings

$\frac{1}{2}$  pound small onions 3 tablespoons butter or margarine  
 $\frac{1}{2}$  cup water 2 tablespoons sugar  
1 teaspoon salt

Peel onions according to directions on page 58 and leave them whole. Heat water to boiling, add salt and onions, and boil 8 minutes. Melt fat, add sugar, and stir until sugar is dissolved. Add well-drained onions and cook slowly over very low heat 10 to 20 minutes, or until tender, turning onions until they are well glazed and a delicate golden color.

### ONIONS AU GRATIN

YIELD: 4 Servings

4 medium onions 1/3 cup grated cheese  
 $\frac{1}{2}$  cup boiling water 1/4 cup bread crumbs  
 $\frac{1}{4}$  teaspoon salt 1 tablespoon melted butter or  
1 cup White Sauce (p. 101) margarine

Peel onions according to directions on page 58 and cut into fourths. Cook in boiling salted water until tender. Prepare the white sauce. Arrange onions, white sauce, and cheese in alternate layers in a baking dish. Cover with the bread crumbs which have been mixed with the melted fat. Bake in a moderate oven (350° F.) 20 to 30 minutes, or until crumbs are brown and sauce bubbles.

### CASSEROLE OF ONIONS AND TOMATO SAUCE

YIELD: 4 Servings

4 medium onions (1 pound) 1 1/2 cups Tomato Sauce (p. 102)  
 $\frac{1}{2}$  cup water 1/2 teaspoon celery salt  
 $\frac{1}{4}$  teaspoon salt

Peel onions according to directions on page 58 and cut in half. Heat water to boiling, add onions and salt, and cook 10 minutes. Prepare tomato sauce and add celery salt. Place onions in baking dish and pour tomato sauce over them. Cover and bake in moderate oven (350° F.) 25 to 30 minutes, or until onions are tender.

## PARSNIPS

**DESCRIPTION AND SUPPLY.** The parsnip is a root vegetable with an uneven surface and is about the size and shape of a long, large carrot. The skin is tan or cream colored; the flesh is slightly fibrous and also cream colored. Parsnips thrive best in a temperate climate and are grown in Hawaii only to a very limited extent. Most of the parsnips on the market in Hawaii are imported from the Mainland, where they are sometimes harvested in the late winter, since freezing seems to improve their flavor.

**NUTRITIVE VALUE.** Parsnips have little or no vitamin A, are a fair source of thiamine, and a poor source of ascorbic acid.

**SELECTION AND PREPARATION.** Choose medium-sized, straight, relatively smooth parsnips. For some dishes, parsnips may be precooked in the skins, after which the skins can be quickly and easily removed.

**AMOUNT TO BUY.** One pound yields 2½ cups diced, or four servings.

### **BOILED PARSNIPS**

**YIELD:** 4 Servings

1 pound parsnips    ½ teaspoon salt

Wash and scrub young parsnips with a brush. Add salt and cover with boiling water. Cook whole in their skins for 30 to 45 minutes, or until tender. Drain, cool, and leave in skins until ready for use in any recipe calling for cooked parsnips.

### **BUTTERED PARSNIPS**

**YIELD:** 4 Servings

1 pound parsnips (2 cups diced)                      ¾ teaspoon salt  
½ cup water    1 tablespoon butter or margarine

Scrape and dice parsnips. Heat water to boiling, add the salt, fat, and parsnips. Cover and cook about 10 minutes, or until tender. If considerable liquid remains, remove cover, and simmer to allow liquid to evaporate.

## WAYS TO USE VEGETABLES

### PARSNIP CAKES

YIELD: 6 Servings

2½ cups mashed cooked parsnips	1 teaspoon salt
1 tablespoon flour	Dash of pepper
1 egg	2 to 4 tablespoons fat

Cook parsnips according to recipe for Boiled Parsnips (p. 61). Mash and add the flour, beaten egg, salt, and pepper. Shape into cakes or balls and fry in hot fat until a golden brown. Serve hot.

### COUNTRY FRIED PARSNIPS

YIELD: 4 Servings

1 pound cooked parsnips	1 tablespoon milk
1 egg	Bacon fat
½ teaspoon salt	

Cook parsnips according to recipe for Boiled Parsnips (p. 61). Cut into thin (¼-inch) lengthwise slices 3 to 4 inches long. Beat egg slightly and add salt and milk. Dip each parsnip slice in the mixture and fry in bacon fat until a delicate brown.

### CASSEROLE OF PARSNIPS AND PINEAPPLE

YIELD: 5 to 6 Servings

2 cups diced cooked parsnips (1 pound)	½ teaspoon cinnamon
	½ teaspoon salt
1½ cups diced canned pineapple	2 tablespoons butter or margarine
¼ cup brown sugar	¾ cup sirup from canned pineapple

Cook parsnips according to recipe for Boiled Parsnips (p. 61). Peel and dice. Fill a casserole with alternate layers of cooked parsnips and pineapple, sprinkling each layer with brown sugar mixed with the cinnamon and salt. Dot each layer with fat. Add the pineapple sirup, cover, and bake at 375° F. for 25 minutes.

### CASSEROLE OF PARSNIPS AND SPARERIBS

YIELD: 4 Servings

1 pound parsnips	2 pounds spareribs cut in 3-inch lengths
3 tablespoons flour	½ cup hot water
1 teaspoon salt	2 medium carrots
1 teaspoon sage	2 medium potatoes
Dash of pepper	

Scrape parsnips, cut into quarters, and arrange in casserole. Combine flour, salt, sage, and pepper, and dredge spareribs in this mixture. Place spareribs on top of parsnips in casserole. Add the water, then cover, and cook in moderate oven (350° F.) from 2 to 2½ hours. Add the carrots and potatoes that have been cut into quarters 1 hour before the end of the cooking period.

# GREEN PEPPERS

**DESCRIPTION AND SUPPLY.** Sweet green peppers are raised the year round in Hawaii, although the largest crop is produced during the winter months when the importations are lowest. Large quantities of green peppers are normally imported from the Mainland. One or two good plants in a home garden will supply sufficient green peppers for flavoring and garnishing.

**NUTRITIVE VALUE.** Green peppers are a fair source of vitamin A, a poor source of thiamine, and an excellent source of ascorbic acid.

**SELECTION AND PREPARATION.** Select bright-green, glossy, well-shaped, large peppers if they are to be used for stuffing. Smaller, less regularly shaped ones are suitable for seasoning and garnishing. Avoid peppers which show evidence of insect stings. In preparing green peppers, the seeds and white membrane should be discarded and only the green outside shell used. The pepper cases are more moist and tender if they are parboiled before stuffing and baking.

**AMOUNT TO BUY.** Peppers are sold singly and by the pound. For stuffed peppers, allow one medium or large pepper per person. Four large peppers weigh approximately 1 pound.

## PEPPER SHELLS FOR STUFFING

YIELD: 4 Servings

4 peppers

Boiling water to cover

½ teaspoon salt

Wash and cut large peppers in half lengthwise or cut a thin slice from the stem end of medium-sized peppers. Remove seeds and white membrane. Parboil 5 minutes. Drain and place upright in oiled baking dish. Fill with any desired stuffing and bake at 375° F. for 20 to 30 minutes, or until pepper shells are tender.

## CORN STUFFING

YIELD: 4 Servings

1 egg

½ teaspoon salt

1 tablespoon milk

4 tablespoons bread crumbs

1 ½ cups corn

1 tablespoon butter or margarine

Beat egg, add milk, corn, and salt. Prepare Pepper Shells for Stuffing above and fill with corn mixture. Cover with bread crumbs and dot with fat. Place in oiled baking dish and add just enough water to cover the bottom of the pan. Bake at 350° F. for about 30 minutes.



## WAYS TO USE VEGETABLES

### CORNED BEEF HASH STUFFING

YIELD: 4 Servings

1 1/2 cups corned beef hash                      1/4 cup diluted evaporated milk  
2 tablespoons minced parsley

Mix hash with minced parsley and moisten with evaporated milk. Prepare Pepper Shells for Stuffing (p. 63), fill with the mixture, and place in oiled baking pan. Add just enough water to cover the bottom of the pan. Bake at 350° F. for about 30 minutes.

### TOMATO STUFFING

YIELD: 4 Servings

2 tablespoons minced onion                      1/4 teaspoon dried or 1/2 teaspoon  
2 tablespoons fat                                      fresh marjoram  
3/4 cup cooked tomatoes                          1/4 teaspoon dried or 1/2 teaspoon  
1 cup soft bread crumbs                          fresh thyme  
2 tablespoons minced parsley

Fry onion in fat until tender and combine with all the remaining ingredients. Prepare Pepper Shells for Stuffing (p. 63), fill with mixture, and place in oiled baking pan. Add just enough water to cover the bottom of the pan. Bake at 350° F. for about 30 minutes, or until pepper shells are tender.

### RICE AND MEAT STUFFING

YIELD: 4 Servings

3 tablespoons minced onion                      1 tablespoon minced parsley  
1 tablespoon fat                                      1/2 cup gravy or White Sauce  
1/2 to 1 teaspoon curry powder,                      (p. 101)  
if desired    1/2 teaspoon salt  
3/4 cup ground cooked meat                          Dash of pepper  
1 cup cooked partially polished  
or brown rice

Fry onion in fat until slightly brown. Mix curry powder with a small amount of the gravy or white sauce and add to the meat. Cook a few minutes, stirring to distribute curry powder evenly. Remove from heat and combine with rice, parsley, gravy or white sauce, and seasonings. Prepare Pepper Shells for Stuffing (p. 63) and fill with this mixture, stand them upright in a baking pan, and add just enough water to cover the bottom of the pan. Bake at 350° F. for about 30 minutes, or until pepper shells are tender.

### STUFFED PEPPER SALAD

YIELD: 4 to 5 Servings

2 large green peppers (1/2 pound)                      2 tablespoons finely chopped  
1 cup cottage cheese (1/2 pound)                      nuts  
4 tablespoons (2 ounces) chopped                      Mayonnaise  
dried apricots, raisins, candied  
cherries, or dates

Cut a slice from the stem end of each pepper and remove seeds and white membrane from centers. Combine cottage cheese, fruit, and nuts; stuff pepper cases with the mixture, and chill thoroughly. When ready to serve, cut crosswise in slices thick enough to hold their shape. For each salad, place two or three slices on a bed of lettuce and garnish with mayonnaise.

## POTATOES

**DESCRIPTION AND SUPPLY.** The most widely used potato is the mature white one commonly called the Irish potato, although it is a native of the Americas. Housewives in Hawaii usually refer to imported potatoes as "old" potatoes when "new" potatoes are on the market. Most of the potatoes used in Hawaii are imported from the Mainland. From late December through March, the Hawaiian-grown "new" potatoes of the Bliss Triumph variety, locally known as the Hawaiian Rose, are available.

**NUTRITIVE VALUE.** Potatoes are one of the most important energy vegetables because of the easily digested starch which they contain. Potatoes have little or no vitamin A. They are a fair source of thiamine, and when they are prepared in such a way as to retain this water-soluble vitamin, and are eaten in relatively large quantities, they furnish substantial amounts. Hawaiian-grown "new" potatoes are a fair source of ascorbic acid.

**SELECTION AND PREPARATION.** For baking and mashing, use a mealy, flaky variety; for salads and creaming, use waxy varieties that hold their shape. Bake or boil potatoes in their skins whenever possible in order to retain the maximum nutritive value. When preparing potatoes in this manner, prick the skins with a fork as soon as they are done so that the steam may escape. This procedure will keep the potatoes from becoming waterlogged and soggy.

**AMOUNT TO BUY.** Four or five small potatoes or two or three medium-sized potatoes usually weigh 1 pound. Ordinarily, allow one medium-sized potato, or the equivalent, per person. For potato salad, allow approximately 1 pound of potatoes for four to five servings.

### BOILED POTATOES

YIELD: 4 Servings

4 medium potatoes

1 teaspoon salt

Scrub potatoes and remove blemishes. Do not pare. Place in saucepan and add 1 inch of water. Cover and heat to boiling. Reduce heat and cook until tender (from 20 to 40 minutes, depending upon size of potatoes). Drain. If the skins do not break in cooking, prick them to allow steam to escape.

## WAYS TO USE VEGETABLES

Place saucepan over heat and shake gently to dry potatoes and make the outside mealy. Serve in their jackets. Hawaiian Rose potatoes are especially good prepared in this manner.

If desired, the skin may be removed before serving. Hold the hot potato on a fork and remove the skin with a sharp paring knife. Serve with Parsley Butter (p. 107).

### MASHED POTATOES

YIELD: 4 Servings

3 or 4 medium potatoes (about 3 cups mashed)	4 tablespoons melted butter
$\frac{1}{3}$ to $\frac{2}{3}$ cup milk	1 $\frac{1}{2}$ teaspoons salt
	Dash of pepper

Boil potatoes in their skins (p. 65), then peel, and mash well. Heat milk, add butter, and stir until butter is melted. Add milk and seasonings to potatoes, and beat until light and fluffy.

VARIATION: Add 6 tablespoons grated American cheese and 4 tablespoons chopped watercress to the mashed potato. Drop from a spoon on buttered baking pan and bake at 375° F. until brown, or about 7 minutes.

### POTATO CAKES

YIELD: 4 Servings

2 cups mashed potatoes	$\frac{1}{4}$ cup flour
1 egg, well beaten	2 to 3 tablespoons fat
2 teaspoons chopped parsley, if desired	

Prepare Mashed Potatoes (above). Add well-beaten egg and parsley. Shape into about eight flat cakes, dredge with flour, and fry in fat until nicely browned.

VARIATION: One-half to 1 cup of fish flakes may be added to the above recipe.

### DUCHESS POTATOES

YIELD: 4 Servings

3 cups hot mashed potatoes	1 teaspoon salt
3 tablespoons butter	Dash of pepper
$\frac{1}{3}$ cup milk	2 egg whites, beaten stiff
2 egg yolks, slightly beaten	

Mash freshly boiled potatoes, add butter, and mix until melted. Add milk, egg yolks, and seasonings, and mix well. Fold in egg whites, pile mixture lightly into an oiled baking dish, set in a pan of hot water, and bake in a moderate oven (350° F.) for 45 minutes, or until set.

## POTATOES

### HASHED BROWN POTATOES

YIELD: 4 Servings

1 teaspoon salt  
Dash of pepper

2 cups chopped cooked potato  
1 1/2 tablespoons bacon fat

Add salt and pepper to potato and mix well. Melt fat in heavy skillet. Spread potato evenly in pan. With a biscuit cutter, chop the potato in the pan during the cooking without stirring the mixture. (The finer they are chopped, the more evenly brown will be the crust on the bottom.) Cook 10 to 15 minutes, or until an even brown crust has formed on the under side. Fold over like an omelet, slide onto a hot plate, and serve immediately.

### LYONNAISE POTATOES

YIELD: 4 Servings

3 1/2 tablespoons butter or margarine  
1 tablespoon minced onion  
3/4 teaspoon salt

Dash of pepper  
2 cups diced cooked potato  
2 tablespoons chopped parsley

Heat 1/2 tablespoon fat, add onion, and cook until transparent. Remove onion. Melt remaining fat in skillet, and add salt, pepper, and potato. Fry slowly until fat is absorbed and potato is slightly brown. Stir frequently. Add cooked onion and parsley, mix well, and serve immediately.

### BAKED POTATOES

YIELD: 4 Servings

4 medium-sized potatoes  
2 tablespoons butter or margarine  
Salt

Pepper  
Paprika

Select potatoes of uniform size, preferably of a mealy type. Scrub and remove blemishes. Bake in a hot oven (400° to 450° F.) 45 to 60 minutes, or until tender. If a tender, glossy skin is desired, rub each potato with vegetable shortening or salad oil before baking. When done, place in a napkin or clean dish towel, and roll and press with the fingers until the potato is mealy. Cut two gashes in the shape of a cross in the skin on one side. Press ends of potato until gashes open, then insert fat and seasonings in the opening. Garnish with paprika.

### STUFFED BAKED POTATOES

YIELD: 4 Servings

2 large or 4 medium-sized potatoes  
1/2 to 2/3 cup hot milk  
4 tablespoons butter or margarine

1 teaspoon salt  
1/8 teaspoon pepper

Bake potatoes according to directions for Baked Potatoes above. When they are tender, cut in half lengthwise. If small potatoes are used, cut a slice

## WAYS TO USE VEGETABLES

from one side. Scoop contents out of the skins, being careful not to puncture the shells. Mash potato, add milk, fat, and seasonings, and beat until fluffy. Fill skins with potato mixture and bake at 450° F. until tops are browned.

### VARIATIONS:

1. One-half cup leftover cooked meat, corned or chipped beef, salmon, tuna, or cooked vegetables may be added to the mashed potato.
2. Sprinkle cheese over tops of stuffed potatoes before returning to oven. Bake only until cheese is melted.
3. Make indentation in the center of each potato. Break a raw egg into the hollow of each stuffed half-potato, and bake in a slow oven (300° to 350° F.) 15 to 20 minutes, or until egg is set.

## SCALLOPED POTATOES

YIELD: 4 Servings

3 medium-sized potatoes (1 pound)	Dash of pepper
1 tablespoon minced onion	1 1/2 tablespoons butter
1 tablespoon flour	or margarine
3/4 teaspoon salt	1 1/2 cups milk

Peel potatoes and slice in thin crosswise slices. One pound of potatoes should yield approximately 2 cups sliced. Divide all ingredients except milk into thirds. Arrange a layer of potatoes on the bottom of a well-oiled casserole. Sprinkle with one third of the onion, flour, salt, and pepper, and dot with one third of the fat. Repeat until all ingredients are used. Pour the milk over the contents of the casserole. Bake covered in a moderate oven (350° F.) for 1/2 hour. Remove cover and bake 1/2 hour longer, or until potatoes are tender.

VARIATION: Substitute 1/2 pound carrots (1 cup sliced) for 1/2 pound of the potatoes.

## POTATO BISCUITS

YIELD: 10 to 12 Biscuits

1 1/2 cups flour	1 cup cold mashed potato
3 teaspoons baking powder	4 tablespoons fat
1/2 teaspoon salt	1/3 cup milk

Sift dry ingredients together. Cut in mashed potato and fat with two knives or a pastry blender. Add milk all at once, mixing until mixture leaves the sides of the bowl. Dough should be as soft as can be handled. Turn on floured board and pat into sheet about 3/4 inch thick. Cut with floured biscuit cutter and bake in a hot oven (425° F.) 15 to 20 minutes.

Note: This is an excellent way in which to use leftover mashed potato.

**VEGETABLE SAUSAGE**

YIELD: 4 to 6 Servings

- |                         |                          |
|-------------------------|--------------------------|
| 1 cup cooked lima beans | 1/8 teaspoon pepper      |
| 1 cup mashed potato     | 1/2 cup dry bread crumbs |
| 1 egg, beaten           | 1 1/2 tablespoons fat    |
| 3/4 teaspoon salt       |                          |

Force lima beans through ricer, or mash well. Combine all ingredients except fat. Shape into sausages about 1 inch in diameter and 3 1/2 inches long or into small patties. Sauté in fat. Serve with Cheese Sauce (p. 101) or with Parsley or Watercress Sauce (p. 102).

VARIATION: Substitute 1 cup cooked carrots for lima beans.

**HOT POTATO SALAD\***

YIELD: 6 Servings

- |                               |  |
|-------------------------------|--|
| 2 slices bacon, cut fine      | 3 tablespoons vinegar                                  |
| 1/2 cup minced onion          | 3/4 cup hot water                                      |
| 2 tablespoons cornstarch      | 2 large boiled potatoes sliced<br>thin (3 cups sliced) |
| 2 tablespoons brown sugar     | 2 hard-cooked eggs, chopped                            |
| 1 1/2 teaspoons salt          |  |
| 1/2 teaspoon prepared mustard |  |

Fry bacon until crisp and remove from the fat. Fry onion in bacon fat and then remove onion. Add the combined cornstarch, sugar, salt, and mustard to fat. Add vinegar and water and cook until thickened. Divide potato, eggs, onion, and bacon into three equal parts. Place a layer of potato in a casserole and sprinkle with one third of the egg, onion, and bacon. Repeat until all ingredients are used. Pour thickened sauce over contents of the casserole and bake 1/2 hour at 350° F. Serve hot.

**POTATO SALAD**

YIELD: 4 to 5 Servings

- |                         |                       |
|-------------------------|-----------------------|
| 2 cups potato cubes     | 1 small onion, grated |
| 1 cup celery            | Salt to taste         |
| 3 sweet pickles         | Pepper to taste       |
| 1 medium-sized cucumber | 2 hard-cooked eggs    |

Cook potatoes in jackets according to directions on page 65. Peel, cool, and cube. Dice celery, pickles, and cucumber. Add grated onion, and salt and pepper to taste. Add eggs cut into quarters. Moisten with mayonnaise, and serve on a bed of Manoa lettuce.

VARIATION: Marinate the cubed potatoes with about 1/4 cup of French Dressing (p. 103) and chill in the refrigerator 1 to 3 hours. Add other ingredients and moisten with cooked dressing or mayonnaise.

\* MILLER, CAREY D., and LIND, HELEN YONGE. FOOD FOR HEALTH IN HAWAII. Hawaii Agr. Expt. Sta. Bul. 88, p. 68. 1942.

# SPINACH

**DESCRIPTION AND SUPPLY.** Several varieties of greens are sold in the Honolulu markets as "spinach." The one most widely used is an amaranth which has small oval-shaped leaves and is commonly called "Chinese spinach." However, this term is confusing since it is also applied to Malabar nightshade, which has large heart-shaped leaves and a thick stem. Small quantities of New Zealand spinach are grown in home gardens, and are sometimes offered for sale at country roadside stands, but as a rule this spinach cannot be found on the market. Locally grown "true" spinach (*Spinacia oleracea*) may occasionally be found in neighborhood stores, where it is sold under its Japanese name, *borenso*. Amaranth may be found on the market the year round. The plants with adhering roots are usually bunched and sold by the pound.

**NUTRITIVE VALUE.** Amaranth is an excellent source of vitamin A. The thin green leaves contain more vitamin and iron than do the stems, so there is no objection to discarding much of the lower stem before cooking; this practice does increase the cost per serving, however. Amaranth is a poor source of thiamine and ascorbic acid. The calcium of amaranth, as well as of all other varieties of spinach, is not well utilized by the body because it is in the form of calcium oxalate. (See p. 8.)

**SELECTION AND PREPARATION.** Select amaranth with dark-green, fresh leaves that are free from insect injury. In preparing any variety of spinach for cooking, the roots and the tough lower stems should be removed. The most successful method of washing is to submerge the spinach in a large pan of water, then lift it out of the water so that the particles of sand and dirt settle to the bottom of the pan. Wash in several changes of water.

Boiling is the common method of cooking spinach, and the tendency is to use too large a quantity of water. If the stems are tender, the water which clings to the leaves should be sufficient for cooking the spinach. If the stems of more mature plants are separated from the tender leaves and tips and cooked in a small amount of water a short time before the leaves are added, the resulting product will be more uniform in texture and color.

**AMOUNT TO BUY.** One pound of amaranth will usually yield four servings. Frequently only about one half to two thirds of the bunch is edible, since the roots and tough lower ends of the stems are discarded.

## CREAM OF SPINACH SOUP

YIELD: 4 to 5 Servings

1 1/3 cups cooked spinach	3 cups milk
1 tablespoon minced onion	1/2 teaspoon salt
1 1/2 tablespoons butter or margarine	Pepper
1 1/2 tablespoons flour	Paprika

## SPINACH

Prepare spinach according to directions on page 70. Cook onion slowly in the fat for 2 minutes. Make a thin white sauce of the fat, flour, and milk, following directions for White Sauce on page 101. Chop the cooked spinach very fine or rub it through a sieve. Add to the white sauce. Heat and serve, garnished with a dash of paprika.

### **BUTTERED SPINACH (AMARANTH)**

YIELD: 4 to 5 Servings

1 pound spinach  
1 tablespoon bacon fat, butter, or margarine

1/2 teaspoon salt

#### METHOD I

Remove roots and about 1 inch of lower stems of spinach. Wash in several changes of water. Shake off excess water, but do not allow to drain for a long period. Then place spinach in saucepan with fat and salt. Cover and cook over medium heat about 8 minutes, stirring once or twice. The amount of water which clings to the spinach should be sufficient for cooking it.

#### METHOD II

If spinach stems are tough, discard about 1 inch of the lower stems with the roots. Separate lower portion of remaining stems from the more tender upper portion and wash both in several changes of water. Boil 1/4 cup water, add salt, fat, and lower stems, then cover and cook for 2 minutes. Add leaves on upper stems and reheat water to boiling. Reduce heat sufficiently to keep water boiling gently and cook 5 to 6 minutes, or until leaves are tender but not mushy, stirring once or twice to prevent scorching.

### **SPINACH, CHINESE STYLE**

YIELD: 4 to 5 Servings

1 pound spinach  
1 tablespoon vegetable oil

1 clove garlic, crushed  
1/2 teaspoon salt

Discard roots and about 1 inch of lower stems. Wash remaining stems with leaves in several changes of water. Shake off excess water, but do not allow to drain for a long period. Separate lower portion of stems from the more tender upper portion. Heat saucepan, add vegetable oil and garlic, and cook for about 1 minute. Remove garlic, add lower spinach stems and salt, and cook 1 minute, stirring constantly. Add upper stems and leaves, cover, and cook 6 minutes, or until tender, stirring once or twice to prevent scorching.

### **SPINACH TIMBALES**

YIELD: 4 to 5 Servings

1 cup finely chopped cooked  
spinach  
1/2 teaspoon salt  
1 teaspoon minced onion

2 tablespoons melted butter or  
margarine  
2 eggs, well beaten  
1 1/4 cups milk



## WAYS TO USE VEGETABLES

Combine all ingredients, pour into oiled custard cups, then set cups in a pan of hot water. Bake at 350° F. for 30 to 40 minutes. Unmold and serve with a Tomato or Cheese Sauce (p. 101).

## SQUASH AND PUMPKIN

**DESCRIPTION AND SUPPLY.** Winter-type squash and pumpkin are so nearly alike that only experts are able to distinguish between them. They have hard thick rinds that vary from dark green or yellow-green to orange, and flesh that is deep yellow or orange. Winter squash are heavy for their size and are less perishable than the summer types. At maturity, squashes usually have a soft, spongy fruitstalk, not noticeably furrowed; whereas pumpkins have a hard, woody, furrowed fruitstalk. Several popular and good varieties of Japanese pumpkin, including the Kona Crepe, are grown on Maui and Hawaii. Large quantities of squash and pumpkin are imported from the Mainland, since they are less well adapted to growing conditions in Hawaii.

**NUTRITIVE VALUE.** Squash and pumpkin are frequently classed as energy vegetables though the total carbohydrate, which is composed of both sugar and starch, is about half the amount found in white potatoes. Any variety of squash or pumpkin with deep-yellow flesh is an excellent source of vitamin A and a fair source of thiamine. Because of their high nutritive value, yellow squash and pumpkin should be more widely used.

**SELECTION AND PREPARATION.** When selecting a squash of the winter type, choose one with a hard skin that cannot too readily be pierced with the fingernail. A very soft skin usually indicates that the squash or pumpkin has been harvested at an immature stage. The seeds and rinds or skins of most varieties are discarded. However, the skin of many of the local pumpkins is edible. It is, therefore, timesaving and economical not to pare them.

**AMOUNT TO BUY.** One pound yields four servings.

### **BOILED PUMPKIN (OR YELLOW SQUASH)**

YIELD: 4 Servings

1 pound pumpkin (or yellow squash)      ½ teaspoon salt, if desired  
⅓ cup boiling water

Wash pumpkin and remove rind, seeds, and stringy pulp. Cut pumpkin into 1-inch cubes. Boil water, add salt and diced pumpkin, cover, and cook 15 to 20 minutes, or until tender. Serve as a vegetable with butter and pepper, or mash and use for pie, pudding, or other desserts.

## SQUASH AND PUMPKIN

### STEAMED PUMPKIN (OR YELLOW SQUASH)

YIELD: 4 Servings

1 pound pumpkin (or yellow squash)

Wash pumpkin and remove seeds and stringy pulp. Cut pumpkin into individual servings without removing the rind. Place the pieces in the top of an ordinary steamer, or on a rack in a saucepan containing boiling water. Cover and steam 30 to 45 minutes, or until tender. Serve as a vegetable with butter, salt, and pepper, or mash and use for pie, pudding, or other desserts.

### BAKED SQUASH (OR PUMPKIN)

YIELD: 4 to 5 Servings

1 1/2 pounds squash (or pumpkin)

2 tablespoons butter or

1/2 teaspoon salt

margarine

Wash squash, remove seeds and stringy pulp, and cut into pieces for serving. Sprinkle with salt, place skin side down on a shallow baking pan, and bake at 375° F. for 45 to 60 minutes, or until tender. Dot with fat before serving.

#### VARIATIONS:

1. Sprinkle with brown sugar.

2. SQUASH AU GRATIN—When squash is tender, sprinkle each piece with 1 tablespoon of a mixture of grated cheese and bread crumbs. Return to oven until cheese melts.

### BAKED STUFFED SQUASH

YIELD: 6 Servings

1 small squash (4 pounds)

3/4 teaspoon salt

2 tablespoons butter or margarine

Pepper

1 to 2 tablespoons undiluted

1/4 cup macadamia nuts

evaporated milk

or blanched almonds

Wash squash, cut in half lengthwise, and remove seeds and stringy pulp. Bake at 375° F. for 60 to 70 minutes, or until tender. Scoop the squash from the shell. Add butter, milk, and seasonings, and mash well. Return mashed pulp to shell and sprinkle with shredded nuts. Toast under broiler until delicately brown.

### CASSEROLE OF SQUASH (OR PUMPKIN)

YIELD: 4 Servings

1 pound squash (2 1/2 to 3 cups sliced)

1 tablespoon butter or

1 tablespoon brown sugar

margarine

1/2 teaspoon salt

1/4 cup water

Wash squash and remove seeds and membrane. Cut squash in thick slices. If the skin is edible, do not remove. Place the squash in a casserole, sprinkle with sugar and salt, dot with fat, and add water. Bake with or without cover in moderate oven (350° F.) for about 45 minutes, or until tender.

## WAYS TO USE VEGETABLES

### SQUASH (OR PUMPKIN) CUSTARD

YIELD: 4 Servings

1 cup milk	Pinch of salt
3 tablespoons brown sugar	1/4 teaspoon vanilla
1 egg, slightly beaten	
1 cup mashed cooked yellow squash (or pumpkin)	

Combine all ingredients, mixing until smooth. Pour into oiled custard cups or casserole, cover with waxed paper, place in a steamer or on a rack over hot water, and steam until firm. The cups or casserole may be set in a pan of water and baked at 350° F. for 30 to 40 minutes, or until an inserted paring-knife blade comes out clean. Do not cover baked custard with waxed paper.

### PUMPKIN (OR SQUASH) TAPIOCA

YIELD: 4 to 5 Servings

1 1/2 cups milk	3/4 tablespoon salt
3 tablespoons minute tapioca	3/4 teaspoon cinnamon
1 cup mashed cooked pumpkin (or squash)	1/4 teaspoon ginger
6 tablespoons sugar	1/4 teaspoon nutmeg
	1 egg, separated

Scald milk, add the tapioca, and cook for 5 minutes, or until clear, stirring constantly. Remove from the fire and add pumpkin. Mix the sugar and seasonings, and add to slightly beaten egg yolk. Add milk mixture slowly to egg yolk mixture, stirring well. Cook over hot water for 8 minutes, stirring frequently. Cool. Beat egg white until stiff and fold into pumpkin-tapioca mixture. Chill and serve with cream or top milk.

### INDIAN PUMPKIN PUDDING

YIELD: 3 to 4 Servings

1 cup water	1/4 cup sugar
1/4 teaspoon salt	3/4 cup milk
1/3 cup yellow corn meal	1/2 teaspoon dry ginger
1/2 cup mashed cooked pumpkin	1/2 teaspoon cinnamon
1/4 cup molasses	

Boil water and add salt. Stir in corn meal and cook 10 minutes. Combine pumpkin, molasses, sugar, milk, ginger, and cinnamon. Combine with the cooked corn meal. Mix well. Bake in moderate oven (350° to 375° F.) for 1 hour. Serve hot with hard sauce.

## SQUASH AND PUMPKIN

### PUMPKIN SPONGE PUDDING

YIELD: 4 to 5 Servings

2 eggs, separated	1/4 teaspoon salt
1 cup milk	1 tablespoon lemon juice
1/4 cup flour	1 teaspoon grated lemon rind
1/2 cup sugar	2/3 cup mashed cooked pumpkin

Beat egg yolks and add milk. Combine flour, sugar, and salt, then add milk and egg yolk mixture. Add pumpkin, lemon juice, and rind. Fold in stiffly beaten egg whites. Pour into shallow oiled baking pan, set in a pan of hot water, and bake at 350° F. for about 40 minutes.

### PUMPKIN PIE

YIELD: One 9-inch Pie

2 eggs slightly beaten	1 teaspoon cinnamon
1 1/2 cups mashed cooked pumpkin	1/2 teaspoon ginger
1 cup milk	1/4 teaspoon nutmeg
1/2 cup cream or undiluted evaporated milk	1/4 teaspoon cloves
1/2 to 2/3 cup brown sugar	1/2 teaspoon salt
	1 unbaked pie shell

Beat eggs, add pumpkin, milk, and cream. Mix the sugar and seasonings well and combine with the pumpkin mixture. Pour into pie shell and bake at 450° F. for 10 minutes, lower temperature to 350° F., and bake for about 40 minutes, or until an inserted paring-knife blade comes out clean.

Note: This mixture may be baked in individual oiled custard cups, omitting the crust.

### PUMPKIN CHIFFON PIE

YIELD: One 9-inch Pie

3/4 cup mashed cooked pumpkin	1/2 teaspoon cinnamon
1/2 cup brown sugar	2 or 3 eggs, separated
1 cup milk	1 tablespoon gelatin
1/4 teaspoon salt	4 tablespoons cold water
1/2 teaspoon ginger	3 tablespoons granulated sugar
1/4 teaspoon nutmeg	1 baked pie shell (9-inch)

Combine pumpkin, brown sugar, milk, salt, and spices in the top of a double boiler and cook about 5 minutes. Add beaten egg yolks and cook 5 minutes longer. Soften gelatin in the cold water, then add to hot pumpkin mixture, stirring until dissolved. Place in refrigerator until mixture begins to thicken. Beat egg whites until fluffy, add sugar, and beat until stiff, then fold into pumpkin mixture. Pour into baked pie shell and chill until firm. Serve garnished with whipped cream, if desired.

# SUMMER SQUASH

**DESCRIPTION AND SUPPLY.** Types of summer squash found on Hawaii markets include zucchini (sometimes called Italian squash), pattypan, and yellow crookneck. Zucchini resembles a medium-sized cucumber with a smooth, dark-green skin, and firm milky flesh. Pattypan squash is flat with a scalloped edge, and a smooth, pale-green skin with a rather firm milky flesh. Yellow crooknecks have a curved neck, yellow to orange warty skin, and a creamy-yellow flesh. Zucchini of fine quality is grown commercially on the island of Hawaii at high elevations. Pattypan and crookneck squash are grown only to a limited extent in Hawaii.

**NUTRITIVE VALUE.** All types of summer squash are much less nutritious than the winter types. However, combined with ingredients of high food value, summer squash can be made into many attractive and nutritious dishes.

**SELECTION AND PREPARATION.** Choose summer squash that are heavy for their size, with tender, unbroken skins. The pattypan squash has greenish-white or pale-green skin at proper maturity. A dead-white and tough skin indicates an over-mature stage.

Do not remove the skins. Zucchini, especially, has a tender, bright-green skin that adds both to the attractiveness of the dish and to its nutritive value.

Other varieties of summer squash may be substituted in all the recipes calling for zucchini. In all recipes that call for baking, the product may be prepared on top of the stove with equally good results.

**AMOUNT TO BUY.** One pound of any variety of summer squash yields four servings.

## **BUTTERED ZUCCHINI**

YIELD: 4 Servings

4 medium zucchini  
1/2 cup water

1/2 teaspoon salt  
2 tablespoons butter or margarine

Wash squash and cut off stem ends; do not pare. Cut into 1/4-inch slices or cubes. Heat water to boiling, add salt, fat, and zucchini. Stirring occasionally, simmer from 15 to 20 minutes, or until tender.

## **SAUTÉED ZUCCHINI**

1 pound zucchini  
1/2 teaspoon salt

1 egg, well beaten  
1/2 cup bread crumbs

Wash squash and cut in lengthwise strips  $\frac{1}{4}$  to  $\frac{1}{2}$  inch thick. Sprinkle with salt, dip in egg and crumbs, and sauté in oil or bacon drippings until brown and tender.

**STUFFED ZUCCHINI**

YIELD: 6 Servings

6 medium zucchini	2 tablespoons finely chopped
4 tablespoons butter or margarine	parsley
4 tablespoons cream or undiluted	2 tablespoons grated onion
evaporated milk	6 tablespoons bread crumbs
$\frac{1}{2}$ teaspoon salt	

Wash squash, cut off stem ends, and parboil from 15 to 20 minutes. Cut a slice from the lengthwise side of the squash and scoop out the pulp (large zucchini should be cut in half). Mix the pulp with 2 tablespoons of the fat, cream, and seasonings, and cook until thick. Fill squash shells with the mixture, cover with bread crumbs, and dot with remaining fat. Bake in shallow oiled pan at 375° F. from 20 to 30 minutes, or until crumbs are brown and shells are tender.

**STUFFED ZUCCHINI AND SAUSAGE**

YIELD: 4 Servings

4 zucchini	4 tablespoons flour
1 $\frac{1}{2}$ cups boiling water	2 cups milk
$\frac{1}{2}$ pound bulk sausage	Salt

Wash squash and cut off stem ends. Heat water to boiling, add whole zucchini, and cook for about 30 minutes, or until tender. In the meantime, fry sausage until brown. Lift out sausage and make a gravy of the sausage drippings, flour, milk, and salt. Scoop out pulp from squash, leaving shells thick enough to handle. Mix pulp and sausage and refill shells. Place on platter and pour gravy over all.

**BRAISED ZUCCHINI AND ONIONS**

YIELD: 4 Servings

4 zucchini	1 cup meat broth
2 tablespoons fat	2 tablespoons flour
1 large onion, sliced	$\frac{1}{2}$ teaspoon shoyu
$\frac{1}{2}$ to 1 teaspoon salt	

Wash squash (do not pare) and cut in half lengthwise. Heat fat in deep frying pan, add squash and onion, and fry until golden brown. Make a paste of the flour and 2 tablespoons of the broth, add remaining broth and seasonings, pour mixture over the vegetables, and simmer 15 to 20 minutes, or until squash are tender.

## WAYS TO USE VEGETABLES

### ZUCCHINI AND TOMATO

YIELD: 4 Servings

1 pound zucchini	4 tablespoons butter or
1 cup cooked tomatoes	margarine
1 teaspoon salt	½ cup grated cheese, if desired
¼ teaspoon sugar	Bread crumbs

Wash squash and cut off stem ends. Dice, place in saucepan, add tomatoes and seasonings, and cook until squash is tender. Sprinkle cheese over the mixture. Cover with thin layer of crumbs. Cover pan and cook until cheese is melted. This recipe may be baked in a casserole, if desired.

#### VARIATIONS:

1. Add one medium-sized onion, thinly sliced or chopped fine.
2. Add 2 tablespoons bacon fat for seasoning, or fry until brown 1 or 2 slices of bacon, cut fine, then add zucchini and other ingredients.

### ZUCCHINI AND SHRIMPS

YIELD: 6 Servings

6 zucchini	⅛ teaspoon dried or ¼ teaspoon
1 ½ cups water	fresh chopped thyme, if desired
1 onion	2 tablespoons butter or margarine
1 large tomato	¾ cup bread crumbs
1 teaspoon salt	1 cup canned shrimps (5- to
½ clove of garlic	6-ounce can)

Wash squash and parboil from 15 to 20 minutes, or until tender. Cut in halves and scoop out pulp, leaving shells thick enough to handle. Fry onion. Add pulp and all ingredients but shrimps and ¼ cup crumbs. Cook 10 to 12 minutes and add shrimps. Arrange squash shells in baking dish and fill with above mixture. Sprinkle with remaining crumbs and dot with fat. Bake at 375° F. about 20 to 30 minutes, or until squash shells are tender.

## SWEETPOTATOES

**DESCRIPTION AND SUPPLY.** The sweetpotato, unlike the white potato, is not a tuber, but an elongated root. In Hawaii, a number of varieties with flesh ranging in color from deep yellow to almost white are grown the year round. The ancient Hawaiians cultivated the sweetpotato extensively and are reported to have grown at least two dozen named varieties.\* Large quantities of sweetpotatoes are normally imported from the Mainland.

\* HANDY, E. S. C. THE HAWAIIAN PLANTER. Bernice P. Bishop Museum Bul. 161, p. 133. 1940.

## SWEETPOTATOES

**NUTRITIVE VALUE.** Sweetpotatoes are an energy vegetable, valuable not only for their starch and sugar content but also for their vitamins and minerals. Deep-yellow sweetpotatoes are an excellent source of vitamin A and the light-yellow ones are a fair source. Sweetpotatoes contain about the same quantity of thiamine as white potatoes and may be a valuable source of this vitamin in the diet, especially when relatively large quantities are eaten.

**SELECTION, STORAGE, AND PREPARATION.** Select medium-sized sweetpotatoes that are smooth and free from blemishes. Sweetpotatoes should be stored in a cool, well-ventilated place, since they are more perishable than white potatoes. Boiling or baking sweetpotatoes in their jackets is timesaving, convenient, and best retains their nutritive value.

**AMOUNT TO BUY.** Two large or three medium-sized sweetpotatoes weigh approximately 1 pound. About  $1\frac{1}{3}$  pounds (4 medium) are sufficient for four servings.

### BOILED SWEETPOTATOES

YIELD: 4 Servings

$1\frac{1}{3}$ pounds sweetpotatoes (4 medium)	4 tablespoons butter or margarine
1 teaspoon salt	

Wash sweetpotatoes and remove blemishes but do not pare. Place in saucepan and add 1 inch of water. Cover and boil from 20 to 30 minutes, or until the sweetpotatoes may be easily pierced with a fork. Drain, then peel off the skins with a paring knife. Serve with butter or margarine, salt, and pepper.

### BAKED SWEETPOTATOES

YIELD: 4 Servings

$1\frac{1}{3}$ pounds sweetpotatoes (4 medium)	2 tablespoons butter or margarine
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Select plump sweetpotatoes. Scrub well and bake at  $425^{\circ}$  F. from 30 to 45 minutes, or until tender when pierced with a fork. Place in a napkin or clean dish towel and roll and press potato until soft. Cut a cross-shaped gash in the skin on one side, press ends until gash opens, and insert  $\frac{1}{2}$  tablespoon of fat in each sweetpotato. Serve with salt and pepper.

### MASHED SWEETPOTATOES

YIELD: 4 to 5 Servings

$1\frac{1}{3}$ pounds sweetpotatoes	$\frac{1}{4}$ cup hot milk
2 tablespoons butter or margarine	Dash of nutmeg, if desired
$\frac{1}{4}$ teaspoon salt	

Scrub sweetpotatoes and cook according to directions for Boiled Sweetpotatoes above. Peel and mash. Add other ingredients and beat until light and fluffy.



## WAYS TO USE VEGETABLES

### FRENCH FRIED SWEETPOTATOES

YIELD: 4 Servings

3 medium-sized cold boiled sweetpotatoes  
Fat for deep fat frying

Salt or sugar

Be sure the sweetpotatoes are cold so that they can be cut without breaking apart. Cut sweetpotatoes lengthwise into slices  $\frac{1}{2}$  inch thick, and then cut slices into long strips  $\frac{1}{2}$  inch wide. Fry in deep fat heated to 375° F. from 1 to 2 minutes, or until golden brown. Drain on absorbent paper. Sprinkle with salt or sugar, as desired.

### SOUTHERN SWEETPOTATOES

YIELD: 4 to 5 Servings

$1\frac{1}{3}$  pounds sweetpotatoes  
1 large tart apple  
 $\frac{1}{4}$  cup brown sugar

1 teaspoon cinnamon  
3 tablespoons butter or margarine  
3 tablespoons hot water

Pare sweetpotatoes and cut into slices or bars about  $\frac{3}{4}$  inch thick. Pare, core, and slice apple. Arrange a layer of sweetpotatoes and one of apple in a casserole, sprinkle with some of the sugar and cinnamon, and dot with fat. Repeat until all ingredients are used. Add hot water. Bake covered at 350° F. about 1 hour, or until tender.

### SWEETPOTATO PUFF

YIELD: 4 Servings

1 tablespoon sugar  
 $\frac{1}{4}$  teaspoon salt  
2 tablespoons butter or margarine  
 $\frac{1}{2}$  cup hot milk

$1\frac{1}{4}$  cups mashed cooked  
sweetpotatoes  
2 eggs, separated  
 $\frac{1}{2}$  teaspoon nutmeg

Combine sugar, salt, fat, and hot milk, and add to sweetpotatoes. Add beaten egg yolks and nutmeg, and mix well. Beat egg whites stiff and fold into other ingredients. Pour into oiled baking dish. Bake at 350° F. for 45 minutes, or until firm, and brown on top. Serve immediately.

### SWEETPOTATO AND PINEAPPLE CASSEROLE

YIELD: 5 Servings

2 cups sliced cooked sweet-  
potatoes (1 pound raw)  
 $\frac{1}{3}$  cup brown sugar

3 tablespoons grated orange rind  
3 tablespoons butter or margarine  
1 cup diced or sliced pineapple

The cooked sweetpotatoes should be sliced about  $\frac{1}{4}$  inch thick. Arrange a layer of sliced sweetpotatoes in an oiled casserole, sprinkle with some of the brown sugar and grated orange rind, and dot with a portion of the fat. Add

## SWEETPOTATOES

a layer of pineapple, then another of sweetpotatoes, and repeat until all ingredients are used. Bake in a hot oven (400° F.) about 1/2 hour.

**VARIATION:** Tart apples may be substituted for the pineapple.

### SWEETPOTATO BALLS

YIELD: 4 Servings (8 small balls)

2 cups cold cooked mashed sweetpotatoes	1/2 teaspoon sugar
1 egg yolk	4 tablespoons melted fat
1/2 teaspoon salt	8 marshmallows
	2 cups flaked ready-to-eat cereal

Combine sweetpotatoes, egg yolk, salt, sugar, and 2 tablespoons melted fat. Divide into eight portions, then flatten each portion, and place a marshmallow in the center. Fold sweetpotatoes up around the marshmallow, leaving a small opening at the top. Crush the flaked cereal very fine and combine with the remaining 2 tablespoons melted fat. Roll the sweetpotato balls in the cereal crumbs, then place on piepan and bake at 350° F. for about 15 minutes. If desired, these may be fried in deep fat heated to 390° F.

### MAPLE SWEETPOTATO PUDDING

YIELD: 4 Servings

1/3 cup maple sirup	Dash of salt
3 tablespoons butter or margarine	2 cups mashed cooked sweetpotatoes
1/4 cup milk	

Heat maple sirup with fat until fat is melted. Add milk, salt, and one half of the sirup mixture to mashed sweetpotatoes and whip until light and fluffy. Place in well-oiled casserole and pour remaining maple sirup over the top. Bake at 350° F. for 35 minutes. Serve hot for dessert with milk or cream.

**VARIATION:** Substitute caramel sirup for maple sirup. Prepare caramel sirup by heating 1/3 cup sugar over a slow fire, stirring constantly until it melts and forms a light brown sirup but does not burn. Add 1/3 cup boiling water and cook slowly to form a thick sirup.

### SWEETPOTATO CUSTARD

YIELD: 4 Servings

1 cup milk	1 cup mashed cooked sweetpotatoes
3 tablespoons brown sugar	Dash of salt
1 egg, slightly beaten	1/2 teaspoon vanilla

Combine all ingredients, mixing until smooth. Pour into custard cups or casserole, cover with waxed paper, place in a steamer or on a rack over hot water, and steam until firm. The cups or casserole may be set in a pan of water and baked at 350° F. until firm. Do not cover baked custard.

## WAYS TO USE VEGETABLES

### SWEETPOTATO PUDDING\*

YIELD: 4 to 5 Servings

1 cup cooked mashed sweetpotatoes	¼ teaspoon salt
⅔ cup milk	½ teaspoon nutmeg
1 egg, separated	½ tablespoon butter or margarine
¼ cup sugar	

Combine all ingredients except egg white. Beat egg white until stiff and fold into other ingredients. Pour into casserole or individual custard cups and bake at 350° F. about 30 minutes, or until firm. Serve hot or cold with milk, cream, or a pudding sauce.

#### VARIATIONS:

1. Add ½ teaspoon grated lemon rind to above mixture. Bake as directed.
2. Place a marshmallow on top of each custard cup after the pudding has baked for 15 minutes. If baked in one large casserole, place 6 to 8 marshmallows over the top.
3. SWEETPOTATO PIE—Combine ingredients as directed above. Pour into unbaked pie shell and bake at 450° F. for 10 minutes, then reduce temperature to 350° F. and bake 20 to 30 minutes longer.

## HAWAIIAN TARO

**DESCRIPTION AND SUPPLY.** The corm or enlarged, underground, starchy stem of the taro plant is commonly referred to as taro. The dark-brown, slightly hairy corms appear on the retail market with some of the green stems attached. Other parts of the plant—stems, leaves, and shoots—are also used as vegetables.

Taro and the poi made from it were the staff of life of the ancient Hawaiian people. The numerous varieties of taro found in Hawaii today indicate that the plant had undoubtedly been grown in the Islands for many centuries before the arrival of the Europeans.† The early Hawaiians used different varieties for special purposes, for example, poi taros, table taros, and luau taros; more than 70 varieties have been described. Today only a few varieties are cultivated commercially and are found on the markets. The ancient Hawaiians ate most of their taro in the form of poi. Today poi is eaten in

\* MILLER, CAREY D., and LIND, HELEN YONGE. FOOD FOR HEALTH IN HAWAII. Hawaii Agr. Expt. Sta. Bul. 88, p. 80. 1942.

† WHITNEY, L. D., BOWERS, F. A. I., and TAKAHASHI, M. TARO VARIETIES IN HAWAII. Hawaii Agr. Expt. Sta. Bul. 84. 1939.

varying amounts by all racial groups in Hawaii. It is sold as a sticky, firm mass, called "paiai," and is mixed with water and strained before serving.

**NUTRITIVE VALUE.** Taro, an energy vegetable which contains more starch than white potatoes, also furnishes vitamins and minerals. Taro of any variety is a poor source of vitamin A, but a fair source of thiamine. When eaten in relatively large amounts, either as poi or as taro, it makes an important contribution to the day's need for thiamine. The diets of many racial groups in Hawaii would be greatly improved by substituting taro for a part of the white rice and white bread commonly used.

**SELECTION AND PREPARATION.** Choose clean, well-formed corms that are free from disease and have green stems. Taro does not keep well, so it should be used within a few days after purchase.

All parts of the taro plant have the quality of causing an uncomfortable stinging or itching sensation in the mouth and throat if the plant is eaten raw or undercooked.\* The corms must be cooked from 1 to 3 hours, depending upon their size. Taro may be used in any way in which potatoes are used; it may be creamed, scalloped, fried, baked, and boiled. To insure thorough cooking it is best to boil the corms before frying or baking. In order to reduce the amount of waste, the loss of soluble nutrients, and the time of preparation, it is best to boil or steam the corms without peeling and to remove the skins after cooking. Raw taro will sometimes cause an irritation of the hands, so for this reason also peeling before cooking is not recommended.

Firm unmixed poi (paiai) may be used in place of mashed cooked taro in some of the recipes which follow.

**AMOUNT TO BUY.** One pound yields four servings.

### **BOILED OR STEAMED TARO†**

YIELD: 8 to 12 Servings

2 to 3 pounds taro

Boiling water

1 teaspoon salt, if desired

#### METHOD 1

Scrub the taro corms thoroughly. Pour sufficient boiling water over them to half cover the corms. Cover and boil 1½ hours, or until they are tender. Cook until they are very soft if the taro is to be used for poi. Peel the cooked taro, and slice, cube, or mash it. The taro may be served hot with butter, fried, creamed, or scalloped.

\* The irritating quality of all parts of the taro plant is believed to result from the force with which microscopic crystals of calcium oxalate are expelled from minute capsules in which they are contained when the raw or undercooked plant tissue is crushed or chewed.

† BAZORE, KATHERINE. HAWAIIAN AND PACIFIC FOODS, p. 205. New York. 1940.

## WAYS TO USE VEGETABLES

### METHOD II

Scrub the corms and cook them in a pressure cooker from 35 to 45 minutes at 15 pounds pressure. If the taro is to be used for poi, the large corms should be cooked for 1 hour.

### TARO CAKES

YIELD: 4 to 5 Servings

1 large taro corm (approximately 1 1/4 pounds will yield 2 cups boiled and mashed)	1 egg yolk
1 tablespoon milk	1 teaspoon salt
1 tablespoon butter or margarine	1/8 teaspoon pepper
	2 to 3 tablespoons flour
	1 to 2 tablespoons fat

Boil the taro corm in the skin until tender, following directions on page 83. Peel and mash while hot, since it is difficult to mash cold taro. Add all ingredients except flour and fat, and mix well. Shape into flat cakes, roll in flour, and sauté, using 1 tablespoon fat at the beginning and adding more as needed.

**VARIATION:** For variety in texture as well as flavor, one or all of the following ingredients may be added to the above recipe:

1 tablespoon chopped green onion	1 strip bacon, cooked until crisp and chopped
1 tablespoon finely chopped celery	
1 tablespoon chopped parsley	

### TARO FRITTERS

YIELD: 4 Servings

1 cup mashed boiled taro	1/4 cup flour
1 egg, separated	1 teaspoon baking powder
1/4 cup milk	1/2 teaspoon salt

Taro should be mashed hot, since it is difficult to mash when cold. Beat egg yolk, add milk, and add mixture to taro, blending well. Add dry ingredients sifted together. Fold in stiffly beaten egg white. Drop by tablespoons into deep fat or oil heated to 365° F. Cook until puffy and golden brown, turning frequently.

### HASHED BROWN TARO

YIELD: 4 Servings

1 tablespoon chopped parsley	2 cups chopped cold boiled taro
1/2 teaspoon salt	2 tablespoons bacon or other fat
Dash of pepper	

Add parsley, salt, and pepper to taro, and mix well. Melt fat in heavy skillet. Add taro mixture and spread in an even layer. With a biscuit cutter, chop the taro in the skillet while it is cooking, without stirring the mixture. The finer

## HAWAIIAN TARO

it is chopped, the more even will be the brown crust on the bottom. Cook 10 to 15 minutes, or until an even brown crust has formed on the under side. Fold over like an omelet, slide onto a hot plate, and serve immediately.

### TARO AU GRATIN

YIELD: 6 Servings

2¼ cups White Sauce (p. 101)	1 tablespoon butter or margarine
3 cups diced boiled taro	¼ cup dry bread crumbs
⅓ cup grated cheese	

Prepare white sauce. Arrange the taro, white sauce, and cheese in alternate layers in an oiled baking dish. Melt the fat, add the bread crumbs, and mix thoroughly. Sprinkle the buttered crumbs over the top of the casserole and bake in a moderate oven (350° to 400° F.) until the taro is hot and the crumbs are a golden brown.

### TARO BISCUITS\*

YIELD: 16 Small Biscuits

1 cup mashed cooked taro	2 teaspoons sugar
¼ cup fat	½ teaspoon salt
1½ cups flour	1 egg
3 teaspoons baking powder	¼ cup milk

Combine the cold taro and fat in a mixing bowl. When thoroughly blended add the dry ingredients which have been sifted together. Blend the ingredients with a pastry blender or two knives. Add the beaten egg and milk, and mix thoroughly. Place the dough on a slightly floured board and pat it with the fingers to a thickness of ½ inch. Cut the dough with a lightly floured biscuit cutter, place the biscuits on a lightly floured pan, and bake for 15 to 20 minutes in a hot oven (425° F.).

### CHOCOLATE POI ICE CREAM

YIELD: 4 to 5 Servings

¾ cup sugar	1 cup milk
2 teaspoons cornstarch	1 egg, separated
¼ teaspoon salt	1 teaspoon vanilla
4 tablespoons ground sweet chocolate or cocoa	¾ cup thin poi

Combine sugar, cornstarch, salt, chocolate or cocoa, and milk in the top part of a double boiler. Cook over direct heat until thickened, then over hot water for 10 minutes. Add slightly beaten egg yolk and cook 3 minutes longer. Cool and add vanilla, poi, and egg white. Freeze in a rotary freezer, using 8 parts of ice to 1 part of salt.

\* BAZORE, KATHERINE. HAWAIIAN AND PACIFIC FOODS, p. 229. New York. 1940.

# TARO LEAVES (LUAU)

**DESCRIPTION AND SUPPLY.** The leaves of the Hawaiian taro plant, generally called luau, are used as a green vegetable. Perhaps because taro leaves were an indispensable part of a Hawaiian feast, the term "luau" has been applied to the feast itself. Many varieties of taros are grown for their leaves only, the *Apuwai* being the most important.\*

Taro leaves may be found on the market in bunches with the stems attached or in small bundles with the stems removed and each leaf rolled separately.

**NUTRITIVE VALUE.** Taro leaves, or luau, are an excellent source of vitamin A. They are a fair source of thiamine and a good source of ascorbic acid only if the water in which they are cooked is not discarded. Despite the long cooking period required to make luau palatable, if no water is discarded, the nutritive value is well retained.

**SELECTION AND PREPARATION.** Select fresh, tender, green leaves. There need be no waste from a bunch of luau. It is a common belief, among the Hawaiians especially, that by pinching off the tip end of the leaf or removing all of the midrib, the irritating quality is removed, but laboratory tests have proved that this is not true. Part of the heavy stem and midrib may be discarded, but only to make the product slightly more delicate.

Long cooking is not recommended for other green vegetables, but for luau it is essential in order to make the product edible. Like other parts of the taro plant, the leaves must be cooked long enough to eliminate the cause of an uncomfortable irritating sensation in the mouth and throat which results when insufficiently cooked taro is eaten. (See footnote, p. 83.) The addition of coconut milk, cow's milk, fat pork, butter, or other fat seems to speed the destruction of the capsules that are the cause of the itching sensation, as well as to improve the flavor.

**AMOUNT TO BUY.** One pound (35 to 40 leaves) yields four servings.

## CREAM OF LUAU SOUP

YIELD: 6 Servings

1 ½ cups cooked luau pulp (about 25 taro leaves)	4 cups milk
4 tablespoons butter or margarine	1 ¾ teaspoons salt
4 tablespoons flour	Pepper, if desired

\* WHITNEY, L. D., BOWERS, F. A. I., and TAKAHASHI, M. TARO VARIETIES IN HAWAII. Hawaii Agr. Expt. Sta. Bul. 84. 1939.

## JAPANESE TARO (DASHEEN)

Prepare taro leaves according to directions for Buttered Taro Leaves below. Press through a sieve or chop very fine, then measure. Using the fat, flour, and milk, make a sauce, following the directions for White Sauce (p. 101). Add the taro leaves and seasonings, and serve hot.

### BUTTERED TARO LEAVES (LUAU)

YIELD: 4 Servings

1 pound taro leaves (35 to 40 leaves)	2 tablespoons butter or bacon fat
1 teaspoon salt	$\frac{3}{4}$ cup boiling water

Wash taro leaves. Remove stems if large and coarse; if young and tender in appearance, do not remove. Combine all ingredients in saucepan, cover, and simmer about 45 minutes, or until there is no "sting."\* The water should evaporate by the end of the cooking period. If some remains, remove the cover of the saucepan during the last 5 to 10 minutes of cooking.

### PILCHARD LAULAU

See page 26

## JAPANESE TARO (DASHEEN)

**DESCRIPTION AND SUPPLY.** Japanese taro belongs to the taro family but is probably a kind of dasheen.† The corms, or starchy tubers, that are used as a vegetable are about the size and shape of a large egg. The exterior resembles the Hawaiian taro in that it is dark gray or brown and slightly hairy, but the uncooked interior more closely resembles a potato in color and texture.

At least five varieties of Japanese taro are grown in Hawaii. Unfortunately some of the better-flavored varieties have poor keeping qualities and consequently are not commonly found on the market. Ninety percent of the Japanese taro sold in Hawaii is of the Tsurunoko variety, which lends itself well to a storage period of 2 or 3 months. Japanese taro is grown the year round and can usually be found at neighborhood stores. The largest supply and the best quality appear on the market during the cooler season.

**NUTRITIVE VALUE.** The nutritive value of Japanese taro is similar to Hawaiian taro (p. 83). Since it is especially valuable for its thiamine content, it should be prepared and cooked in ways that will prevent loss of this water-soluble vitamin.

\* See footnote, p. 83.

† WHITNEY, L. D., BOWERS, F. A. I., and TAKAHASHI, M. TARO VARIETIES IN HAWAII. Hawaii Agr. Expt. Sta. Bul. 84. 1939.



## WAYS TO USE VEGETABLES

**SELECTION, STORAGE, AND PREPARATION.** Select smooth, firm, uniform-sized corms. Store Japanese taro in a ventilated vegetable container or cooler. For the Japanese trade, the corms are often sold scraped, but if purchased in this state they must be used immediately.

Japanese taro may be cooked for a short time like potatoes, since it has little of the irritating quality of Hawaiian taro. (See footnote, p. 83.) Japanese taro, which has a dry, mealy texture and a nutty flavor, can be used in place of potatoes; it may be boiled, creamed, scalloped, fried, or added to soups or stews. It does not lend itself well to mashing. Some cooks recommend it for baking and others do not.

**AMOUNT TO BUY.** One pound yields four to five servings.

### BUTTERED JAPANESE TARO

YIELD: 4 to 5 Servings

1 pound Japanese taro  
 $\frac{2}{3}$  cup boiling water  
1 tablespoon butter or margarine  
 $\frac{1}{2}$  teaspoon salt  
Dash of pepper

Scrub taro. Place in boiling water, cover, and cook 20 to 25 minutes, or until tender. Peel, add fat, salt, and pepper, and reheat over very low flame.

### SAUTÉED JAPANESE TARO

YIELD: 4 to 5 Servings

1 pound Japanese taro  
3 tablespoons bacon fat  
1  $\frac{1}{2}$  teaspoons salt  
Dash of pepper

Wash taro, peel, and slice lengthwise into  $\frac{1}{2}$ -inch slices. If taro is very small, merely cut in half lengthwise. Heat fat in a skillet and add taro. Cover and cook 10 to 15 minutes, turning frequently. If too dry, add 1 or 2 tablespoons water. Drain on absorbent paper, add salt and pepper, and serve immediately.

### JAPANESE TARO CHIPS

YIELD: 8 to 10 Servings

1 pound Japanese taro  
Fat for deep-fat frying  
Salt

Wash taro, peel, and cut crosswise into thin slices. Soak slices in ice water from 15 to 20 minutes before frying. Dry thoroughly by patting with a clean dish towel. Fry in deep fat heated to 360° F. until a delicate brown. Drain on absorbent paper and sprinkle with salt.

### JAPANESE TARO AU GRATIN

YIELD: 4 Servings

2 cups diced boiled Japanese taro  
1  $\frac{1}{2}$  cups White Sauce (p. 101)  
 $\frac{1}{3}$  cup grated cheese  
 $\frac{1}{4}$  cup bread crumbs  
1 tablespoon butter or margarine

Arrange taro, white sauce, and cheese in alternate layers in an oiled baking dish. Cover with bread crumbs which have been thoroughly mixed with melted fat. Bake in a moderate oven (350° F.) about 20 minutes, or until sauce bubbles and crumbs are brown.

### JAPANESE TARO WITH SHOYU

YIELD: 4 Servings

1 pound Japanese taro                      2 tablespoons shoyu  
 $\frac{2}{3}$  cup water

Wash taro, peel, and cut into 1-inch slices or into cubes. Place in boiling water, cover, and cook about 20 to 25 minutes, or until tender. Remove cover during last 5 minutes of cooking; add shoyu and cook over heat low enough to prevent scorching until nearly all of the liquid is evaporated.

## TOMATOES

**DESCRIPTION AND SUPPLY.** Two types of tomatoes are commonly sold on the market in Hawaii, the large round or globe-shaped tomatoes, and the smaller pear- and plum-shaped varieties. The local production of the round type is not usually equal to the demand. Before the war large quantities were imported from the Mainland, especially during the months from July through November. With improved production and marketing of tomatoes in Hawaii, importations will no doubt be greatly reduced.\*

**NUTRITIVE VALUE.** The red coloring in tomatoes masks the yellow pigment that gives them a fair vitamin A value. Tomatoes are also a fair source of thiamine and ascorbic acid. Tomatoes picked in the green stage and allowed to ripen have less ascorbic acid than vine-ripened tomatoes. Because of their acid character they retain their ascorbic acid after cooking and canning better than most vegetables.

**SELECTION, STORAGE, AND PREPARATION.** Crop and market men recognize four stages of ripeness in tomatoes—mature or vine ripe, pink (turning red), mature green, and immature green. Because tomatoes spoil easily, the mature ripe ones are usually not found on the market. Select pink or well-matured green tomatoes of uniform size. Place them in a cool, dark or light place (but not in the sun) until ripening is completed. Do not place in the refrigerator until thoroughly ripe. They need not be placed in a hydrator if

\* The production of tomato varieties suited to the climate of Hawaii and resistant to some of the common diseases, and the control of insects attacking tomatoes are active projects of the University of Hawaii Agricultural Experiment Station at the time of publication of this bulletin.

## WAYS TO USE VEGETABLES

the skins are unbroken. Tomatoes picked in the immature green stage and allowed to turn pink have poor flavor and texture. Excellent vine-ripened tomatoes may be grown in home gardens if the fruits are protected from melon flies by covering them with cloth or paper bags.

Firm tomatoes are best for baking whole or for cooking in slices and should not be peeled. When used for all other purposes tomatoes should be peeled. Tomatoes that are too ripe to be served raw may be cooked and served stewed, scalloped, or made into tomato juice. Globe-shaped tomatoes may be eaten raw in salads, or they may be baked whole or sliced, or grilled. Plum-shaped tomatoes are usually used for stews, soups, and scalloped dishes, but they may also be served raw.

**AMOUNT TO BUY.** Four medium-sized tomatoes weigh about 1 pound and yield three to four servings.

### DIRECTIONS FOR PEELING TOMATOES

#### METHOD I

Wash tomatoes, then put them into boiling water for about 1 minute, or until the skins loosen. Do not leave them in the water long enough to cook. Plunge immediately into cold water. The skins should then slip off easily. A supply for several days may be scalded in this manner and placed in the refrigerator unpeeled. They may then be peeled and used as needed.

#### METHOD II

Insert a long-handled kitchen fork in the stem end of the tomato and hold it over a gas or kerosene flame, turning it constantly until the skin cracks. Plunge into cold water immediately. The skin should then peel off easily. This method is not satisfactory with an electric stove.

#### METHOD III

Wash ripe tomatoes, rub entire skin of each with the edge of a knife, then peel.

### STEWED TOMATOES

YIELD: 4 Servings

1 ½ pounds plum tomatoes	1 tablespoon fat
3 fresh rosemary leaves	1 teaspoon sugar
1 teaspoon salt	⅓ cup dry bread crumbs, if desired
Dash of pepper	

Peel tomatoes as directed just above and cut into fourths. Add rosemary leaves and cook covered over low heat in their own juice until tender, or about 15 minutes. Add salt, pepper, fat (butter, margarine, or bacon fat), and sugar. The bread crumbs may be added if a thicker product is desired. Serve hot as a vegetable.

**SCALLOPED TOMATOES**

YIELD: 4 Servings

1 pound plum tomatoes	1/2 teaspoon sugar, if desired
1/2 teaspoon salt	6 tablespoons dry bread crumbs
1/8 teaspoon pepper	3 tablespoons fat

Remove skin from tomatoes (p. 90) and cut in half lengthwise. Divide ingredients into three portions. Place a layer of tomatoes in an oiled baking dish, sprinkle with one third of the salt, pepper, sugar, and bread crumbs, then dot with one third of the fat. Repeat, adding ingredients in layers until all are used. Bake in moderate oven (350° F.) for 25 to 30 minutes.

**VARIATIONS:**

1. Approximately 1 tablespoon grated cheese may be added to each layer, if desired.
2. Leftover cooked vegetables may be combined with the tomatoes.
3. Whole-kernel corn (1 1/2 cups) makes an excellent addition to the basic recipe.

**BAKED TOMATOES**

YIELD: 4 Servings

4 medium-sized tomatoes	1 tablespoon dry bread crumbs
3/4 teaspoon salt	1 teaspoon butter or margarine
Dash of pepper	

Wash tomatoes, cut a slice off the top of each, and place them cut side up in a shallow baking pan. Sprinkle with salt and pepper, and cover with buttered crumbs. Bake in moderate oven (350° F.) for 20 to 30 minutes, or until tender. Very large tomatoes may be cut in half crosswise instead of being left whole.

**BAKED STUFFED TOMATOES**

YIELD: 4 Servings

4 firm ripe tomatoes	1 teaspoon parsley
1/2 to 1 teaspoon salt	1 tablespoon butter or margarine
Soft bread crumbs	Dash of pepper
1 tablespoon minced onion, sautéed	

Wash tomatoes, remove 1/4-inch slices from the stem ends, and scoop out pulp and seeds. Sprinkle the shell with salt. Chop the pulp, measure, and mix with an equal amount of soft bread crumbs. Add sautéed onion and other seasonings. Stuff tomatoes with mixture, place in oiled baking dish, and bake at 375° F. for 20 to 25 minutes, or until tender. Serve with cheese or mushroom sauce.

## WAYS TO USE VEGETABLES

### SAUTÉED TOMATOES

YIELD: 4 Servings

- |                              |                                  |
|------------------------------|----------------------------------|
| 4 medium-sized tomatoes      | 1 tablespoon flour               |
| ½ teaspoon salt              | 2 tablespoons vegetable shorten- |
| ⅛ teaspoon pepper            | ing or bacon fat                 |
| 1 teaspoon sugar, if desired |                                  |

Wash firm green or half-ripe tomatoes and remove stem ends. Cut each tomato crosswise into three or four slices. Mix salt, pepper, sugar, and flour. Dip slices in seasoned flour and sauté in fat for 3 to 5 minutes on each side, or until tender.

### BROILED TOMATOES

YIELD: 4 Servings

- |   |                              |
|---|------------------------------|
| 4 medium-sized tomatoes                     | 1 teaspoon sugar, if desired |
| 2 tablespoons melted butter<br>or margarine | 2 tablespoons grated cheese  |
| ½ teaspoon salt                             | 2 tablespoons bread crumbs   |

Wash tomatoes and cut in half crosswise. Brush cut surface with melted fat and sprinkle with salt and sugar. Broil on a shallow pan at 375° F. for 4 to 5 minutes on each side, or until almost tender. Remove from broiler, sprinkle with cheese and crumbs, and return to broiler until cheese melts and crumbs are brown.

### POINSETTIA TOMATO SALAD

YIELD: 4 Servings

- |                               |                 |
|-------------------------------|-----------------|
| 4 medium-sized tomatoes       | ½ teaspoon salt |
| ⅔ cup finely shredded cabbage | Dash of pepper  |
| 4 tablespoons mayonnaise      |                 |

Peel tomatoes as directed on page 90. Chill. Just before serving, combine the cabbage, mayonnaise, and seasonings. Place each tomato on a bed of lettuce and cut each one into six or eight wedge-shaped sections as if you were cutting a pie, being careful to cut the sections almost, but not quite, through. This leaves the tomato sections separated at the top but still joined at the bottom, so that they will spread out but will not fall apart. Fill the centers with the cabbage mixture and garnish as desired.

**VARIATION:** Fillings of mashed hard-cooked egg, tuna, or celery or other vegetables may be used in place of the cabbage.

### BEAN SPROUTS IN TOMATO ASPIC

See page 21

## TURNIP GREENS AND TURNIPS

### CHILI SAUCE

YIELD: 1 Quart

6 cups plum tomatoes, peeled and quartered	1 1/2 teaspoons cinnamon
1 1/2 cups chopped onion	1 1/2 teaspoons powdered ginger, or finely cut fresh ginger
1/2 cup chopped green pepper	1/4 teaspoon cayenne pepper, if desired
2/3 cup vinegar	1/4 teaspoon black pepper
1 cup brown sugar	1/2 teaspoon mustard
2 tablespoons salt	1 teaspoon allspice
1/2 teaspoon celery salt, if desired	
1 1/2 teaspoons cloves	

Combine all ingredients and cook slowly for 2 hours. If mixture evaporates too rapidly, cover kettle. Pour into sterilized jars and seal.

## TURNIP GREENS AND TURNIPS

**DESCRIPTION AND SUPPLY.** Turnip tops with immature rootlets are a universally popular green vegetable. Locally the Shogoin variety is especially recommended for turnip greens. The market supply is usually small and irregular.

The white, globe-shaped turnips are found only occasionally in Hawaii markets. They are usually bunched and sold by the pound. Yellow rutabagas, which are imported from the Mainland, are used in much larger quantities.

**NUTRITIVE VALUE.** Turnip greens, like most green vegetables, are an excellent source of vitamin A. They are a poor source of thiamine but a good source of ascorbic acid. White turnips are poor sources of all food nutrients.

**SELECTION AND PREPARATION.** Select bright, fresh green turnip greens that are free from disease and have small rootlets. Bunched globe turnips should be smooth and firm and have fresh green tops. The roots may be served raw in strips, cooked and buttered, creamed, and creamed and combined with peas.

**AMOUNTS TO BUY.** One pound of turnip greens serves four. One pound of globe turnips with tops usually has four or five roots and serves three to four.

### TURNIP GREENS

YIELD: 4 Servings

1 pound turnip tops and young turnips	2 strips bacon, cut fine 1/3 cup water
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## WAYS TO USE VEGETABLES

Wash, then cut the tops from the turnips. Peel and slice the turnips and cut the leaves in 1-inch strips. Fry the bacon, add sliced turnips and water, and place leaves on top. Sprinkle with salt. Cover and steam from 10 to 15 minutes, or until tender.

### BUTTERED TURNIPS

YIELD: 4 Servings

$\frac{2}{3}$ pound turnips (2 cups diced)	$\frac{3}{4}$ teaspoon salt
$\frac{1}{3}$ cup water	1 tablespoon butter or margarine

Wash turnips, peel, and dice. Boil water, add salt, fat, and turnips. Cover and cook 15 minutes, or until tender, removing cover during the last 5 minutes to allow water to evaporate.

### SCALLOPED TURNIPS WITH ONIONS

YIELD: 4 to 5 Servings

$\frac{1}{2}$ pound turnips (1 $\frac{1}{2}$ cups diced)	1 teaspoon salt
1 large onion	Dash of pepper
$\frac{1}{3}$ cup water	3 tablespoons bread crumbs
1 cup White Sauce (p. 101)	1 tablespoon butter or margarine

Wash the turnips, then peel and dice them and the onion. Cook both vegetables in the water until tender. Prepare the white sauce and add salt and pepper. Place the cooked vegetables in a casserole and pour white sauce over them. Sprinkle top with the bread crumbs and dot with butter. Bake in a moderate oven until the crumbs are brown and the sauce bubbles.

## WATERCRESS

**DESCRIPTION AND SUPPLY.** Watercress is a spicy herb used as a green vegetable, either raw\* or slightly cooked. In Hawaii, watercress is picked with very long stems, bunched, and sold by the pound. It is found on the market throughout the year, but the quality is better during the cooler months.

**NUTRITIVE VALUE.** The leafy tender tips are an excellent source of vitamin A. Since the thin green leaves contain more vitamin A than the stems, the vitamin value is lessened if there is a large proportion of stem. Watercress is a fair source of thiamine and a good source of ascorbic acid.

\* Routine examinations by the Bureau of Sanitation of the Board of Health are made of the areas where watercress is grown on a commercial scale in and around Honolulu. It is believed that it is comparatively safe to eat watercress in the raw state if it is thoroughly washed in tap water.

## WATERCRESS

**SELECTION, PREPARATION, AND STORAGE.** Select bunches with dark-green, crisp, tender leaves that are free from blemishes. Watercress is best used the day it is purchased, since it is unusually perishable, but it may be kept for 2 to 3 days if prepared in the following manner. Remove and discard bruised and yellow leaves and 5 to 8 inches of the lower stems. Wash thoroughly through several changes of water, each time lifting the cress out of the pan and discarding the water. Let drain in a wire basket, or on a piece of cheesecloth, or shake off excess water by twirling out of doors in a cloth or bag. Place in a hydrator in the refrigerator to crisp.

**AMOUNT TO BUY.** One bunch (about  $\frac{3}{4}$  pound) is sufficient for six to eight salads if only the tender tips with about 4 inches of stems are used. One bunch of watercress yields about  $2\frac{1}{2}$  cups chopped.

### CREAM OF WATERCRESS SOUP

YIELD: 4 Servings

2 cups finely chopped watercress (stems and leaves)	2 tablespoons flour
1 $\frac{1}{2}$ cups water	2 tablespoons butter or margarine
1 teaspoon salt	1 cup evaporated milk
1 teaspoon chopped onion	Dash of pepper

Wash and chop watercress. Heat water to the boiling point, add the salt, chopped watercress, and chopped onion, and simmer 7 minutes, or until tender. Drain and measure the water. Add enough more water to make 1 cup. Make a thin white sauce with the flour, fat, water in which the watercress was cooked, and the milk. (Follow method given for White Sauce, p. 101.) Add cooked watercress and pepper. Serve hot.

### BUTTERED WATERCRESS

YIELD: 4 Servings

1 bunch watercress (approximately $\frac{3}{4}$ pound)	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup water	1 tablespoon butter or margarine

Discard about 5 inches of the tough ends of the stems of the watercress and the yellow and crushed leaves. Wash the remainder thoroughly. Separate the stems from the tender leafy portions and cut into 1-inch lengths. Heat water to boiling and add salt and stem ends of watercress. Lower heat enough to keep the water boiling gently. Cover and cook 6 minutes. Add leaves and fat, cover, and cook 3 to 4 minutes, or until tender, stirring once or twice.

**VARIATION:** Serve with Sesame Seed Sauce (p. 102).



## WAYS TO USE VEGETABLES

### **WATERCRESS WITH BACON**

YIELD: 4 Servings

1 bunch watercress  
4 tablespoons finely chopped bacon

1/2 teaspoon salt

Discard about 5 inches of lower stems of watercress and the yellow and crushed leaves. Wash the remainder thoroughly. Separate remaining stems from tender tips and leaves and cut into 1-inch lengths. Fry bacon, add stems of watercress, and cook 4 to 5 minutes, stirring constantly. Add leafy portion and cook about 2 minutes longer, or until watercress is tender. Add salt and mix well.

### **WATERCRESS AND ONION SALAD**

YIELD: 4 Servings

16 3- to 4-inch sprigs watercress  
Watercress Dressing (p. 104)

4 tablespoons finely chopped green onion

Prepare watercress for salad as directed on page 95. Just before serving, toss in a bowl with enough watercress dressing to make the leaves glisten. Arrange four sprigs per person on individual salad plates, and sprinkle with chopped onion. One tablespoon finely minced borage (p. 105) will add a slight flavor of cucumber.

### **WATERCRESS AND CUCUMBER SALAD**

YIELD: 4 Servings

1 1/2 cups watercress  
1 cup diced cucumber

French Dressing (p. 103)

Prepare watercress as directed on page 95 and cut into 1-inch lengths. Prepare and crisp cucumber (p. 50). Combine watercress and diced cucumber in a bowl and toss with enough French dressing to make the leaves glisten. Serve on individual salad plates.

### **WATERCRESS AND ORANGE SALAD**

YIELD: 4 Servings

12 or 15 watercress sprigs  
2 oranges

1/4 cup French Dressing (p. 103)

Prepare watercress sprigs according to directions on page 95. Peel and slice or section the oranges. Place on the watercress and serve with French dressing.

**VARIATION:** Grapefruit may be substituted for orange slices or combined with them.

**ROLLED WATERCRESS SANDWICHES**

YIELD: 8 to 12 Sandwiches

1/2 loaf unsliced whole-wheat bread	16 sprigs watercress
2 tablespoons softened butter or margarine	(2 to 3 inches long)
2 tablespoons mayonnaise, if desired	

Remove crusts from loaf of bread and slice into 1/8-inch slices. Spread with softened fat. Place two sprigs of crisped watercress (p. 95) on each slice so that the tips extend over each edge, and roll. Wrap the sandwiches in waxed paper and place in refrigerator for half an hour or more to allow the fat to harden.

**FROZEN VEGETABLES**

**DESCRIPTION AND SUPPLY.** A large variety of frozen vegetables is available in the markets throughout the year. In general, garden-fresh vegetables are processed by blanching and freezing quickly to prevent the growth of bacteria, yeasts, and molds and to retard enzyme activity.

**NUTRITIVE VALUE.** Scientific experiments indicate that some of the water-soluble vitamins of vegetables are lost in the blanching process (8 to 50 per cent, depending upon the particular vegetable) but that the freezing process and holding in the frozen state have no effect upon vitamin content.

**STORAGE AND PREPARATION.** Frozen vegetables are perishable and must be kept solidly frozen in the carton in the freezing compartment of the home refrigerator. Frozen vegetables once thawed should never be refrozen.

The directions for cooking given on most cartons of frozen vegetables call for an unnecessarily large amount of water. Many people prefer to cook most frozen vegetables with fat alone, but this practice requires that the vegetables be carefully watched to prevent scorching. A very desirable product may be obtained by using the amounts of water suggested in the general recipe for cooking frozen vegetables given on page 98.

It is recommended that spinach be allowed to thaw in the carton at room temperature just before cooking (about 1 hour); otherwise the outside leaves will be cooked before the center leaves are thawed. Asparagus, brussels sprouts, and broccoli should be thawed in a like manner and broken apart before cooking.

**AMOUNT TO BUY.** Frozen vegetables are usually packed in 10-, 12-, and 14-ounce cartons which will yield four 1/3- to 1/2-cup servings.

## WAYS TO USE VEGETABLES

### BUTTERED FROZEN VEGETABLE

YIELD: 4 Servings

1 carton frozen vegetable                      2 to 4 tablespoons water  
2 tablespoons butter or margarine            ½ teaspoon salt

Place solidly frozen, unthawed vegetable in a saucepan with a tight-fitting cover. Add fat and water. Sprinkle with salt. Cook over moderate heat until steam escapes from under the cover (approximately 3 to 6 minutes, depending upon the particular vegetable). Then break vegetable apart with a fork and continue cooking for the length of time given in the cooking guide, or until tender. Do not overcook.

TABLE 2.—*Guide for cooking frozen vegetables*

VEGETABLE	THAWING TIME	AMOUNT OF WATER	COOKING TIME AFTER STEAM ESCAPES
		<i>Tablespoons</i>	<i>Minutes</i>
Asparagus .....	1 hour	2	8 to 9
Green beans .....	.....	2 to 4	8 to 12
Broccoli .....	1 hour	2	5 to 7
Brussels sprouts .....	1 hour	2	5 to 8
Carrots and peas .....	.....	2	6 to 8
Cauliflower .....	.....	4	5 to 8
Corn, kernel .....	.....	2	3 to 4
Lima beans .....	.....	4	10 to 15
Peas .....	.....	2	4 to 6
Spinach .....	1 hour	2	6 to 8

## VEGETABLE PLATES

Vegetable plates of carefully chosen, well-prepared vegetables are especially good when served for luncheons or suppers. To complete the meal, some type of bread, a dessert, and a beverage are usually added. For a heavier meal some protein food such as an egg or a cheese dish may be served.

For attractive and satisfying vegetable plates the following points should be considered:

1. Select three or four vegetables, one of which is potatoes, squash, taro, or Japanese taro. A cereal such as brown rice or spoon corn bread may be substituted for one of these starchy vegetables.

2. Obtain variety in form, flavor, color, and texture by following these suggestions:

## OTHER SUGGESTIONS FOR VEGETABLES

- a) Do not combine vegetables of the same shape.
  - b) Choose vegetables from each of the flavor groups—sweet, bland, and strong. Do not combine onions, cabbage, and turnips, nor carrots and sweetpotatoes, since they are similar in flavor.
  - c) Select vegetables with color contrast, such as one white, one yellow, and one green. Color may also be added through the use of bright garnishes, such as a sprig of parsley or a dash of paprika.
  - d) Obtain contrast in texture by having some vegetables moist, some dry, and some crisp.
3. Vary the method of preparation as well as the vegetables. Serve one buttered, one baked, one sautéed, one creamed or stuffed.
  4. Add crispness by using toast triangles, crisp bacon, or a raw vegetable such as celery, cucumber spears, radishes, or carrot strips.

The following are good combinations for vegetable plates:

1. Stuffed baked potato, buttered beets, and wilted lettuce.
2. Corn custard, sautéed eggplant, buttered white mustard cabbage, and carrot strips.
3. Eggplant and cheese casserole, baked potato, and buttered string beans.
4. Potato cakes, buttered spinach, and creamed carrots.
5. Celery au gratin, parsley buttered potatoes, and baked tomatoes.
6. Asparagus with cheese and bacon sauce on toast, French fried potatoes, sliced tomatoes, and watercress.
7. Stuffed zucchini, baked sweetpotato, creamed lima beans, and radishes.
8. Taro au gratin, buttered beet greens, and glazed whole young carrots.
9. Baked squash, buttered belembe, creamed peas, and celery strips.
10. Stuffed peppers, Harvard beets, buttered asparagus, and toast triangles.
11. Creamed carrots, brown rice, buttered string beans, and celery curls.
12. Stuffed baked tomato, luau, corn-on-the-cob, and crisp bacon strips.

## OTHER SUGGESTIONS FOR using and serving vegetables

Delicious flavor, texture, and color combinations may be obtained by combining two or more vegetables. This is an excellent way in which to use left-over cooked vegetables, or small amounts of two raw vegetables cooked and served together. In choosing raw vegetables for combining, choose those that

## WAYS TO USE VEGETABLES

will cook in approximately the same time. Following are suggestions for cooked vegetable combinations, vegetable sandwich fillings, and vegetable finger salads:

### COOKED VEGETABLE COMBINATIONS—

1. Green string beans with onions, green pepper, carrots, mushrooms, or corn.
2. Lima beans with corn or tomatoes.
3. Bean sprouts with carrots, celery, or Chinese peas.
4. Cabbage with tomatoes or green pepper.
5. Carrots with peas or celery.
6. Celery scalloped with cabbage and green pepper.
7. Celery and creamed carrots.
8. Corn with lima beans and green pepper.
9. Onions creamed and combined with shredded raw carrots.
10. Spinach molded in a ring or nest for almost any vegetable.
11. A mixture of creamed vegetable (carrots, celery, fresh soybeans), or any desired combination, served over brown rice or on baking powder biscuits.

### SANDWICH FILLINGS—

Raw vegetables, chopped or cut in thin slices, make excellent sandwich fillings. These fillings should be used immediately or within a few hours after preparing, since they quickly lose their crispness. Suggested combinations are:

1. CARROT AND RAISIN OR PRUNE. Combine equal parts of grated raw carrots and chopped raisins or cooked unsweetened prunes, and moisten with mayonnaise or cooked dressing.
2. GREEN PEPPER AND CELERY. Mix equal parts of these two finely chopped vegetables, blend with pimento cheese, and moisten with mayonnaise.
3. RADISH, CUCUMBER, OR TOMATO SLICES. Arrange on buttered whole-wheat bread and moisten with mayonnaise. Season with salt and pepper.
4. WATERCRESS OR PARSLEY BUTTER. Cream 6 tablespoons butter, add 1 tablespoon lemon juice, 6 tablespoons chopped watercress or parsley, and  $\frac{1}{4}$  teaspoon salt. Mix well.

### FINGER SALADS—

Raw vegetable strips and raw or cooked marinated vegetables are good additions to any home meal or to the lunch box. Raw vegetables will retain their crispness in the lunch box if wrapped in waxed paper. Some raw vegetables that are tasty when eaten alone are:

## SAUCES FOR VEGETABLES

Carrot strips

Celery, stuffed with grated carrots and chopped raisins, moistened with mayonnaise

or

with mashed avocado and mayonnaise, seasoned to taste with horse radish and salt

or

any cheese moistened with cream or mayonnaise

Celery strips

Green onions

Radishes

Tomatoes

Turnip strips

Watercress tips

Some vegetables which may be marinated (see recipe, p. 104) are:

Broccoli

Carrots

Cauliflower

Green or wax beans

Turnips

## SAUCES TO SERVE with vegetables

Sauces are used for seasoning and to provide variety when serving fresh vegetables or when reheating leftovers. The most commonly used vegetable sauce is a medium white sauce or one of its variations. In general, for each cup of vegetables, use  $\frac{1}{2}$  cup of white sauce. Pour the hot sauce over the hot vegetable and serve, or heat the vegetables in the sauce and serve very hot. Another method is to place vegetables in the sauce, stir slightly, and pour into an oiled baking dish, cover with buttered crumbs, and bake at  $325^{\circ}$  to  $350^{\circ}$  F. until sauce bubbles and crumbs are brown.

### WHITE SAUCE (MEDIUM)

YIELD: 4 Servings (1 cup)

2 tablespoons fat

1 teaspoon minced onion, if desired

2 tablespoons flour

Speck of pepper

$\frac{1}{2}$  teaspoon salt

1 cup fresh milk, or

$\frac{1}{2}$  cup evaporated milk

and  $\frac{1}{2}$  cup water

Melt fat (butter, margarine, salad oil, or other fat) in the top of a double boiler over low direct heat. Add onion and sauté until tender but not brown. Blend in the flour and seasonings, and add the milk gradually, stirring constantly as it is added and until the sauce is thickened. Place over boiling water and cook 10 to 15 minutes longer, stirring occasionally.

### CHEESE SAUCE

YIELD: 4 to 5 Servings

1 cup White Sauce (above)

$\frac{1}{4}$  to  $\frac{1}{2}$  cup grated cheese

To the white sauce add the grated cheese and stir until cheese melts. This sauce is excellent on bland vegetables such as cauliflower, asparagus, and potatoes.

## WAYS TO USE VEGETABLES

### PARSLEY OR WATERCRESS SAUCE

YIELD: 4 to 5 Servings

- |   |                         |
|---|-------------------------|
| 1 cup White Sauce (p. 101)  | 1 teaspoon lemon juice, |
| $\frac{1}{3}$ to $\frac{1}{2}$ cup chopped parsley<br>or watercress | if desired              |

To the white sauce add the parsley or watercress and lemon juice just before serving. This sauce is excellent for creaming peas, carrots, cauliflower, and potatoes.

### MOCK HOLLANDAISE SAUCE

YIELD: 4 to 5 Servings

- |                            |                                   |
|----------------------------|-----------------------------------|
| 1 cup White Sauce (p. 101) | 2 tablespoons butter or margarine |
| 2 egg yolks, beaten        | 2 tablespoons lemon juice         |

Prepare white sauce (without onion) and stir into the beaten egg yolks. Place in double boiler and add fat and lemon juice gradually, stirring vigorously after each addition. This sauce is especially good on asparagus, broccoli, and cauliflower.

### TOMATO SAUCE

YIELD: 1 Cup

- |  |   |
|--|---|
| 1 cup stewed tomatoes or<br>tomato juice     | 1 small onion, sliced                             |
| $\frac{1}{4}$ to $\frac{1}{2}$ teaspoon salt | 2 or 3 sprigs parsley, crushed<br>or chopped fine |
| 1 $\frac{1}{4}$ teaspoons sugar              | 2 tablespoons fat                                 |
| $\frac{1}{2}$ bay leaf, if desired           | 2 tablespoons flour                               |

Cook tomatoes or tomato juice with seasonings, onion, and parsley for 10 minutes. If tomatoes are used, force the cooked mixture through a sieve; if juice is used, remove the onion and parsley. Melt fat and stir in the flour. Add the seasoned tomato gradually, stirring constantly. After the sauce is well thickened, cook 10 minutes longer, stirring occasionally.

One tablespoon plus 1 teaspoon cornstarch may be substituted for the flour if a clear red sauce is desired.

VARIATION: Fresh rosemary leaves (3 to 6) or  $\frac{1}{4}$  teaspoon each of fresh minced marjoram and thyme may be added (see pp. 105 and 106 for other uses).

### SESAME SEED SAUCE

YIELD: 4 to 5 Servings

- |                                |                     |
|--------------------------------|---------------------|
| $\frac{1}{4}$ cup sesame seeds | 2 tablespoons shoyu |
| 2 tablespoons sugar            | 2 teaspoons vinegar |

Remove foreign matter from the seeds and wash and dry them. Put them in a frying pan or in a kettle; heat, and stir constantly until the seeds crackle.

## DRESSINGS FOR VEGETABLE SALADS

To break the hulls, crush the seeds in a bowl or pan with a wooden potato masher or heavy spoon. Add sugar, shoyu, and vinegar. Mix with the vegetable and serve.

This sauce is excellent served on white mustard cabbage, bean sprouts, string beans, spinach, or watercress.

## DRESSINGS FOR vegetable salads

Salads of lettuce alone, mixed greens, and other vegetables are often served as a first course or as the accompaniment to the main dish. The dressing most often used with them is a simple French dressing or one of its variations. To keep French dressing, place in a tightly closed jar and store in the refrigerator. (Bottles with pouring lips and ground-glass stoppers make excellent containers for French dressing.) Just before serving time shake the jar vigorously until the oil and vinegar are well blended. The following recipes are suggested for use with vegetable salads.

### FRENCH DRESSING

YIELD: 1 Cup

1/2 teaspoon salt	1/3 cup vinegar
1/2 teaspoon sugar	2/3 cup salad oil
1/4 to 1/2 teaspoon paprika, if desired	

Combine all ingredients in a pint jar and shake thoroughly. Just before serving add enough of the dressing to the crisp salad greens to make the leaves glisten. Toss greens together.

One-half teaspoon celery salt and 1 teaspoon prepared mustard may also be added for variety.

### PARISIENNE DRESSING

YIELD: 1 1/2 Cups

1 teaspoon salt	1 teaspoon sugar
1 teaspoon dry mustard	2 tablespoons catsup
1 teaspoon paprika	1 cup salad oil
1/4 teaspoon cayenne	1/3 cup vinegar

Combine dry ingredients, add catsup, oil, and vinegar. Bottle, mix well, and chill. Shake before using.

Serve on asparagus, cucumber, lettuce, tomatoes, and other vegetables.



## WAYS TO USE VEGETABLES

### FAVORITE FRENCH DRESSING

YIELD: 1 1/2 Cups

1/4 cup brown or white sugar	1/4 to 1/2 teaspoon Worcestershire sauce
1/2 teaspoon dry mustard	
Speck of black pepper	1/2 cup tomato catsup
1/4 teaspoon celery salt, if desired	3/4 cup salad oil
1/2 teaspoon salt	1/4 cup vinegar
	1/4 cup chopped onion

Combine dry ingredients, then add Worcestershire sauce, catsup, oil, vinegar, and chopped onion. Bottle and chill. Mix well. Shake before using.

### WATERCRESS DRESSING

YIELD: 2/3 Cup

1 to 2 tablespoons sugar	2 tablespoons salad oil
2 tablespoons catsup	2 tablespoons vinegar
1 tablespoon Worcestershire sauce	1 teaspoon scraped onion
2 tablespoons mayonnaise	

Mix well and serve on watercress or other salad greens.

### THOUSAND ISLAND DRESSING

YIELD: 1 1/2 Cups

1 cup mayonnaise dressing	1/3 cup chili sauce
1 tablespoon chopped green pepper	1 tablespoon chopped pimento
1/4 teaspoon paprika	2 to 3 tablespoons chopped sweet pickles
1 hard-cooked egg, chopped	
2 tablespoons chopped olives	

Combine ingredients just before serving. Serve on head-lettuce wedges or crisp curly leaves of Manoa or Mignonette lettuce, using 1 to 2 tablespoons dressing per person.

### MARINADE FOR VEGETABLE FINGER SALADS

2/3 cup vinegar	1/2 teaspoon paprika
2 tablespoons salad oil	1 teaspoon sugar, if desired
1 teaspoon salt	

Combine all ingredients in a small jar and shake thoroughly. Marinate small whole parboiled carrots or carrot and turnip strips, cauliflower sections, or cooked whole string beans in this dressing in the refrigerator for several hours, or until the desired flavor is obtained.

This dressing may be reused several times.

# HERBS AND GREEN CONDIMENTS

Racial culinary traditions and individual tastes determine the use of herbs and green condiments. (The latter term refers to green plants, such as ginger and onions, that are used for seasonings.) Herbs may be used fresh but are more widely available in the dried form. In Hawaii, however, it is possible to have fresh herbs and green condiments the year round.

Herbs thrive well in plots, but a few plants may be interspersed in flower beds, and some are suitable for rock gardens. A small plot of herbs and green condiments is a great aid to the home cook. An area of 8 to 10 square feet will produce sufficient kitchen herbs and green condiments for a small family. The plot should be located conveniently near the kitchen, and if it can be reached from the walk or driveway it will be more usable. However, because these plants need sunshine, rich soil, and a uniform water supply, the plot must be planted with these requirements also in mind.\*

Both the leaves and seeds of herbs are used in cooking. They add zest and variety to the simplest dishes. The important thing to remember is that it is better to use too little rather than too much of them.

## SOME HAWAIIAN-GROWN HERBS AND THEIR USES

1. **BASIL** (sweet)—The leaves may be minced and used fresh on fruit and vegetable salads, or cooked with almost any tomato dish.
2. **BORAGE**—The leaves are used fresh in vegetable salads and resemble cucumber in flavor. They are excellent on tomato salad.
3. **MARJORAM**—The leaves are used in soups, stews, meat loaves, and stuffings.
4. **MINT**—The leaves are used whole or chopped in fruit salads and fruit beverages; they are also used as flavoring for confections. Mint leaves are excellent in a sauce, usually served with lamb, or minced and added to buttered carrots or buttered peas.
5. **PARSLEY**—The sprigs are used for flavoring and garnishing meats, vegetables, and vegetable salads. The leaves may be minced and added to creamed and au gratin dishes.
6. **ROSEMARY**—The needle-like leaves are used fresh in both sweet and savory foods and as seasonings for meat and poultry dishes.
7. **SAGE**—The leaves of sage are used in practically all meat combinations and in bread stuffings.

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\* For directions on how to raise these plants see FRAZIER, WILLIAM A., HOME GARDENING IN HAWAII, Hawaii Agr. Expt. Sta. Bul. 91. 1943.

## WAYS TO USE VEGETABLES

8. THYME—The leaves of thyme or false thyme (*Lippia* sp.) are used in practically all meat dishes, in stuffings, and in an herb butter that may be used as a seasoning for carrots and peas.

### GREEN CONDIMENTS AND THEIR USES

1. CHIVES—The blades of chives are chopped and used for seasoning and color in vegetable salads, in sauces, and in soups.

2. CELERY—The leaves and trimmings from a bunch of celery may be used in seasoning soups, meat, and vegetable dishes.

3. GARLIC—Individual cloves of garlic bulbs are used for seasoning salads and meats. The cloves are split before using. The inside of a bowl to be used for a salad may be rubbed with the split clove. To season a roast, rub the surface with the clove before cooking. Use only in small amounts since garlic has a very strong flavor.

4. GINGER—The root is used for seasoning vegetables, meats, and pickles. It is also crystallized and used as a confection.

5. ONION—Green onions are often chopped and used for flavor and as a garnish for salads. The flavor of either green or dried onion combines well with most vegetable and meat dishes.

6. PEPPERS—Sweet green peppers may be used as a garnish and for flavor in many meat and vegetable dishes and in salads.

### ADDITIONAL WAYS TO USE HERBS AND GREEN CONDIMENTS

1. IN SOUPS AND STEWS—A bouquet of sprigs of sweet basil, marjoram, thyme, chives, parsley, and celery leaves may be cooked with soups and stews and removed just before serving time.

2. IN SAUCES—Varying amounts of chopped parsley, green onion, chives, and celery add flavor and color to sauces used with vegetables.

3. WITH COOKED VEGETABLES—Sweet basil and rosemary are good with tomatoes. Parsley, mint, and thyme combine well with both peas and carrots.

4. FOR SALADS—Chopped sweet basil, borage, chives, and parsley are excellent on vegetable salads. Mint and sweet basil combine well with fruit salads.

5. WITH FISH—Rosemary, parsley, chives, and sweet basil are used in sauces served with fish or are used to season fish.

6. WITH MEATS—Sage, thyme, marjoram, and garlic combine well with practically all meat dishes. Mint is usually used with lamb.

7. WITH BUTTERED VEGETABLES—Prepared according to directions in the following recipe:

**HERB BUTTER** (YIELD: 4 Tablespoons)

4 tablespoons butter            1 to 2 tablespoons chopped herb  
 ¼ teaspoon salt

Soften butter, add salt and herb, and cream together until well blended. Serve with hot vegetable. Use thyme or mint for carrots or peas. Parsley is recommended for potatoes and carrots.

8. WITH VINEGAR FOR VEGETABLE SALAD DRESSING—Prepared according to directions in the following recipe:

**HERB VINEGAR** (YIELD: 1 Cup)

1 cup cider vinegar            ½ teaspoon crushed  
 1 teaspoon chopped mint        marjoram leaves  
 2 tablespoons chopped chives    1 teaspoon chopped parsley

Combine all ingredients in a jar. Let stand at least 5 days, then strain through double layer of cheesecloth.

Use in place of the vinegar called for in the French Dressing recipe, page 103.

# APPENDIX

For purposes of comparison in this bulletin, the arbitrary scale given below has been used for rating vegetables as excellent, good, fair, and poor sources of three vitamins—vitamin A, thiamine, and ascorbic acid.

TABLE 3.—*Arbitrary scale for rating vegetables as sources of vitamins*

VITAMIN	RATING			
	Excellent	Good	Fair	Poor
Vitamin A I.U. per 100 grams.....	More than 5,000	2,500 to 5,000	500 to 2,500	Less than 500
Thiamine (vitamin B <sub>1</sub> ) Micrograms per 100 grams....	More than 400	200 to 400	50 to 200	Less than 50
Ascorbic acid (vitamin C) Milligrams per 100 grams.....	More than 60	30 to 60	10 to 30	Less than 10

The National Research Council recommends that the daily diet of the average adult should supply 5,000 International Units of vitamin A, 1,800 micrograms of thiamine, and 75 milligrams of ascorbic acid.

# I N D E X

THIS PARTIAL INDEX will help readers find any recipe that does not contain in its title the name of the vegetable under which it is to be found; for example, the recipe for Vegetable Sausage, which is in the section on POTATOES.

It also will help readers find any recipe that is given under a vegetable other than that mentioned in its title; for example, Tomato Aspic, which is given as a base for a bean sprout salad and appears in the section on BEAN SPROUTS.

In addition, this index groups recipes for biscuits, desserts, oriental style dishes, salads, soups, and stuffings.

The index includes in CAPITAL LETTERS a reference to each of the vegetable sections.

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