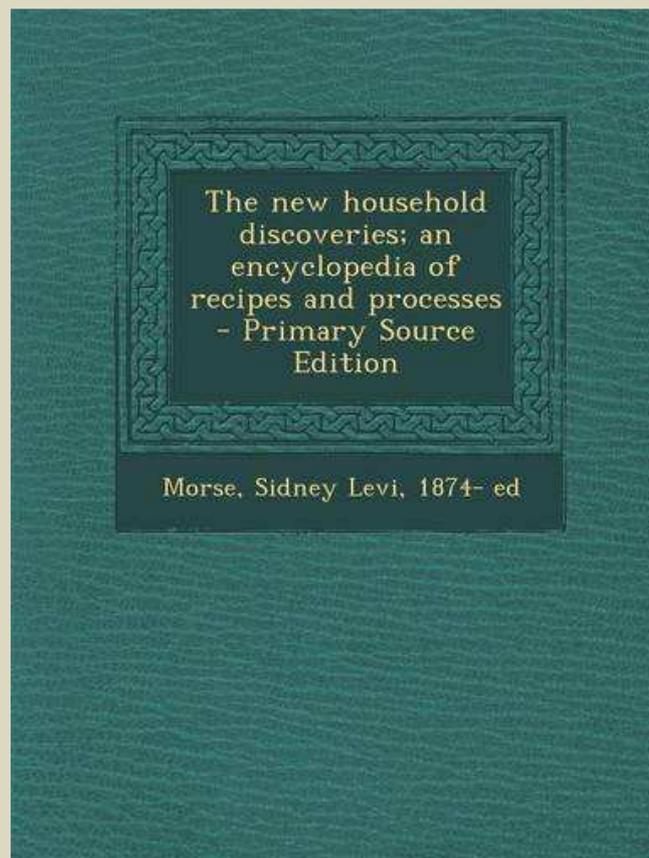


Carlos *Mirasierras*

Gastronomy & Recipes

*Part of the information collected here comes from: **The New Household Discoveries An Encyclopedia of Recipes and Processes** edited by Sidney Morse - 1917.*



This article also contains a series of gastronomy tips that I have collected from both my own experience and recipe books, and which can be very helpful when it comes to cooking.

PRINCIPLES OF MEASUREMENT—TABLE OF WEIGHTS AND MEASURES—TIME REQUIRED FOR COOKING—COOK'S COMPLETE TIME TABLE.

In great degree, the uniform accuracy of results obtained by professional cooks, bakers, and caterers is due to the fact that the measurement of ingredients involved in their recipes is accurately determined by weight; while the temperature of an oven is definitely controlled by means of a thermometer. Thus the conditions surrounding the food cooked are made identical, and uniformity in the product necessarily follows. Any cook can find similar results by like means, and a good pair of scales in the kitchen may be regarded as one of the marks of a good cook. There are countless occasions when the use of scales is necessary, and there is no question but that measurement by weight could be advantageously made use of far more frequently than is usually done now.

As long as the cook is content to measure rather than to weigh he/she will have to expect his/her products to be lacking in uniformity because no two people measure exactly alike and probably nobody measures twice in the same way. But if measurements are to be persistently used, it is necessary that the cook shall take as many precautions as possible in order to attain a reasonable degree of accuracy in his/her work.

All dry ingredients, such as flour, meal, confectioner's and powdered sugar, should be sifted before measuring. Mustard, baking powder, cream of tartar, soda, salt, and spices should be stirred to lighten and free them from lumps. To dip a measuring cup into flour or other dry material in order to fill it and then to shake the cup to level its contents, condenses or packs the flour and causes the cup to contain more than the recipe specifies. The material should be added tablespoonful by tablespoonful, taking care not to shake the cup until the cup is well filled. The contents should then be leveled by means of a case knife.

All ingredients, measured by the tablespoonful or teaspoonful, are measured level unless otherwise stated. To measure a spoonful, fill the spoon and level it with the back of a case knife. For a half spoonful, first measure a spoonful, then divide it in halves, lengthwise, with a thin knife blade. To measure a quarter spoonful, first measure a half spoonful and divide it crosswise, a little nearer the back than the point of the spoon, to allow for its curvature. This is equivalent to one salt spoonful. Butter, lard, and other solid fats are measured by packing them solidly into the spoon or cup and leveling with a knife. Butter should be measured before melting, unless melted butter is stated in the recipe, in which case it should be measured after melting.

A cup which holds half a pint, is the common standard of domestic measure. This cup has straight sides divided into fourths and thirds. It may be obtained at any good 5- and 10-cent store or mail order establishment.

The following are tables of measurements, all measurements being level.

Household Weights and Measures -

Weight, Measures, Cooking Times, and Cooking Tips, collected by Carlos Mirasierras

3 teaspoons equal 1 tablespoon

16 tablespoons equal 1 cup

2 cups equal 1 pint

2 pints equal 1 quart

4 quarts equal 1 gallon

Weight of food stuffs used in cookery.— *The following is an approximate comparative list of the bulk and weight of different articles of common domestic use. They may vary slightly, but are as accurate as can be given and have been proved by experience to be sufficiently correct for all practical purposes.*

| ARTICLES | QUANTITY | WEIGHT |
|--------------------------------------|--------------|-----------|
| Almonds (shelled) | 1 cup | 5 oz. |
| Barley | 1 tablespoon | 1/2 oz. |
| Barley | 1 cup | 7 oz. |
| Beans (dried) | 1 cup | 7 oz. |
| Bread crumbs, fine | 1 cup | 2 oz. |
| Butter | 1 tablespoon | 1/2 oz. |
| Butter | 1 cup | 9 oz |
| Cheese (grated) | 1 cup | 3-3/4 oz. |
| Citron (chopped) | 1 cup | 7 oz. |
| Cocoa | 1 cup | 4-1/2 oz |
| Coffee (not ground) | 1 cup | 3.5 oz |
| Coffee (ground) | 1 tablespoon | 1/4 oz. |
| Corn meal | 1 cup | 1/3 oz. |
| Corn meal | 1 tablespoon | 1/3 oz. |
| Cornstarch | 1 cup | 5 oz. |
| Currents (clean and dried) | 1 cup | 5-1/3 oz. |
| Dates | 1 cup | 5-3/4 oz. |
| Eggs (with shells) | 8 | 1 lb. |
| Eggs (without shells) | 9 | 1 lb. |
| Egg (white) | 1 | 2/3 oz. |
| Egg (yolk) | 1 | 2/3 oz |
| Fine meal (Farina) | 1 cup | 6 oz |
| Figs | 1 cup | 6 oz |
| Flour | 1 tablespoon | 1/4 oz |
| Flour | 1 cup | 4 oz |
| Lard | 1 cup | 7 oz |
| Lard | 1 tablespoon | 1/2 oz |
| Meat (chopped fine) | 1 cup | 8 oz |
| Milk | 1 tablespoon | 1/2 oz |
| Milk | 1 cup | 8-1/4 oz |
| Molasses | 1 cup | 11 oz |

Weight, Measures, Cooking Times, and Cooking Tips, collected by Carlos Mirasierras

| | | |
|-------------------------------------|-----------------------|-----------------|
| <i>Mustard (dry)</i> | <i>1 tablespoon</i> | <i>1/4 oz</i> |
| <i>Mustard (dry)</i> | <i>1 cup</i> | <i>3.5 oz</i> |
| <i>Nutmegs (whole)</i> | <i>5</i> | <i>1 oz</i> |
| <i>Nutmegs (ground)</i> | <i>1 tablespoon</i> | <i>1/4 oz</i> |
| <i>Oats (rolled)</i> | <i>1 cup</i> | <i>2-3/4 oz</i> |
| <i>Peanuts (shelled)</i> | <i>1 cup</i> | <i>6-1/4 oz</i> |
| <i>Peas (dried, split)</i> | <i>1 cup</i> | <i>7 oz</i> |
| <i>Prunes</i> | <i>1 cup</i> | <i>5 oz</i> |
| <i>Prunes</i> | <i>3 medium sized</i> | <i>1 oz</i> |
| <i>Raisins (seeded)</i> | <i>1 cup</i> | <i>5 oz</i> |
| <i>Rice</i> | <i>1 cup</i> | <i>7-1/2 oz</i> |
| <i>Salt</i> | <i>1 cup</i> | <i>9-1/2 oz</i> |
| <i>Spice (ground)</i> | <i>1 tablespoon</i> | <i>1/4 oz</i> |
| <i>Sugar (brown)</i> | <i>1 cup</i> | <i>6 oz</i> |
| <i>Sugar (crystal domino)</i> | <i>4 lumps</i> | <i>1 oz</i> |
| <i>Sugar (confectioners')</i> | <i>1 cup</i> | <i>5-1/2 oz</i> |
| <i>Sugar (granulated)</i> | <i>1 cup</i> | <i>8 oz</i> |
| <i>Sugar (granulated)</i> | <i>1 tablespoon</i> | <i>1/2 oz</i> |
| <i>Tapioca</i> | <i>1 cup</i> | <i>6 oz</i> |
| <i>Tea</i> | <i>1 cup</i> | <i>2 oz</i> |
| <i>Vinegar</i> | <i>1 cup</i> | <i>8 oz</i> |
| <i>Walnuts (shelled)</i> | <i>1 cup</i> | <i>4 oz</i> |
| <i>Water</i> | <i>1 cup</i> | <i>8 oz</i> |
| <i>Wheat biscuit (shredded)</i> | <i>1</i> | <i>1 oz</i> |

TIME REQUIRED FOR COOKERY

"How long is it necessary to cook this ingredient?" is a question that has no easy answer because many factors must be taken into account. There is much variation in the size of the product; its age; the amount of moisture that it may contain, dependent upon conditions of its growth; its tenderness or toughness; the texture of its fibers, etc. The best of time tables therefore can simply act as a guide to the intelligent cook who must temper its directions by his/her own experience.

Another factor closely allied to the matter of time for cooking is the temperature that should be applied to various ingredients. One might almost say that all the problems of cookery would be solved if we could know more definitely than we do at present the exact temperature to which each food should be subjected and the exact length of time to maintain it at that temperature. Today, our knowledge on these matters is very incomplete, and investigations of time and temperature are continually being carried on in cookery laboratories. Until the subject of cookery has become better standardized such tables as the following will undoubtedly be an aid to the cook.

Weight, Measures, Cooking Times, and Cooking Tips, collected by Carlos Mirasierras

These cooking times seem too long. Generally, with vegetables and fruits the shortest cooking time possible results in less nutrients lost .

Vegetables

| <i>ARTICLE</i> | <i>HOW COOKED</i> | <i>TIME</i> |
|--------------------------------------|-------------------|-----------------------------|
| <i>Artichokes, globe</i> | <i>Boiled</i> | <i>30 to 45 minutes</i> |
| <i>Artichokes, Jerusalem</i> | <i>Boiled</i> | <i>15 to 30 minutes</i> |
| <i>Asparagus</i> | <i>Boiled</i> | <i>15 to 30 minutes</i> |
| <i>Beans</i> | <i>Boiled</i> | <i>6 to 8 hours or more</i> |
| <i>Beans, Lima</i> | <i>Boiled</i> | <i>30 to 40 minutes</i> |
| <i>Beans, string or shell, young</i> | <i>Boiled</i> | <i>1 to 2 hours</i> |
| <i>Beans, string or shell, old</i> | <i>Boiled</i> | <i>2 to 4 hours</i> |
| <i>Beets, new</i> | <i>Boiled</i> | <i>45 to 60 minutes</i> |
| <i>Beets, old</i> | <i>Boiled</i> | <i>4 to 6 hours</i> |
| <i>Beet Greens</i> | <i>Boiled</i> | <i>1 hour or longer</i> |
| <i>Brussels sprouts</i> | <i>Boiled</i> | <i>15 to 25 minutes</i> |
| <i>Cabbage</i> | <i>Boiled</i> | <i>30 to 80 minutes</i> |
| <i>Carrots, young</i> | <i>Boiled</i> | <i>20 to 30 minutes</i> |
| <i>Carrots, old</i> | <i>Boiled</i> | <i>1 hour or longer</i> |
| <i>Cauliflower</i> | <i>Boiled</i> | <i>20 to 30 minutes</i> |
| <i>Celery</i> | <i>Boiled</i> | <i>2 hours or longer</i> |
| <i>Corn, green, on cob</i> | <i>Boiled</i> | <i>12 to 20 minutes</i> |
| <i>Dandelion Greens</i> | <i>Boiled</i> | <i>1-1/2 hours</i> |
| <i>Kohl-rabi</i> | <i>Boiled</i> | <i>20 to 30 minutes</i> |
| <i>Lentils</i> | <i>Boiled</i> | <i>2 hours or more</i> |
| <i>Lettuce</i> | <i>Steamed</i> | <i>10 to 15 minutes</i> |
| <i>Mushrooms</i> | <i>Stewed</i> | <i>25 minutes</i> |
| <i>Okra</i> | <i>Boiled</i> | <i>30 to 45 minutes</i> |
| <i>Onions, young</i> | <i>Boiled</i> | <i>30 to 60 minutes</i> |
| <i>Onions, old</i> | <i>Boiled</i> | <i>2 hours or more</i> |
| <i>Oyster Plant</i> | <i>Boiled</i> | <i>45 to 60 minutes</i> |
| <i>Parsnips</i> | <i>Boiled</i> | <i>30 to 45 minutes</i> |
| <i>Peas, green, young</i> | <i>Boiled</i> | <i>15 to 30 minutes</i> |
| <i>Peas, green, old</i> | <i>Boiled</i> | <i>30 to 60 minutes</i> |
| <i>Potatoes, new</i> | <i>Baked</i> | <i>25 to 45 minutes</i> |
| <i>Potatoes, old</i> | <i>Baked</i> | <i>30 to 60 minutes</i> |
| <i>Potatoes</i> | <i>Boiled</i> | <i>20 to 30 minutes</i> |
| <i>Potatoes, raw</i> | <i>Boiled</i> | <i>4 to 8 minutes</i> |
| <i>Potatoes, cooked</i> | <i>Fried</i> | <i>3 to 7 minutes</i> |
| <i>Potatoes, sweet</i> | <i>Fried</i> | <i>15 to 25 minutes</i> |

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| | | |
|-----------------|---------|------------------|
| Potatoes, sweet | Boiled | 45 to 60 minutes |
| Pumpkin | Baked | 4 to 5 hours |
| Rice | Stewed | 25 to 35 minutes |
| Rice | Boiled | 40 to 60 minutes |
| Salsify | Steamed | 45 to 60 minutes |
| Sea Kale | Boiled | 30 to 40 minutes |
| Spinach | Boiled | 15 to 20 minutes |
| Squash, summer | Boiled | 20 to 30 minutes |
| Squash, winter | Boiled | 1 hour |
| Tomatoes | Baked | 25 to 40 minutes |
| Tomatoes | Stewed | 15 to 20 minutes |
| Turnips, young | Boiled | 15 to 20 minutes |
| Turnips, old | Boiled | 30 to 45 minutes |

Bread, Pastries, Puddings, etc.

| ARTICLE | HOW COOKED | TIME |
|-----------------------------|------------|------------------|
| Biscuits (baking powder) | Baked | 12 to 15 minutes |
| Bread (white loaf) | Baked | 45 to 60 minutes |
| Bread (Graham loaf) | Baked | 35 to 60 minutes |
| Brown Bread | Steamed | 3 hours |
| Cake, fruit | Baked | 2 to 3 hours |
| Cake, layer | Baked | 20 to 30 minutes |
| Cake, loaf, small | Baked | 25 to 40 minutes |
| Cake, loaf, medium or large | Baked | 35 to 90 minutes |
| Cake, sponge | Baked | 45 to 60 minutes |
| Cake, wedding | Baked | 3 hours |
| Cookies | Baked | 8 to 15 minutes |
| Custards, small or in cups | Baked | 20 to 35 minutes |
| Custards, large | Baked | 35 to 65 minutes |
| Doughnuts | Fried | 3 to 5 minutes |
| Fritters | Fried | 3 to 5 minutes |
| Gingerbread | Baked | 20 to 30 minutes |
| Graham Gems | Baked | 25 to 35 minutes |
| Macaroni | Baked | 20 to 50 minutes |
| Muffins, baking powder | Baked | 20 to 25 minutes |
| Muffins, raised | Baked | 30 minutes |
| Patties | Baked | 20 to 25 minutes |
| Pie Crust | Baked | 30 to 45 minutes |

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| | | |
|---|----------------|-------------------------|
| <i>Pies</i> | <i>Baked</i> | <i>30 to 50 minutes</i> |
| <i>Puddings, batter</i> | <i>Baked</i> | <i>35 to 45 minutes</i> |
| <i>Puddings, bread</i> | <i>Baked</i> | <i>45 to 60 minutes</i> |
| <i>Pudding, Indian</i> | <i>Baked</i> | <i>2 to 3 hours</i> |
| <i>Pudding, steamed</i> | <i>Steamed</i> | <i>1 to 3 hours</i> |
| <i>Pudding, plum</i> | <i>Baked</i> | <i>2 to 3 hours</i> |
| <i>Pudding, rice</i> | <i>Baked</i> | <i>45 to 60 minutes</i> |
| <i>Pudding, tapioca</i> | <i>Baked</i> | <i>45 to 60 minutes</i> |
| <i>Rolls</i> | <i>Baked</i> | <i>12 to 25 minutes</i> |
| <i>Scalloped and au Gratin Dishes (cooked mixtures)</i> | <i>Baked</i> | <i>12 to 20 minutes</i> |
| <i>Tarts</i> | <i>Baked</i> | <i>15 to 20 minutes</i> |
| <i>Timbales</i> | <i>Baked</i> | <i>20 minutes</i> |

Sea Foods

| <i>ARTICLE</i> | <i>HOW COOKED</i> | <i>TIME</i> |
|---|-------------------|-------------------------|
| <i>Clams</i> | <i>Boiled</i> | <i>3 to 5 minutes</i> |
| <i>Fish, Shad, Bluefish and Whitefish</i> | <i>Broiled</i> | <i>15 to 30 minutes</i> |
| <i>Fish, Slices of Halibut, Salmon or Swordfish</i> | <i>Broiled</i> | <i>12 to 15 minutes</i> |
| <i>Fish, Codfish and Haddock, per pound</i> | <i>Boiled</i> | <i>6 minutes</i> |
| <i>Fish, Halibut, whole or thick piece, per pound</i> | <i>Boiled</i> | <i>15 minutes</i> |
| <i>Fish, Bluefish and Bass, per pound</i> | <i>Boiled</i> | <i>10 minutes</i> |
| <i>Fish, Salmon, whole or thick cut, per pound</i> | <i>Boiled</i> | <i>10 to 15 minutes</i> |
| <i>Fish, small</i> | <i>Boiled</i> | <i>6 to 10 minutes</i> |
| <i>Fish, small</i> | <i>Broiled</i> | <i>5 to 8 minutes</i> |
| <i>Fish, whole, as bluefish, salmon, etc.</i> | <i>Baked</i> | <i>1 hour or more</i> |
| <i>Small fish and fillets</i> | <i>Baked</i> | <i>20 to 30 minutes</i> |
| <i>Lobsters</i> | <i>Boiled</i> | <i>25 to 45 minutes</i> |
| <i>Oysters</i> | <i>Boiled</i> | <i>3 to 5 minutes</i> |

Game and Poultry

| | | |
|---------------------------|----------------|---------------------------|
| <i>Birds, game, small</i> | <i>Roasted</i> | <i>15 to 20 minutes</i> |
| <i>Chicken spring</i> | <i>Broiled</i> | <i>20 minutes</i> |
| <i>Chicken, per pound</i> | <i>Roasted</i> | <i>15 or more minutes</i> |
| <i>Chicken, 3 pounds</i> | <i>Boiled</i> | <i>1 to 1-1/2 hours</i> |

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| | | |
|---------------------------------|----------------|-------------------------|
| <i>Duck (domestic)</i> | <i>Roasted</i> | <i>1 hour or more</i> |
| <i>Duck (wild)</i> | <i>Roasted</i> | <i>15 to 30 minutes</i> |
| <i>Fowl, 4 to 5 pounds</i> | <i>Boiled</i> | <i>2 to 4 hours</i> |
| <i>Fowl, per pound</i> | <i>Roasted</i> | <i>30 to 45 minutes</i> |
| <i>Goose, 8 to 10 pounds</i> | <i>Roasted</i> | <i>2 hours or more</i> |
| <i>Grouse</i> | <i>Roasted</i> | <i>25 to 30 minutes</i> |
| <i>Partridge</i> | <i>Roasted</i> | <i>45 to 50 minutes</i> |
| <i>Pigeons (potted)</i> | <i>Baked</i> | <i>3 hours</i> |
| <i>Quails</i> | <i>Broiled</i> | <i>8 to 10 minutes</i> |
| <i>Quails, in paper cases</i> | <i>Broiled</i> | <i>10 to 12 minutes</i> |
| <i>Rabbit</i> | <i>Roasted</i> | <i>30 to 45 minutes</i> |
| <i>Squabs</i> | <i>Broiled</i> | <i>10 to 12 minutes</i> |
| <i>Turkey, 8 to 10 pounds</i> | <i>Roasted</i> | <i>3 hours</i> |
| <i>Turkey, 9 pounds</i> | <i>Boiled</i> | <i>2 to 3 hours</i> |
| <i>Venison, rare, per pound</i> | <i>Roasted</i> | <i>10 minutes</i> |

Beef, Pork, Lamb, Mutton, Veal, Etc

| <i>ARTICLE</i> | <i>HOW COOKED</i> | <i>TIME</i> |
|---|-----------------------|-------------------------|
| <i>Bacon</i> | <i>Broiled</i> | <i>6-7 minutes</i> |
| <i>Bacon</i> | <i>Cooked in oven</i> | <i>15 minutes</i> |
| <i>Beef, corned, rib or flank</i> | <i>Boiled</i> | <i>4 to 7 hours</i> |
| <i>Beef, corned, fancy Brisket</i> | <i>Boiled</i> | <i>5 to 8 hours</i> |
| <i>Beef, fillet, rare</i> | <i>Roasted</i> | <i>20 to 30 minutes</i> |
| <i>Beef, fresh</i> | <i>Boiled</i> | <i>4 to 6 hours</i> |
| <i>Beef, ribs or loin, rare per pound</i> | <i>Roasted</i> | <i>8 to 10 minutes</i> |
| <i>Beef, ribs or loin, well done, per pound</i> | <i>Roasted</i> | <i>12 to 16 minutes</i> |
| <i>Beef, ribs, rolled, rare, per pound</i> | <i>Roasted</i> | <i>10 to 13 minutes</i> |
| <i>Beef, ribs, rolled, well done, per pound</i> | <i>Roasted</i> | <i>15 to 19 minutes</i> |
| <i>Beef, rump, rare, per pound</i> | <i>Roasted</i> | <i>9 to 10 minutes</i> |
| <i>Beef, rump, well done, per pound</i> | <i>Roasted</i> | <i>13 to 15 minutes</i> |
| <i>Chops, breaded</i> | <i>Fried</i> | <i>5 to 8 minutes</i> |
| <i>Chops, Lamb or Mutton</i> | <i>Broiled</i> | <i>6 to 10 minutes</i> |
| <i>Croquettes</i> | <i>Fried</i> | <i>1 to 2 minutes</i> |
| <i>Ham, 12 to 14 pounds</i> | <i>Boiled</i> | <i>4 to 6 hours</i> |

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| | | |
|--|----------------|-------------------------|
| <i>Ham, 12 to 14 pounds</i> | <i>Baked</i> | <i>4 to 6 hours</i> |
| <i>Lamb, well done, per pound</i> | <i>Roasted</i> | <i>18 to 21 minutes</i> |
| <i>Liver</i> | <i>Broiled</i> | <i>4 to 8 minutes</i> |
| <i>Liver</i> | <i>Braised</i> | <i>2 hours</i> |
| <i>Liver, whole, stuffed</i> | <i>Baked</i> | <i>1-1/4 hours</i> |
| <i>Meat, for bouillon</i> | <i>Simmer</i> | <i>6 or 7 hours</i> |
| <i>Mutton, leg or shoulder</i> | <i>Boiled</i> | <i>3-1/2 to 5 hours</i> |
| <i>Mutton, leg, rare, per pound</i> | <i>Roasted</i> | <i>10 minutes</i> |
| <i>Mutton, leg, well done, per pound</i> | <i>Roasted</i> | <i>14 minutes</i> |
| <i>Mutton, saddle, rare per pound</i> | <i>Roasted</i> | <i>9 minutes</i> |
| <i>Mutton, forequarter, stuffed, per pound</i> | <i>Roasted</i> | <i>15 to 25 minutes</i> |
| <i>Mutton, loin, rare, per pound</i> | <i>Roasted</i> | <i>9 minutes</i> |
| <i>Ox Tongue</i> | <i>Boiled</i> | <i>3 to 4 hours</i> |
| <i>Pork, per pound</i> | <i>Roasted</i> | <i>25 to 30 minutes</i> |
| <i>Steak, 1 inch thick</i> | <i>Broiled</i> | <i>4 to 10 minutes</i> |
| <i>Steak, 1-1/2 inches thick</i> | <i>Broiled</i> | <i>8 to 15 minutes</i> |
| <i>Veal, well done, per pound</i> | <i>Roasted</i> | <i>18 to 25 minutes</i> |
| <i>Veal, leg</i> | <i>Roasted</i> | <i>3-1/2 to 4 hours</i> |
| <i>Veal, loin</i> | <i>Roasted</i> | <i>2 to 3 hours</i> |

Table of Proportions

The following are the proportions which are recommended by almost all of the leading authorities on cooking and which are exemplified in most standard recipes:

| | |
|--|--|
| <i>Baking powder, for biscuits and muffins</i> | <i>2 teaspoons to 1 cup flour</i> |
| <i>Batters, pour</i> | <i>1 cup liquid to 1 cup flour</i> |
| <i>Batters, drop</i> | <i>1 cup liquid to 2 cups flour</i> |
| <i>Bread, yeast</i> | <i>1 cup liquid to 3 cups flour</i> |
| <i>Cake, plain</i> | <i>1 teaspoonful flavoring extract to one loaf</i> |
| <i>Cream of Tartar</i> | <i>2-1/8 teaspoons to 1 teaspoon soda</i> |
| <i>Custard</i> | <i>4 eggs to 1 quart mild (cup custard baked)</i> |
| <i>Custard, baked, molded</i> | <i>6 to 8 eggs to 1 quart milk</i> |
| <i>Custard, baked</i> | <i>1/2 cup sugar to 1 quart milk</i> |
| <i>Custard, boiled</i> | <i>3 egg yolks to 1 quart milk</i> |
| <i>Fine meal (Farina)</i> | <i>1 cup fine meal to four cups water</i> |

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| | |
|-----------------------------|---|
| <i>Flavoring extract</i> | <i>1 teaspoon to 1 quart of custard, or cream</i> |
| <i>Flavoring extract</i> | <i>1 tablespoonful to 1 quart of mixture to be frozen</i> |
| <i>Meat, for soup stock</i> | <i>1 pound meat, fat and bone to 1 pint water</i> |
| <i>Gelatin</i> | <i>1 oz. to 1 quart of liquid</i> |
| <i>Rice (steamed)</i> | <i>1 cup to 3 cups water</i> |
| <i>Salt</i> | <i>1/4 teaspoonful to 1 pint flour</i> |
| <i>Salt</i> | <i>1/4 teaspoonful to 1 quart milk for custards</i> |
| <i>Soda</i> | <i>1 teaspoonful to 1 pint thick, sour milk</i> |
| <i>Soda</i> | <i>1 teaspoonful to 1 cup of molasses</i> |
| <i>Sauce</i> | <i>3/4 or 1 cup sauce to 1 cup cooked meat or fish, cut in cubes</i> |
| <i>Sauce</i> | <i>2 tablespoonfuls of butter, and 2 tablespoonfuls of flour to one cup liquid.</i> |

Kitchen Tips

Here is a tip from an old New England family:

*"If the vegetable grows above the ground, do not cover the pot when cooking them."
(Vegetables such as cauliflower, broccoli, beans or peas.)*

Conversely,

*"If the vegetable grows under the ground, cover the pot when cooking them."
(Potatoes, beets, parsnips or onions.)*

Anyone know why?

Bacon:

When you buy bacon and only plan to use 2 or 3 slices at a time, roll them together and fasten with a tooth pick and put in Zip Lock bag in freezer, then you only take out one roll. We don't use a whole lot of bacon, but this is nice when you need 2 or 3 slices to top baked beans or spinach.

Lettuce:

Lettuce will keep 3-4 times longer and fresher in the refrigerator if you will wrap it in paper towels and then put the lettuce into a plastic produce bag. If your grocer has paper towels available, wrap it at the grocery store. This also helps other vegetables such as green onions, cucumbers, etc, it is indeed something to take into account.

Cheese:

Remove outer plastic wrapper. Wrap cheese completely in paper towel. Store in zip-lock type bag. Separating the cheese from the plastic helps keep it free of mold longer.

Corn:

After removing husk and as many silks as you can, twist cob gently in your hands under cold running water. This will remove almost all the remaining silk.

Onions:

If you are only going to use part of an onion, cut off what you want to use from the top

stem portion and peel just this part. Leave the skin and root end attached to the piece you want to store. Store in zip-lock type bag or glass jar in refrigerator. This keeps the onion from drying out although you may need to remove a very thin slice from the cut surface before using if it is stored for several days.

Boiled Eggs:

When eggs are cooked, remove from hot water, crack and let them sit in cold water for a few minutes. Gently rub egg between your hands to finish cracking. Shell should come off easily. (A good idea is to dump the eggs out of the hot water into the sink then throw them back into the pan hard enough to crack them and run cold water over them.)

Cooking Tips for Cooking Better

- 1) *To make crêpes crisper, add a little sugar to the dough batter.*
- 2) *For its better effects, mutton should not be of an older animal. The meat of younger lambs look pink and has a more firm texture. If the meat looks red and wrinkled, then it will be tough.*
- 3) *To store fish for more than a day and still keep it fresh, first clean it, rub it with salt, add [turmeric](#) and a dash of vinegar, and then store it in the fridge.*
- 4) *To prevent kebabs to become harder to chew, marinate them for a longer time and also avoid over cooking them.*
- 5) *To make softer [chapattis](#), take flour in a bowl, add salt and little oil. Then add boiled water and mix slowly until soft dough is formed. Keep it aside for 15 min before making the chapattis.*
- 6) *While cooking chicken or meat, you should first cook it over high flame to seal the juices and then you can lower down the heat and cook till it becomes tender.*
- 7) *To make gravies when tomatoes are not in season, canned tomato sauce can be successfully used instead.*
- 8) *Little plain sugar or caramelized sugar added to the gravy makes it tasty.*
- 9) *To retain the color and taste of ground [masala](#), fry it over low heat .*
- 10) *To avoid bacon to splatter all over, sprinkle a little amount of salt in the frying pan before adding bacon to fry*
- 11) *To make omelet light and fluffy, heat a non-stick pan and add a little more butter than usual. Now beat the egg and stir briskly (even while frying) with a fork (better a wooden one).*
- 12) *While cooking chicken or meat, you should first cook it over high flame to seal the juices and then you can lower down the heat and cook the meat becomes tender.*

Weight, Measures, Cooking Times, and Cooking Tips, collected by Carlos Mirasierras

13) *In case you forget to soak beans overnight, soak them in boiling water for an hour before cooking.*

14) *To make homemade pastes of garlic, ginger or green chili last longer and taste fresher, add a tsp of hot oil along with salt to it*

15) *If poppy seeds are used in grinding, soak it in hot water for 10-15 min, if you are grinding it in a mixer grinder.*

16) *Whenever you add [curd](#) to the masala, beat it well and add it gradually, to avoid lump formation.*

17) *While making [potato patties](#), always make sure that the potatoes are boiled well in advance and cooled before you use them. It would be better if they can be refrigerated for a short time. This helps the starch in the potatoes to settle down and the patties will not be gooey.*

18) *Always add hot water to the gravy to enhance its taste.*

19) *Do soak whole beans for overnight and other seeds for one hour before cooking.*

20) *While using ginger-garlic paste in curries, always use garlic at 60% ratio and ginger at 40% as ginger being very strong makes your dish sharp and pungent.*

21) *Good variety chilies and chili powder also gives color to the gravy. Try to use long variety red chilies. You may even dry it under sun for a few days and powder coarsely at home. This coarse powder gives a good taste to gravies and pickles.*

22) *To retain color in the gravy always use ripe red tomatoes and remove any green portions of them.*

23) *You need not knead the wheat flour everyday. Prepare enough dough that may satisfy your daily needs for two to three days and store it in a refrigerator*

24) *Potatoes soaked in salt water for 20 minutes will become baked more rapidly.*

25) *To make noodles less sticky, put them in normal cold water immediately once they're boiled.*

26) *Always heat the oil thoroughly before adding seasonings or vegetables.*

27) *To keep the fruits and vegetables fresh for a longer time, wrap them in newspaper before storing them in the fridge.*

28) *To peel off the almonds' skin easily, soak them in a cup of boiling water for 10 minutes*

29) *To avoid crying when cutting onions, peel them, peeling cut them in half and soak in water for about 10 minutes before chopping them.*

30) *To avoid that milk sticks at the bottom, when boiling milk, add a little water at the base of the vessel.*

Weight, Measures, Cooking Times, and Cooking Tips, collected by Carlos Mirasierras

31) You can soak beans of different kinds in advance and store them in the fridge once done. So when you want to have [rajma](#), you can just take out from the fridge the amount needed at that moment.

32) If you are using a whole onion to make a stock, make cut an X at the base of the peeled onion. This will help release the flavor into the stock.

33) Whenever you are deep frying potato wedges, croquettes or similar ingredient, add pinch of salt to the oil to reduce the amount of oil absorbed by the food.

34) When making a tomato based pasta sauce, add a little grated or ground carrot. It adds a small element of sweetness and reduces the acidic, and sourness of tomatoes. Also, a tsp of sugar, when cooking the tomato sauce, is helpful.

35) It better to wipe or brush mushrooms clean of any dirt. They absorb water easily, and washing them under a running tap or leaving them soaked will make them taste watery.

36) Before frying a fillet of fish, let it rest on a kitchen towel for a few minutes on each side. The excess water will be absorbed and this will enhance the flavor of pan fried or sautéed fish. Also, as with meats, don't salt it to avoid the release of natural fluids that will render the meat (fish, beef, poultry, etc.) dry and tasteless; once the meats are cooked, fried, sautéed, etc., salt can be added to taste on them.

37) To get the maximum juice out of a lemon or a lime, roll it hard on the kitchen countertop using your palm. This helps release more juice.

38) Cutting bacon or pancetta is easier after they have been sitting in the freezer for a little while and have become firm.

39) If a recipe calls for fresh herbs, and you don't have them, you can use dried ones. However, you will have to use one fourth the quantity, as dry herbs have a much more intense flavor.

40) Avoid using tamarind, lime or other souring agents in green leafy preparations. Acid reduces the nutritional properties of greens.

41) To give mashed potatoes a creamy consistency, stir in warm milk.

42) Before grating cheese, rub some oil onto the grater. This will ensure that the cheese doesn't stick to the grater.

43) When boiling pasta add salt generously, at least one teaspoon per liter of water. The pasta will absorb only as much as it needs.

44) To maintain the freshness of herbs like parsley, coriander, basil or curry leaves put them in a plastic bag, blow air into the bag so that it puffs up like a balloon and put the inflated bag in the refrigerator.

45) To prevent pieces of cut apple or pear from turning black, squeeze a little lime juice on them or sprinkle a little bit of crushed mustard (or mustard powder).

Weight, Measures, Cooking Times, and Cooking Tips, collected by Carlos Mirasierras

46) *Before cooking cauliflower keep it in soaking in water mixed with a teaspoon of vinegar for about 20 minutes. This will not only loose the dirt and grit but will also kills any insects that may be lodged between the florets.*

47) *When boiling potatoes add a pinch of salt to the water. This loosens the potato peel and makes the peeling process much easier.*

48) *Slicing cheesecake and other cold desserts is tricky. If you want to make clean slices soak your knife in warm water for a few minutes, then wipe it dry and use when still hot to make a clean slice.*

49) *Vegetables that have been lying in the refrigerator tend to look dull and lifeless. If you want to make a salad, and need your veggies to look fresh, soak them in cold water with a few drops of lime for about 15 mins and they will surely look bright and delicious.*

50) *To help tough meat have the tenderness of [lamb](#) or beef tenderize, marinate the meat in vinegar, curd, mustard or mashed papaya overnight. Wipe off the marinade and then cook.*

51) *Dry herbs and spices lose their flavor when exposed to heat and sunlight. To make sure they retain their aroma, keep them in an air tight container inside a dark, cool cupboard.*

52) *If you want to give salad a subtle garlic flavor, rub a peeled garlic clove on the inside of the salad bowl before you toss the salad.*

53) *To ensure that your pasta absorbs the flavor of the sauce, don't cook the pasta in advance. Toss it in the sauce, immediately after the cooking liquid has been drained. Cooked pasta absorbs flavor best when hot.*

54) *If you want to quickly ripen some tomatoes, put them in a brown paper bag and store in a dark corner.*

55) *When baking, always use room temperature butter and eggs. Using these straight from the refrigerator will make it harder to blend and mix, affecting the final product.*

57) *In a warm climate bananas tend to get over-ripe. To stop the process of ripening put bananas in the refrigerator. The skin may turn black, but the fruit itself will remain firm. But when they're too unripe, you can speed the ripening by wrapping each banana in newspaper.*

58) *To brown onions, add a little salt to the pan. This speeds up the process.*

59) *When cooking vegetables don't add salt until the very end. Adding salt early can dehydrate vegetables and reduce their nutritional value as vitamins are released in excess.*

60) *To prevent rice grains from sticking the [starch](#) must be removed. so, this wash the rice several times till water runs clear, then let it soak for 20 mins in clean water.*

Weight, Measures, Cooking Times, and Cooking Tips, collected by Carlos Mirasierras

61) *When making ginger-garlic paste at home, add a pinch of salt and a teaspoon of vinegar to the mix. It won't change the taste much and will allow you to store it in the fridge for about two weeks.*

62) *Rubbing your hands on a stainless steel sink or container, or any stainless steel surface, removes the pungent smell of garlic, onions or other spices from them.*

63) *Never store onions and potatoes in the same bag or container. Separate them to prevent the potatoes from rotting.*

64) *Always make desserts with full cream milk to get thick creamy texture.*

65) *Always use heavy bottomed vessels to make desserts in order to avoid burning.*

66) *If you boil vegetables in water, do not throw the water, keep it to make gravies, soups or enrich broths.*

67) *Soak potatoes and eggplant after cutting, to avoid discoloration.*

68) *Do peel your vegetables as thinly as possible to preserve the minerals and vitamins.*

69) *Do wash your vegetables before peeling or cutting, to preserve the water soluble vitamins.*

70) *When selecting an eggplant, make sure you choose one which is light in weight. A heavier eggplant will have more seeds, which will give a taste bitter when cooked.*

