

365 LUNCHEON DISHES



365 Luncheon Dishes

A Luncheon Dish for every day in the year

Selected from
MARION HARLAND, CHRISTINE TERHUNE HERRICK,
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JANUARY

There are some salad dressings you should never eat, try this [Super Healthy Salad Recipe](#) instead and start improving your meals.

1. Stewed Breast of Lamb

Cut a breast of lamb into small pieces, season, and stew until tender in enough gravy to cover the meat. Thicken the sauce, flavor with a wine-glass of wine, pile in the center of a platter and garnish with green peas.

2. Chicken Creams

Chop and pound $\frac{1}{2}$ a lb. of chicken and 3 ozs. of ham; pass this through a sieve, add 1 oz. of melted butter, 2 well-beaten eggs, and $\frac{1}{2}$ a pint of cream, which must be whipped; season with pepper and salt. Mix all lightly together, put into oiled molds and steam fifteen minutes, or if in one large mold half an hour.

3. Herring's Roes on Toast

Have rounds of toast buttered and seasoned with salt and pepper, on each piece place $\frac{1}{2}$ the soft roe of a herring which has been slightly fried and on the top of this a fried mushroom. Serve very hot.

4. French Omelet

For a very small omelet beat 2 whole eggs and the yolks of two more until a full spoonful can be taken up. Add 3 tablespoonfuls of water, $\frac{1}{4}$ of a teaspoonful of salt, and a dash of pepper, and when well mixed turn into a hot omelet pan, in which a tablespoonful of butter has been melted, lift the edges up carefully and let the uncooked part run under. When all is cooked

garnish with parsley.

5. Cheese Ramequins

Melt 1 oz. of butter, mix with $\frac{1}{2}$ oz. of flour, add $\frac{1}{4}$ of a pint of milk, stir and cook well. Then beat in the yolks of two eggs, sprinkle in 3 ozs. of grated cheese, add the well-beaten whites of three eggs. Mix in lightly and put in cases. Bake a quarter of an hour.

6. Scotch Collops

Cut cold roast veal into thin slices, and dust over them a little mace, nutmeg, cayenne, and salt, and fry them in a little butter. Lay on a dish and make a gravy by adding 1 tablespoonful of flour, $\frac{1}{4}$ of a pint of water, 1 teaspoonful of anchovy sauce, 1 tablespoonful of lemon juice, $\frac{1}{4}$ of a teaspoonful of lemon peel, 3 tablespoonfuls of cream, and 1 of sherry. Let boil up once and pour over the meat. Garnish with lemon and parsley.

7. Orange Salad

Slice 3 sweet oranges, after removing the skin and pith, make a dressing with 3 tablespoonfuls of olive oil, a tablespoonful of lemon juice, and a pinch of salt. Serve on lettuce leaves.

8. Oyster Potpie

Scald one quart of oysters in their own liquor. When boiling take out the oysters and keep them hot. Stir together a tablespoonful of butter and two of flour, and moisten with cold milk. Add two small cups of boiling water to the oyster liquor, season with salt and pepper, and stir in the flour mixture, and let it cook until it thickens like cream.

Make a light biscuit dough and cut out with a thimble. Drop these into the boiling mixture, cover the saucepan and cook until the dough is done. Put the oysters on a hot dish and pour biscuit balls and sauce over them.

9. Chicken Cutlets

Chop cold chicken fine; season with onion-juice, celery salt, pepper, and chopped parsley. For 2 cupfuls allow a cupful of cream or rich milk. Heat this (with a bit of soda stirred in) in a saucepan, and thicken with a tablespoonful of butter rubbed in, one of corn-starch, stirred in when the cream is scalding. Cook one minute, put in the seasoned chicken, and cook until smoking hot. Beat two eggs light; take the boiling mixture from the fire and add gradually to these. Pour into a broad dish or agate-iron pan and set in a cold place until perfectly chilled and stiff. Shape with your hands, or with a cutter, into the form of cutlets or chops. Dip in egg, then in cracker-crumbs. Set on the ice an hour or two and fry in deep boiling fat. Send around white sauce with them.—From "The National Cook Book," by Marion Harland and Christine Terhune Herrick.

10. Coconut Ice Cream

Put 1 pint of milk over the fire in a double boiler with the grated yellow rind of a lemon and three well-beaten eggs. Stir until the mixture begins to thicken. Remove from the fire; add a cup and a half of sugar, and 1 qt. of cream. Then add a grated coconut. Stir until the custard is cold, add the lemon juice and freeze.

11. Loaf Corn Bread

Mix together 2 cupfuls of corn-meal, 1 cupful of flour, 1 teaspoonful of salt, and 2 of baking powder. Beat together 3 eggs until thick and light. Add 2½ cupfuls of milk and stir into the dry mixture, adding 2 tablespoonfuls of sugar, and 2 tablespoonfuls of melted butter, and beating well until the batter is smooth. Grease the pans well, or it will stick. Have the batter a little more than 2 inches deep in the pans and bake in a hot oven for about half an hour.—"Table Talk," Phila.

12. Beef Ragout

Cut cold roast beef into large slices. Put it into a saucepan with 2 slices of

onion, salt and pepper. Pour over it $\frac{1}{2}$ a pt. of boiling water and add 3 tablespoonfuls of soup stock. Stew gently until cooked.

13. Curried Rice

Boil 1 cup of rice rapidly for half an hour, drain in a colander and stand in the oven for a few minutes to dry out the rice. Put 2 tablespoonfuls of butter and a slice of onion into a saucepan. Stir until the onion is a golden brown, add a tablespoonful of flour. (Take out the slice of onion.) Stir until smooth, then add a teaspoonful of curry powder, bring to a boil, add salt. Pour over the rice and serve hot.

14. Tapioca Soup

One qt. of veal or chicken broth, 1 pt. of cream or milk, 1 onion, a little celery, $\frac{1}{3}$ of a cupful of tapioca, 2 cupfuls of cold water, 1 tablespoonful of butter, a small piece of mace, salt and pepper. Wash and soak the tapioca over night. Cook it in the broth for an hour. Cook milk, onion, mace and celery together for 15 minutes, then strain into the tapioca and broth; add the butter, salt and pepper.

15. Haddock Roes and Bacon

Haddock roes are much cheaper than shad roes, and are very nice prepared in this way. Soak for an hour in water and lemon juice, then parboil in salt and water for ten minutes. Fry brown in a little lard and butter mixed. Fry the bacon in a separate pan until brown, remove from the pan and put it in the oven for a few minutes to crisp it. Put the roes in the center of a hot platter and garnish the bacon around it.

16. Rice molds

Wash a teacupful of rice in several waters, put it into a saucepan and just cover with cold water, and when it boils, add two cupfuls of milk, and boil until it becomes dry; put it into a mold and press it well. When cold serve with a garnish of preserves around it or with a boiled custard.

17. English Muffins

Scald 1 pt. of milk and add 1 oz. of butter and let cool; when cool add $\frac{1}{4}$ of a yeast cake, a teaspoonful of salt and three cups of flour, beat well, cover and let rise about two hours. When light, add sufficient flour to make a soft dough; work lightly and divide into small balls; put each one into a well-greased muffin ring and let rise again. Then bake on a hot griddle. When ready to eat tear them open and butter.

18. Minced Veal and Macaroni

Mince $\frac{3}{4}$ of a lb. of cold veal and 3 ozs. of ham, wet with 1 tablespoonful of gravy. Season with salt and pepper, a little nutmeg, a quarter of a lb. of bread crumbs and a well-beaten egg. Butter a mold and line it with some boiled macaroni. Mix more macaroni with the veal mixture, fill the mold, put a plate on it and steam for $\frac{1}{2}$ an hour. Turn out carefully, pour a good brown gravy around it.

19. Baked Beans and Tomato Salad

Stir 3 tablespoonfuls of vinegar very gradually into 6 tablespoonfuls of oil and a dash of paprika. Add salt, if the beans have not been seasoned. The oil and vinegar will not unite perfectly. Pour gradually over a pint of cold baked beans such portions of the dressing as they will absorb, toss together and arrange on a serving dish. Make a border of sliced tomatoes around the beans and over these pour the rest of the dressing.—Janet Hill in "Boston Cooking School Magazine."

20. Tomato Croquettes

Stew together for 20 minutes $\frac{1}{2}$ a can of tomatoes, 1 tablespoonful of chopped onion, 1 sprig of parsley, $\frac{1}{2}$ a bay leaf, 4 cloves and enough salt and pepper to season highly. Rub through a sieve. In a clean saucepan melt together 2 tablespoonfuls of butter and 5 tablespoonfuls of flour. Add 2 cupfuls of the strained tomato and stir and cook for ten minutes. Take from the fire and set aside until cold. Flour the hands and carefully mold into

small croquettes. Dip each into slightly beaten egg and roll in fine bread crumbs. Let stand for 20 minutes, then repeat the dipping and rolling in crumbs. Fry at once in very hot fat and drain on unglazed paper.—"Table Talk," Phila.

21. Eggs on Rice

Cover a platter an inch deep with hot well-boiled rice, to which has been added 1 tablespoonful of melted butter. On this serve six well-poached eggs. Garnish with parsley.

22. Baked Celery

Parboil a bunch of celery, using only the stalks; cut into two inch lengths, put them into a baking dish. Rub smooth 2 tablespoonfuls of butter and 2 of flour, then beat in the yolks of 3 eggs; stir this into 1 qt. of veal stock and pour it over the celery, cover with grated bread crumbs and dust the top with grated cheese.

23. Stewed Steak and Oyster Sauce

Wash 1 pt. of small oysters in a little water, drain into a saucepan and put this water on to heat. As soon as it comes to a boil skim and set back. Put 3 tablespoonfuls of butter into a frying pan and when hot, put in 2 lbs. of round steak; cook ten minutes. Take out the steak and sift 1 tablespoonful of flour into the butter, stir until browned. Add the oyster liquor and boil 1 minute, season; put back the steak, cover and simmer $\frac{1}{2}$ an hour, then add the oysters and 1 tablespoonful lemon juice. Boil for 1 minute and serve.

24. Barley Stew

Cut $\frac{1}{2}$ a lb. of cold meat into dice; wash $\frac{1}{4}$ of a cupful of barley, chop 2 onions very fine, put all into a saucepan and dredge with flour, season with salt and pepper. Add a qt. of water and simmer about 2 hours. Pare and slice 5 potatoes, add them to the stew and simmer an hour longer.

25. Bread Omelet

Beat 3 eggs separately. To the yolks add $\frac{1}{2}$ a cup of milk, pinch of salt, pepper and $\frac{1}{2}$ a cup of bread crumbs. Cut into this very carefully the well beaten whites; mix lightly. Put 1 tablespoonful of butter into a frying pan; and as soon as it is hot turn in the mixture. Set it over a good fire, being careful not to burn. When half done, set the pan in the oven for a few minutes to set the middle of the omelet. Turn onto a hot platter and serve.

26. Calf's Liver Fried in Crumbs

Wash and parboil slices of liver, then roll each piece, in crumbs, then in beaten egg, then in crumbs again. Fry in hot lard.

27. Toad in a Hole

Cut 1 pt. of meat into 1 inch pieces and put them into a greased baking dish. Beat 2 eggs very light, add to it 1 pint of milk and pour it gradually into 6 tablespoonfuls of flour, beating all the time. Strain, add salt and pepper and pour it over the meat. Bake an hour and serve at once.

28. Shrimp Salad

Shell 1 can of shrimps, arrange on lettuce leaves, serve with French dressing.

29. Creamed Corn Beef

Scald 1 pt. of milk with slice of onion and stalk of celery. Stir into this $\frac{1}{4}$ of a cup each of butter and flour creamed together, let cook 15 minutes, stirring until thickened and then occasionally add a dash of paprika and strain over 1 pt. of cold cooked corn beef, cut into cubes. Turn into a pudding dish and cover with half a cup of cracker crumbs, mixed with 3 tablespoonfuls of melted butter. Set into the oven to reheat and brown the crumbs.—Janet M. Hill in "Boston Cooking School Magazine."

30. Potted Beef

Take the outside slices left from boiled or braised beef, cut up into small pieces and pound it thoroughly with a little butter in a mortar; add salt, pepper and a little powdered mace. Mix thoroughly. Put it into jelly glasses, pour a coating of clarified butter over the top. Cover with paper until wanted.

31. Carolina Philpes

One gill of rice, boiled soft; when cold, rub it with a spoon. Moisten with water a gill of rice flour, and mix it with the rubbed rice. Beat 1 egg, very light, and stir in. Bake on a shallow tin plate, split and butter while hot.

FEBRUARY

Enjoy this [Mexican Fat-Burning Lunch Recipe](#)
(One of my secret favorite healthy meals).

1. Oyster Loaf

Take a loaf of bread, cut off the crusts, dig out the center, making a box of it, brush it all over with melted butter and put into the oven to brown. Fill with creamed oysters, cover the top with fried bread crumbs, put into the oven for a minute and serve. Garnish with parsley.

2. Broiled Sweetbreads

For these use veal sweetbreads. Wash and parboil them and cut in half lengthwise. When cold, season with salt and pepper, and pour over them a little melted butter. Broil over a clear fire about 5 minutes. Serve with melted butter and chopped parsley poured over them.

3. Liver and Onions

Take 1 lb. of liver, cover it with boiling water and let it stand for five minutes, then cut it into dice. Into a frying pan put 3 slices of fat bacon and fry. When the fat is fried out add the liver and 4 onions, sliced thin; cook until done. Add a tablespoonful of flour, salt, and pepper. Mix well and serve.

4. Broiled Beef and Mushroom Sauce

Stew $\frac{1}{2}$ a can of mushrooms in 1 oz. of butter, salt, and cayenne pepper. Have ready mashed potatoes. Put them in a mound in the center of a hot dish; make a hole in the center, pour in the mushrooms, lay against the outside of the mound slices of cold roast beef.

5. Kornlet Omelet

Melt 1 tablespoonful of butter; cook in this 1 tablespoonful of flour, $\frac{1}{4}$ of a tablespoonful each of salt and pepper, then add gradually $\frac{1}{2}$ a cup of kornlet. When the mixture boils, remove from the fire and stir in the yolks of three eggs beaten until thick, then fold in the whites of the eggs beaten dry. Turn into an omelet pan, in which two tablespoonfuls of butter have been melted. Spread evenly in the pan and let cook until "set" on the bottom, then put into the oven. When a knife cut down into the omelet comes out clean, score across the top at right angles to the handle of the pan. Fold and turn onto a heated dish.—Janet M. Hill, in "Boston Cooking School Magazine."

6. Liver Rolls

Have $\frac{1}{2}$ a lb. of calf's liver cut in thin slices, parboil for 5 minutes, wipe each piece dry, lay a thin slice of bacon on each slice of liver, season with salt and pepper, roll up and fasten with a wooden toothpick, dredge with flour and fry until done in bacon fat or drippings. When done take out the rolls and thicken the gravy with a little brown flour. If there is not gravy enough add a little boiling water. A teaspoonful of mushroom ketchup added to the gravy is an improvement or a squeeze of onion juice.

7. A Box of Chestnuts

Shell 1 qt. of chestnuts and cover with boiling water; leave them for fifteen minutes, then rub off the brown skins. Put them into a saucepan, cover them with soup stock and let them boil $\frac{1}{2}$ an hour; when done, drain. Save the stock. Into a frying pan put 1 tablespoonful of butter and when melted add 1 of flour; cook until browned, then add the stock and stir until it boils; add salt and pepper to taste. Lay the chestnuts in a box made of fried bread and pour the sauce over.

To make the box, take a loaf of bread, cut off the crust and leave the sides as smooth as possible. Cut out the center, leaving a box shaped piece. Fry this in deep fat.

8. Curried Hare

Clean and cut the hare or rabbit as for fricassee. Simmer slowly in just enough water to cover, add a thickening of 1 tablespoonful each of butter and flour, season with salt, pepper, and 1 tablespoonful of curry powder.

9. Scrambled Eggs with Shad Roes

When you have shad for dinner scald the roes ten minutes in boiling water (salted), drain, throw into cold water, leave them there three minutes, wipe dry, and set in a cold place until you wish to use them. Cut them across into pieces an inch or more wide, roll them in flour, and fry to a fine brown. Scramble a dish of eggs, pile the roes in the center of a heated platter, and dispose the eggs in a sort of hedge all around them.—From "The National Cook Book," by Marion Harland and Christine Terhune Herrick.

10. Chicken in Celery Sauce

Take the roots of a bunch of celery, clean and cut it into small pieces, put them into a saucepan and cover with cold water, about a pint, stew slowly and when tender put through a vegetable press. Into a saucepan put 1 tablespoonful each of flour and butter. When melted and rubbed smooth add $\frac{1}{2}$ a cup of milk and the celery. Stir well and when it boils add salt and pepper. Have 1 pt. of cold chicken cut into dice, and add them to the boiling sauce when all is hot. Serve with toast points.

11. Fig Ice Cream

Put $3\frac{1}{2}$ cupfuls of milk in a double boiler and as soon as it comes to a boil stir in two tablespoonfuls of corn-starch that has been mixed with $\frac{1}{2}$ a cupful of cold milk. Cook for ten minutes. Beat together 3 eggs and a cup and a half of sugar. Pour the cooked corn-starch and milk on this, stirring all the time. Put back again on the fire, and add 1 tablespoonful of gelatin which has been dissolved in 4 tablespoonfuls of cold water. Cook three minutes. Set away to cool. When cold add 1 pt. of cream and 1 tablespoonful of vanilla and freeze. When the mixture has been freezing for

ten minutes, take off the cover and add 2 cupfuls of chopped figs. Cover again and freeze hard.

12. Souffle Biscuit

Rub 4 ozs. of butter with a qt. of wheat flour, add a little salt. Make it into a paste with $\frac{1}{2}$ a pt. of milk. Knead it well: roll it as thin as paper. Cut it out with a tumbler, and bake brown.

13. Fish Chowder

Put $\frac{1}{4}$ of a lb. of bacon into a frying pan with 1 onion sliced; fry a light brown. Into a saucepan put a layer of potatoes, a layer of fish, then a few slices of the onion and bacon, then season. Continue until all has been used. Add 1 qt. of water, cover and let simmer 20 minutes without stirring. In a double boiler put 1 pt. of milk and break into it 6 water crackers; let it stand a few minutes then add to the chowder. Let it boil up once and serve. Use 3 lbs. of chopped fish and 3 potatoes for this.

14. Cold Duck and Chestnut-Border

Arrange slices of cold duck on a platter. Shell and blanch 1 qt. of chestnuts, then boil until soft, drain and put them through a colander. Add a tablespoonful of butter, salt and pepper to taste, arrange around the cold duck. Garnish with olives or bits of red currant jelly.

15. Oysters with Madeira Sauce

Into a saucepan put 2 tablespoonfuls of butter and 1 of flour, $\frac{1}{2}$ a cup of milk, a teaspoonful of salt and a dash of cayenne. Stir until smooth, then add 25 oysters that have been washed and drained. When cooked take from the stove and add 2 tablespoonfuls of Madeira wine.

16. Chicken Fritters

Season well, pieces of cold roast chicken. Make a fritter batter, stir the

pieces in. Drop by spoonfuls into boiling fat. Lemon juice added to the seasoning is an improvement.

17. Baked Rice Cake

One pt. of cold boiled rice, mixed with a cup of cold milk, 1 egg, about $\frac{1}{2}$ a pt. of flour just sufficient to hold it together. Put into a deep pan and bake $\frac{1}{2}$ an hour.

18. Cheese and Tomato Rarebit (Chafing Dish)

Put a tablespoonful of butter in the blazer and let the melted butter run over the bottom. Then add 2 cups of cheese grated or cut into dice. Stir until melted, then add the yolks of 2 eggs, beaten and diluted with $\frac{1}{2}$ a cup of tomato purée, $\frac{1}{4}$ of a teaspoonful each of soda, salt, and paprika. Stir constantly until the mixture is smooth, then serve on bread toasted upon but one side.—Janet M. Hill in "Boston Cooking School Magazine."

19. Onion Souffle

Cook 3 tablespoonfuls of flour in four of butter; add $\frac{1}{2}$ a cup of milk, season with salt and pepper. Mix this with 1 cupful of cooked onions put through a sieve; add three eggs beaten very light. Turn into a baking dish and stand in a pan of hot water. Bake $\frac{1}{2}$ an hour.

20. Hungarian Chicken

Joint a fowl as for fricassee; put it on the fire in enough cold water to cover it; bring it to a boil slowly, and cook until tender. Unless the chicken is quite young this should require from 2 to 3 hours. When it has been simmering about an hour put in a sliced onion, 2 stalks of celery, 3 sprigs of parsley, and a teaspoonful of paprika. When the chicken is done, arrange it in a dish, add to the gravy salt to taste and the juice of $\frac{1}{2}$ a lemon and pour it over the chicken.—From "The National Cook Book," by Marion Harland and Christine Terhune Herrick.

21. Bean Croquettes

Soak 1 qt. of white soup beans over night. In the morning, drain, cover with fresh cold water, bring to a boil, drain, and cover with 1 qt. boiling water; boil slowly for about an hour. When the beans are tender press through a sieve then add 1 tablespoonful of vinegar, 2 of molasses, 2 of butter, salt and cayenne to taste, let the mixture get cold, when form into croquettes, dip in egg and in bread crumbs and fry in boiling fat.

22. Potato Balls

Beat the yolks of 2 eggs and add them to 2 cups of mashed potatoes, then add 1 tablespoonful of chopped parsley, a teaspoonful of onion juice, 2 tablespoonfuls of cream or milk, 1 tablespoonful of butter; mix well, form into small balls, and egg and bread crumb them. Fry in deep fat.

23. Bologna Sandwich

Take off the skin from a bologna sausage. Rub to a paste. Spread slices of rye bread with butter and if liked, a little French mustard, then a layer of the bologna. Put two slices together.

24. Breaded Ham Saute

Cut cold boiled ham into rather thick slices, cover with a mixture of pepper, olive oil, and mustard; dip in egg, then in cracker crumbs and set in a cold place. Fry slices of fat bacon or pork crisp, take them out and put the breaded ham into the hissing fat. Turn when the lower side is brown and cook the upper. Garnish with hard-boiled eggs cut in slices, serving a slice upon each portion of ham.—From "The National Cook Book," by Marion Harland and Christine Terhune Herrick.

25. Potato Stew

Peel and slice 8 large potatoes. Into a deep saucepan put 3 slices of salt pork cut into small pieces, fry them, and then add the potatoes with salt, pepper,

and 1 large peeled tomato, sliced, cover with water and let cook until the potatoes are done.

26. Codfish Hash

Freshen 1 pt. of salt codfish, add to it 1 qt. chopped, boiled potatoes, mix well, cut three slices of salt pork in very small pieces and fry brown; remove half the pork and add the fish and potatoes to the remainder; let it stand and steam five minutes without stirring; be careful not to let it burn; then add 1/3 cup of milk, and stir well. Put the remainder of the pork around the edge of the pan, and a little butter over it; simmer slowly for ½ an hour, until a brown crust is formed, then turn on a platter and serve.

27. Sugared Sweet Potatoes

Boil 6 sweet potatoes, peel them, and let them get cold, then cut in two lengthwise; lay them with the rounded side down in a baking dish, put a bit of butter and salt and pepper on each piece. Sprinkle granulated sugar over all and put in a quick oven to brown for ½ an hour.

28. Cracker Custard

Take a dozen milk crackers, break them up in small pieces and put into a pudding dish. Heat 1 qt. of milk, until boiling, sweeten and flavor to taste with vanilla, lemon or orange, and stir into it three well-beaten eggs. Take the milk from the fire at once and pour over the broken crackers. When cool stand on the ice and serve icy cold.

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