

Rules for Cooking Green Vegetables

THE cleaning and preparation of green vegetables count for as much as the cooking itself. They must be properly ripened and fresh from the garden. Wilted vegetables, if not stale, may be restored by crisping in ice-water for an hour or two. Every particle of sand or decayed matter should be removed. A brush for scrubbing saves hands and labor. Special cutters are attractive, but not necessary.

Carrots and *turnips* should be diced, or it into long, thin "strings." *Beets* are simply washed, without breaking the skin, and four or five inches of the green stem should be left on. They may be cut as desired, after cooking. When tender, cook the green tops, too, as you would spinach, and use for garnishing the dish. *Cabbage* should be shredded, then simmered gently for 20 minutes, *without a cover*. The success of *spinach* depends upon the washing, and final *fine chopping* and seasoning; *beans*, on the proper stringing and cutting,

lengthwise rather than across. *Peas* and *corn* are only good when *fresh*. Peas should have a pod or two boiled in the water with them; corn should have the final inner husk left on. Both should be timed carefully; over-cooking is disastrous. About 20-30 minutes for peas; 10-15 minutes for corn.

1. All vegetables should be put on in boiling water. The boiling should continue gently until the vegetable is tender—no longer. Rapid boiling or over-cooking spoils color, shape, flavor, making many vegetables tough. A cover is not necessary; *it should never be used for onions, cauliflower or cabbage*.
2. Top-ground vegetables should be cooked in salted water. Under-ground vegetables should be salted after cooking.
3. The very watery vegetables—squash, spinach, beet-tops—should be cooked over steam, or in a pan with *very little water*.