

# Sister Mary's Kitchen

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Mushrooms are ideal for the first warm spring days when appetites need tempting by unusual flavors. They are so cheap this year that we can use them occasionally to add interest to every-day dishes.

Although mushrooms have been called "vegetable beefsteaks" on account of their high protein content, this title is misleading. Almost 90 per cent of the mushroom is water, so a goodly quantity of them would have to be eaten to make them an adequate meat substitute. Even then they have been found to be deficient in some of the nutrients present in lean meats. One pound of lean round beef steak furnishes 730 calories of fuel value per pound while one pound of mushrooms as purchased yields only 210 calories. Consequently, the chief value of mushrooms lies in their unique flavor.

## Better If Not Washed.

Unless mushrooms are very sandy and dirty, they should not be washed. They are very delicate and water tends to destroy their flavor as well as make them tough. Separate the caps from the stems. Scrape the stems and peel the caps if the skin is tough. The stems are often tougher than the caps and require longer cooking.

If mushrooms must be washed, do it very gently, taking care that

the gills do not become water soaked. Dry them on a soft cloth and turn cap, gills downward to dry.

The peelings can be covered with cold water, brought to the boiling point and simmered over a low fire for 15 minutes. Strain through cheesecloth and use the stock for flavoring soups and sauces. You will be amazed at the change a few tablespoonsful of this mushroom stock will make in the flavor of a cream of spinach or carrot soup.

## Tasty In Spaghetti.

A few mushrooms added to a dish of macaroni or spaghetti make this a regular "party" concoction. You can serve a well cooked dish of spaghetti in tomato sauce with mushrooms at your next bridge club luncheon and be assured that it will meet with approval.

The flavor of mushrooms is emphasized if they are sauted in a little butter before adding to any dish. Be sure to use all the butter and mushroom liquor in the pan because this is rich and flavorful.

Mushrooms and eggs is a highly satisfactory dish for a Lenten main dish.

## Mushrooms And Eggs.

One-half pound mushrooms, 4 eggs, 1 tablespoon butter, 1 tablespoon minced parsley, few drops onion juice, 2 tablespoons flour, 1-2 teaspoon salt, 1-8 teaspoon white pepper, 2 cups rich milk or thin cream, 4 teaspoons grated hard cheese.

Melt butter in sauce pan. Add peeled and sliced mushrooms. Sprinkle with salt and pepper and simmer over a low fire for five minutes. Sift over flour and stir until perfectly blended. Add milk or cream, stirring constantly. Add onion juice and parsley and bring

## Tomorrow's Menu.

Breakfast—Stewed rhubarb, cereal, cream, tomato omelet, crisp graham toast, milk, coffee.

Luncheon—Cream of spinach soup, croutons, vegetable salad, sliced oranges, coconut cookies, milk, tea.

Dinner—Liver and oyster loaf with mushroom sauce, twice baked sweet potatoes, spinach timbales, stuffed beef salad, strawberry parfait, milk, coffee.

to the boiling point, stirring constantly. Pour into a shallow baking dish. Break eggs into sauce, spacing them evenly. Sprinkle each egg with one teaspoon grated cheese and dot with butter. Bake in a moderate oven for eight minutes, until the whites are firm. Serve from baking dish.