

VEGETABLE CREAM SOUPS may all be made on the same foundation. If possible use a double boiler for the making. Place a pint of milk in the double boiler. When hot, thicken this with one tablespoonful each of butter and flour melted together in a saucepan, adding part of the milk first, stirring until smooth, and then adding this to the remainder of the milk. Stir constantly until smooth and thick, and let cook about fifteen minutes; then beat a minute or two with a rotary egg beater. For most soups of this class, add to the milk when first put on to heat, a teaspoonful of scraped onion, one-eighth teaspoonful each of celery salt and paprika, a dash of Cayenne pepper, half a teaspoonful of salt, and a speck of black or white pepper. To this may be added a cupful or more of any vegetable cooked until tender and forced through a purée sieve. Left-over vegetables alone or in combination may be used, and the water in which vegetables have been cooked should also be utilized.

In the latter case more thickening will be required. If the purée is very thick it may be necessary to thin it a little with more milk. This quantity will serve four persons. Sometimes a teaspoonful of sugar is needed, and squash or carrot cream soup will be better with a trace of mace and ginger. Also a tablespoonful of minced parsley, celery or green pepper may be added.