

VOL. **1**

MAIN COURSE DISHES

THE
ALL-PURPOSE
COOKBOOK**JOY****OF COOKING**NOW IN 2 EASY-TO-USE VOLUMES
Revised and EnlargedOver 4,300 Recipes, 1,200 New Recipes, New Illustrations
by **IRMA S. ROMBAUER** and
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For information address The Bobbs-Merrill Company, Inc.,
4300 West 62 Street, Indianapolis, Indiana 46268.

Published by arrangement with the Bobbs-Merrill Company, Inc.

Library of Congress Catalog Card Number: 61-7902

SIGNET TRADEMARK REG. U.S. PAT. OFF. AND FOREIGN COUNTRIES
REGISTERED TRADEMARK—MARCIA ROMBAUER
DESIGNED BY CHICAGO, U.S.A.SIGNET, SIGNET CLASSICS, MENTOR, PLUME AND MERIDIAN BOOKS
are published by *The New American Library, Inc.*,
1301 Avenue of the Americas, New York, New York 10019

First Signet Printing, May, 1974

7 8 9 10 11 12 13 14

PRINTED IN THE UNITED STATES OF AMERICA

SOUPS

Blend:
 6 tablespoons browned flour (II, 153)
 1 cup cooled stock

Stir this paste into the simmering soup. Permit it to simmer for 20 minutes more. Add:
 2 thinly sliced lemons
 1 set chopped, parboiled calf brains, page 540
 Garnish the soup with:
 3 sliced hard-cooked eggs

SOUPS

Add:
 1½ cups fresh skinned seeded tomatoes

Permit these ingredients to cook for 10 minutes. Combine them with the turtle mixture and:
 1 tablespoon chopped parsley
 2 cloves minced garlic

Simmer the soup until the meat is tender, at least 2 hours. You may add a few drops of caramel coloring. Add to each serving:
 1 tablespoon dry sherry
 2 chopped hard-cooked eggs
 Lemon slices

MOCK TURTLE SOUP

[About 12 Cups]
 This full-bodied, nourishing soup, served with crusty rolls, can be the main dish for any meal.

Cover:
 5 lbs. veal bones
 14 cups water

Bring to the boiling point. Add and simmer for about 4 hours:
 6 chopped celery ribs with leaves
 5 coarsely cut carrots
 1 cup chopped onion
 2 cups canned tomatoes
 1 small can Italian tomato paste
 6 crushed peppercorns
 1 tablespoon salt
 2 teaspoons monosodium glutamate
 6 whole cloves
 2 bay leaves
 ½ teaspoon dried thyme

Degrease. Sauté for about 5 minutes in a greased skillet:
 2 cloves minced garlic
 2 lbs. ground beef
 2 teaspoons salt

Add to the stock, with:
 ½ teaspoon Worcestershire sauce
 4 teaspoons sugar

ABOUT CREAM SOUPS

These favored luncheon soups are also sometimes served at dinner. In this latter role, they satisfy what is, as often as not, a mechanical rather than a nutritional need. Like hors d'oeuvre, they act as a stabilizer for the cocktails which have just been drunk or as a buffer against the wines which are about to come.

For the richest of cream soups—the veloutés—first, sauté the vegetables in butter, purée them and combine the purée in equal parts with Velouté Sauce, page 368. Bind with egg yolk, allowing 2 to 4 yolks for each pint of soup. Simpler cream soups may be made on a Béchamel sauce base, page 359, or on this quick Béchamel: use 9 tablespoons butter to 1½ tablespoons flour, plus 2 cups cream and ¼ to 1 cup vegetable purée. Should

SOUPS

Add the spinach. Stir to coat it well with the butter. Cover, and cook gently till the spinach is just tender. A. Blend or put the spinach through a food mill or sieve. Return to pan and add:
 4 cups chicken stock
 A grating of nutmeg
 Salt or paprika

Bring the soup slowly to a boil and serve; or you may serve it cold, garnished with:
 Diced, seeded cucumbers or slices and cultured sour cream

GREEN TURTLE SOUP

[About 8 Cups]
 It is a timesaver to buy canned or frozen turtle meat. But if you can turn turtles, feel energetic and want to prepare your own, see page 447.

Place in a saucepan and bring to the boiling point:
 1 lb. green turtle or terrapin meat cut into pieces
 3 cups water
 3 cups Brown Stock (II, 141)

1 bay leaf
 1 sprig fresh thyme
 2 cloves
 ¼ teaspoon ground allspice
 Juice and thinly sliced peel of ½ lemon
 A few grains cayenne
 ¼ teaspoon freshly ground black pepper
 ¼ teaspoon salt
 4 whole corianders

These pods will rise to the top by the end of the cooking period and can be skimmed out before serving.

Heat:
 2 tablespoons cooking oil
 Sauté in this for 2 minutes:
 2 medium-sized chopped onions

Str in:
 1 tablespoon flour

SAUERKRAUT SOUP

[About 7 Cups]
 Sauté until golden brown:
 ½ cup chopped onion

In:
 3 tablespoons bacon fat

Add:
 ½ clove minced garlic
 ½ lb. diced lean pork

Cover and cook over low heat for about 20 minutes. Add:
 1 lb. chopped sauerkraut
 6 cups stock

Cook until soft, about 45 minutes. Melt:
 1½ tablespoons butter

Stir in:
 1½ tablespoons flour

Stir in slowly a little of the hot soup, blend and return the mixture to kettle. Add:
 (1 teaspoon sugar)
 Correct the seasoning and garnish with:
 Diced sauer or ham

SPINACH SOUP

[About 6½ Cups]
 Pick over, wash, drain thoroughly, then chop fine or blend:
 2 lbs. tender young spinach

You may use instead 4 cups cooked or two 14-ounce packages of frozen spinach, defrosted. Melt in a saucepan:
 ¼ cup butter

Sauté in it until golden brown:
 ¼ cup minced onion

Reduce to 1 cup over high heat:

- 1 cup consommé
- 1 cup dry white wine
- cooked with:
- ½ bay leaf
- 1 clove garlic
- Put in a colander:
- 43 canned snails

Four over them:

1 quart warm water
Drain well. Simmer the snails briefly in the hot reduced consommé and wine. Wash the small shells well and drain. Pack, as above, with:

Sauté Butter, page 364
Heat and serve as for 1.

III. Or, replace the shells with: Sautéed Mushroom Caps, page 296

Fill the mushrooms with one or more snails, depending on size.

Coat the snails with: Sauté Butter, page 364 and run under a broiler briefly until heated.

ABOUT FROG LEGS

Frog legs resemble chicken in texture and flavor. They are usually bought skinned and ready to use. Allow 2 large or 6 small frog legs per person. If the frogs are not prepared, cut off the hind legs—the only part of the frog used—close to the body. Separate and wash them in cold water. Begin at the top and strip off the skin like a glove. Through an experiment with a twitching frog leg, Calvani discovered the electric current that bears his name. Should you prefer keeping your kitchen and your scientific activities separate and distinct, chill the frog legs before skinning.

BRAISED FROG LEGS [4]

Clean:

- 8 large frog legs

Roll them in:

- Seasoned flour

Melt in a skillet:

SHELLFISH

SHELLFISH

6 tablespoons clarified butter

Add to it:

- ½ cup chopped onions
- Brown the frog legs in the butter. Reduce the heat and add:
- ¾ cup boiling Stock (II, 141)

Cover the skillet closely and cook the frog legs until they are tender, for about 10 minutes.

Melt:

- 6 tablespoons butter
- Sauté in the butter:
- 1½ cups seasoned bread crumbs
- ¾ cup finely chopped hazelnuts

Add:

1 teaspoon lemon juice
Roll the frog legs in the bread crumbs and serve them garnished with:

- Fennel
- or, if you have used the hazelnuts, with:
- Parsley

DEEP-FAT FRIED FROG LEGS

Please read About Deep-Fat Frying, pages 75-79. Preheat deep fryer to 375°.

Clean:

Frog legs

Dip them in:

A Baked Breading (II, 160)
Let dry for 1 hour. Fry the frog legs until golden. Drain. Serve with:

Tartare Sauce, page 349

FROG LEGS IN MUSHROOM SAUCE [3]

Clean:

6 large frog legs
Cut the meat into 3 or 4 pieces. Place in a saucepan. Cover with: Boiling water or Light Stock (II, 142)

Add:

- 2 thin slices lemon
- ¾ teaspoon white pepper
- (Celery, parsley, onion or

SHELLFISH

vegetables suitable for soup)

Simmer the frog meat, covered, until it is tender. Drain well. Melt in a saucepan:

- 3 tablespoons butter
- Add to it and sauté until light brown:
- 1 cup sliced mushrooms

Stir in:

- 1½ tablespoons flour
- 1½ cups chicken stock or stock in which the frog legs were cooked
- Correct the seasoning

When the sauce is hot, add the frog meat. Reduce the heat to low. Beat well:

- 3 egg yolks
- 3 tablespoons rich cream
- Stir these ingredients into the sauce. Let them thicken off the heat. Add:

1½ teaspoons lemon juice or 2 teaspoons dry sherry
Serve the meat at once, covered with the sauce.

FROG LEGS FORESTIÈRE

Allow 5 Per Serving!
Sprinkle small frog legs with:

Brandy
Let stand about 2 hours and wipe dry. Sauté them in:

Clarified Butter, page 363
During the last few minutes of cooking when the frog legs become firm to the touch, sauté with the meat for each portion:

- 2 thinly sliced mushrooms (1 tablespoon very finely sliced fresh sweet red pepper)
- 1 tablespoon chopped parsley
- 1 teaspoon lemon juice
- Correct the seasoning

ABOUT TURTLES AND TERRAPIN

Sea turtles attain huge size and their habits are nowhere more interestingly described than in

"The Windward Road" by Archibald Carr.

Handling and cooking these monsters, some of which weigh over 100 pounds, is not a usual household procedure. Therefore most of us are content to enjoy their highly prized, highly priced, gelatinous meat ready-diced and in cans. The greenish meat from the top shell is considered the best—that taken from the bottom is whitish.

The terrapin is a freshwater snapping turtle: our children bring them home from the creeks in our neighborhood, as yours may, too. If you cannot use them at once or wish to keep them at least long enough to make certain that they are rid of waste or pollution, you may put them in a deep open box—and don't forget a wire screening on top—give them a dish of water and feed them for a week or so on 3 or 4 small handfuls of ground meat.

To cook, place in a pan of cold water:

A 7-inch terrapin
Bring water slowly to a boil and parboil for at least 10 minutes. Drain. Plunge into cold water and leave until cool enough to handle. Scrub the terrapin well. Place it in rapidly boiling water, and add:

- (A Bouquet Garni (II, 220))
- (An onion stuck with cloves)
- (3 stalks celery)

Reduce the heat at once and simmer 35 to 45 minutes or until the claws can be removed by pulling. Drain, reserving the stock. Allow the terrapin to cool on its back in order to trap the juices as it cools. When cool, pry the flat plastron free from the curved carapace—easier said than done. Near the head you will find the liver. Free it carefully from the gull. Discard

the gill. Slice the liver thin and reserve it as well as the eggs, if any. You may or may not want to reserve the small intestines, which may be chopped and added to the meat or sauce. Remove the meat both from the carapace and the skinned legs. When ready to serve, you may toss the meat, including the ground liver and intestines, in 6 tablespoons melted butter until heated. Garnish with parsley and serve with:

3 tablespoons Madras or dry sherry

The chopped, cooked eggs, if any
1 teaspoon mixed herbs including basil, sweet marjoram, thyme, with a touch of rosemary, bay and sage
3 tablespoons Madras or dry sherry

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JOY

OF COOKING

Irma S. Rombauer
Marion Rombauer Becker

McCLELLAND AND STEWART LIMITED EDITION
TORONTO

Illustrated by Ginnie Hofmann and Beverly Warner



THE BOBBS-MERRILL COMPANY, INC.
SUBSIDIARY OF HOWARD W. SAMS & CO., INC.
4300 WEST 62ND STREET • INDIANAPOLIS 6, INDIANA

849 pp

¼ clove minced garlic
 ½ lb. diced lean pork
 Cover and cook over low heat for about 20 minutes. Add:
 1 lb. chopped sauerkraut
 6 cups stock
 Cook until soft, about 45 minutes. Melt:
 1½ tablespoons butter
 Stir in:
 1½ tablespoons flour
 Stir in slowly a little of the hot soup, blend and return the mixture to kettle. Add:
 (1 teaspoon sugar)
 Correct the seasoning
 and garnish with:
 Diced salami or ham

SPINACH SOUP

About 6½ Cups

Pick over, wash, drain thoroughly, then chop fine or blend:
 2 lbs. tender young spinach
 You may use instead 4 cups cooked or two 14-ounce packages of frozen spinach, defrosted. Melt in a saucepan:
 ¼ cup butter
 Sauté in it until golden brown:
 ¼ cup minced onion
 Add the spinach. Stir to coat it well with the butter. Cover, and cook gently till the spinach is just tender. Blend or put the spinach through a food mill or sieve. Return to pan and add:
 4 cups chicken stock
 A grating of nutmeg
 Salt or paprika
 Bring the soup slowly to a boil and serve; or you may serve it cold, garnished with:
 Diced, seeded cucumbers or
 chives and cultured sour cream

GREEN TURTLE SOUP

About 8 Cups

It is a timesaver to buy canned or frozen turtle meat. But if you can turn turtles, feel energetic and want to prepare your own, see page 380.
 Place in a saucepan and bring to the boiling point:
 1 lb. green turtle or terrapin meat cut into pieces
 3 cups water
 3 cups Brown Stock, page 490
 1 bay leaf
 1 sprig fresh thyme
 2 cloves
 ¼ teaspoon ground allspice
 Juice and thinly sliced peel of ½ lemon
 A few grains cayenne
 ¼ teaspoon freshly ground black pepper
 ½ teaspoon salt
 4 whole corianders
 These pods will rise to the top by the end of the cooking period and can be skimmed out before serving.
 Heat:
 2 tablespoons cooking oil

Sauté in this for 2 minutes:
 2 medium-sized chopped onions
 Stir in:
 1 tablespoon flour
 Add:
 1½ cups fresh skinned seeded tomatoes
 Permit these ingredients to cook for 10 minutes. Combine them with the turtle mixture and:
 1 tablespoon chopped parsley
 2 cloves minced garlic
 Simmer the soup until the meat is tender, at least 2 hours. You may add a few drops of caramel coloring. Add to each serving:
 1 tablespoon dry sherry
 Garnish the soup with:
 2 chopped hard-cooked eggs
 Lemon slices

MOCK TURTLE SOUP

About 12 Cups

This full-bodied, nourishing soup, served with crusty rolls, can be the main dish for any meal.
 Cover:
 5 lbs. veal bones
 with:
 14 cups water
 Bring to the boiling point. Add and simmer for about 4 hours:
 6 chopped celery ribs with leaves
 5 coarsely cut carrots
 1 cup chopped onion
 2 cups canned tomatoes
 1 small can Italian tomato paste
 6 crushed peppercorns
 1 tablespoon salt
 2 teaspoons monosodium glutamate
 6 whole cloves
 2 bay leaves
 ½ teaspoon dried thyme
 Degrease. Sauté for about 5 minutes in a greased skillet:

2 cloves minced garlic
 2 lbs. ground beef
 2 teaspoons salt
 Add to the stock, with:
 ¼ teaspoon Worcestershire sauce
 4 teaspoons sugar
 Blend:
 6 tablespoons browned flour, page 497
 1 cup cooled stock
 Stir this paste into the simmering soup. Permit it to simmer for 20 minutes more.
 Add:
 2 thinly sliced lemons
 1 set chopped, parboiled calf brains, page 443
 Garnish the soup with:
 3 sliced hard-cooked eggs

NEW YEAR'S SOUPS
 Suggested below are traditional New Year's soups, served just before parties break up. They are also known as hangover soups, or Lumpensuppe, and are sometimes helpful for the morning after.
 I. Onion Soup, page 148, with the addition of:
 1 cup red wine

DEEP-FAT FRIED FROG LEGS

‡ Please read About Deep-Fat Frying, pages 124-126.

Preheat deep fryer to 375°.

Clean:

Frog legs

Dip them in:

A Bound Breading, page 502

Let dry for 1 hour. Fry the frog legs until golden. Drain. Serve with:

Tartare Sauce, page 316

FROG LEGS IN MUSHROOM SAUCE

3 Servings

Clean:

6 large frog legs

Cut the meat into 3 or 4 pieces. Place in a saucepan. Cover with:

Boiling water or Light Stock, page 490

Add:

2 thin slices lemon

½ teaspoon white pepper

(Celery, parsley, onion or vegetables suitable for soup)

Simmer the frog meat, covered, until it is tender. Drain well. Melt in a saucepan:

3 tablespoons butter

Add to it and sauté until light brown:

1 cup sliced mushrooms

Stir in:

1½ tablespoons flour

Stir in slowly:

1½ cups chicken stock or stock in which

the frog legs were cooked

Correct the seasoning

When the sauce is hot, add the frog meat.

Reduce the heat to low. Beat well:

3 egg yolks

3 tablespoons rich cream

Stir these ingredients into the sauce. Let them thicken off the heat. Add:

1½ teaspoons lemon juice or 2 teaspoons

dry sherry

Serve the meat at once, covered with the sauce.

FROG LEGS FORESTIÈRE

Allow 5 Per Serving

Sprinkle small frog legs with:

Brandy

Let stand about 2 hours and wipe dry.

Sauté them in:

Clarified Butter, page 338

During the last few minutes of cooking when the frog legs become firm to the touch, sauté with the meat for each portion:

2 thinly sliced mushrooms

(1 tablespoon very finely sliced fresh sweet red pepper)

1 tablespoon chopped parsley

1 teaspoon lemon juice

Correct the seasoning

ABOUT TURTLES AND TERRAPIN

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‡ To cook, place in a pan of cold water:

A 7-inch terrapin

Bring water slowly to a boil and parblanch for at least 10 minutes. Drain. Plunge into cold water and leave until cool enough to handle. Scrub the terrapin well. Place it in rapidly boiling water, and add:

(A Bouquet Garni, page 541)

(An onion stuck with cloves)

(3 stalks celery)

‡ Reduce the heat at once and simmer 35 to 45 minutes or until the claws can be removed by pulling. Drain, reserving the stock. Allow the terrapin to cool on its back in order to trap the juices as it cools. When cool, pry the flat plastron free from the curved carapace—easier said than done. Near the head you will find the liver. ‡ Free it carefully from the gall. Discard the gall. Slice the liver thin and reserve it, as well as the eggs, if any. You may or may not want to reserve the small intestines, which may be chopped and added to the meat or sauce. Remove the meat both from the carapace and the skinned legs. When ready to serve, you may toss the meat, including the ground liver and intestines, in:

6 tablespoons melted butter

until heated. Garnish with parsley and serve with:

Sherry, as a drink

or you may heat the meat briefly over very low heat or in the top of a double boiler ‡ over—not in—hot water in a sauce made by combining:

1 cup Brown Sauce, page 326

The chopped, cooked eggs, if any

1 teaspoon mixed herbs; including

basil, sweet marjoram, thyme, with a touch of rosemary, bay and sage

3 tablespoons Madeira or dry sherry