





with space for notes

Copyright 1900 by the  
University of Toronto  
Printed and Published by  
The University of Toronto  
1900



Copyright © 1982 by Running Press. All rights reserved under the Pan-American and International Copyright Conventions. Printed in the United States of America. Canadian representatives: General Publishing Co. Ltd., 30 Lesmill Road, Don Mills, Ontario M3B 2T6. International representatives: Kaiman & Polon, Inc., 2175 Lemoine Avenue, Fort Lee, New Jersey 07024. ISBN: 0-89471-183-0. This book may be ordered directly from the publisher; please include 75 cents postage. Try your bookstore first. Running Press, 125 South Twenty-Second Street, Philadelphia, Pennsylvania 19103. Illustration by Jude Schachner. Cover by Michael Green.

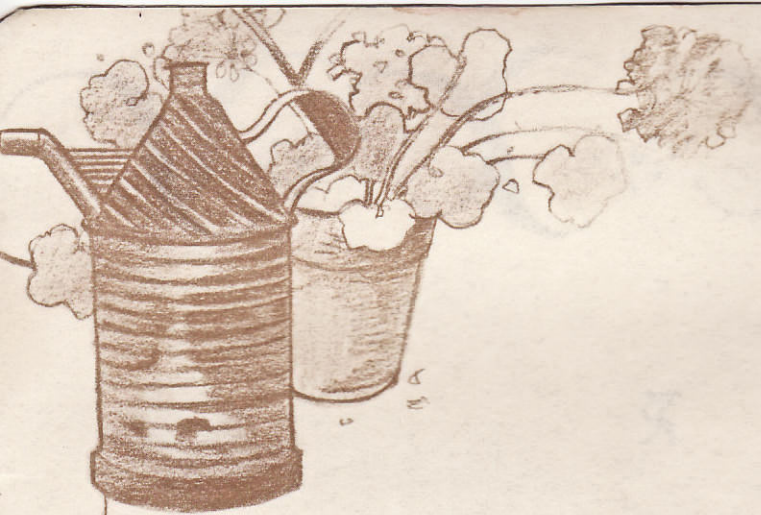




THE  
COUNTRY NOTE-BOOK

*An illustrated  
journal  
with space for notes*





To Jeff

With love, here  
are some of the  
family favorites.

Mom.

*April in New England is like first love.*

— GLADYS TABER (1899-1980)  
American author

Frogs croak in the night. It is a sound we learn to live without in the city, but it can instantly summon a flood of memories of a country childhood.

— THE NATIONAL GEOGRAPHIC SOCIETY (founded 1888)

## Chicken Soup (NANA)

- 1 whole or cut up chicken
- 2-3 carrots - cut into slices. (Peeled)
- 2 celery stalks including tops
- 1 Peeled whole onion.

Pot everything in a large pot. Cover with water. Simmer for 1½ hours. Add salt & pepper to taste. Strain soup, leaving in carrots. To remove fat - leave soup in refrigerator. Fat will rise to top & gel when cold - Skim it off as it isn't good for you!

For matzah balls - I use the recipe on the box of matzah meal or matzah ball mix. I use a bit more matzah meal than they say & keep peeking at them as they boil. This insures hardness!



In the country you need to notice things.

— JOHN GRAVES, b. 1920  
American writer

## Potato kugel

Beat 3 eggs til thick.  
Add 3 C. grated drained  
Potatoes,  $\frac{1}{3}$  C. flour  
 $\frac{1}{2}$  tsp baking Powder,  $1\frac{1}{2}$   
Tsp salt,  $\frac{1}{8}$  teaspoon Pepper.  
3 Tbsp grated onion + 4 Tbsp  
melted butter.

Put a bit of oil in  
8x8 Pan. Heat in oven. When  
hot add potatoes. Bake 350  
til brown (about 1 hour)

Enjoy!

Serve with apple sauce.

The word neighbor, when used by people living in the city, has a transplanted sound . . . in the truer sense of the term, neighbors are indigenous to the country.

— WALTER A. DYER (1878-1943)  
American writer

## Noodle Pudding by Rebecca Gould.

8 oz wide noodles.

$\frac{1}{4}$  lb cream cheese

$\frac{1}{2}$  pint sour cream

3 eggs

$\frac{1}{4}$  lb melted butter.

2 tsp sugar

1 tsp salt

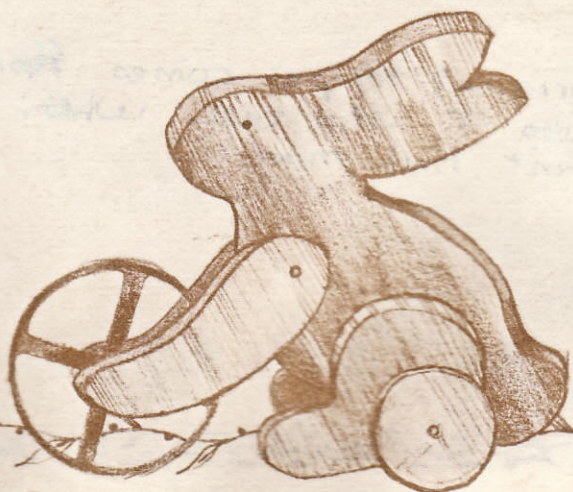
1 can drained crushed pineapple

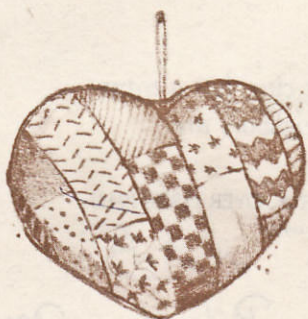
Place in Pan.

Top with 2 cups crushed corn flakes mixed with  $\frac{1}{8}$  lb melted butter - sugar + cinnamon

Bake 350° 1 hour.

Double recipe - use  
9 x 12 Pan.





It may be life, but ain't it slow?

— A. P. HERBERT (1890-1971)  
American writer

### \* Apple Crumble (Juliet)

good for using some of those apples you pick in the fall. However I prefer Greenings or granny Smiths (The green shiny apples)

Peel + slice about 8 apples. Place in deep dish or soufle dish. Mix  $\frac{1}{4}$   $\frac{1}{2}$  c sugar + 1 tsp Cinamon.

Top.  $\frac{1}{4}$  t cinamon  
1 c brown sugar  
1 c flour  
 $\frac{1}{2}$  c margarine or butter  
2 Tbsp white sugar

Sprinkle on top.

Bake 350 40-50 minutes.

\* Original recipe comes from Juliet who I still call when I can't find mine.

Most of us who go to the country from a city background have some nostalgia for the old ways, even if it only manifests itself in a wagonwheel hung over the gate and an expensive fieldstone fireplace and a deluxe edition of Walden on the coffee table.

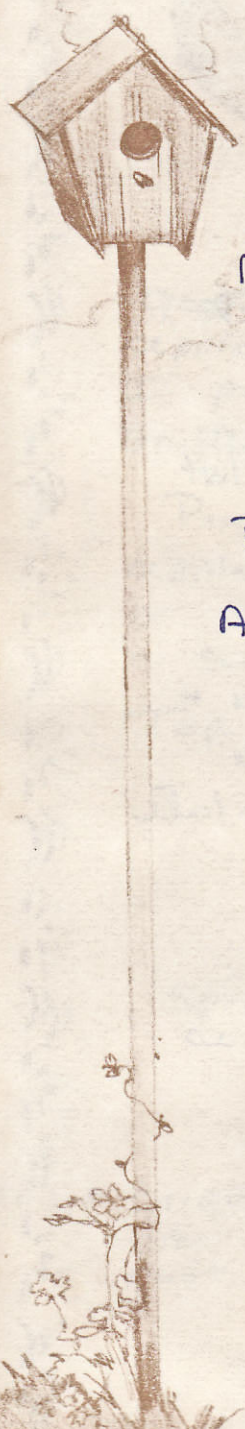
— JOHN GRAVES, b. 1920  
American writer

## Fudge

- 5 cups sugar
- 1 large can (13 oz) evaporated milk (unsweetened)
- 1/4 lb margarine
- 3/4 can (16 oz) marshmallow fluff
- 24 oz. chocolate bits (2 12 oz packages)
- 1 tsp vanilla.

POT everything except bits + vanilla in pot. Boil for 6 minutes. Add vanilla + chocolate + place in pans.

Remember how we used to give this as gifts at Christmas time.



## Lucy Lemon Squares

Mix: 1 c. flour  
1/4 c powdered sugar  
1/2 c margarine.

Until crumbly.

Pat into 8x8 pan

Bake 20 minutes.

Add 3 ~~tsb.~~ Tbsp lemon juice  
(Use fresh lemon juice)

2 eggs

1 c sugar

1/2 ~~tsb.~~ Baking Powder

Mix Together - Pat into  
Crust. Bake 20-25 minutes  
at 350°.

Cool + cut into squares  
sprinkle with powdered sugar  
if you like.

They too were escaping from town, to live naturally, in a rich blend  
of savagery and philosophy.

— E. B. WHITE, b. 1899  
American writer

The weekend world is a modern invention. You didn't need a weekend to get to the country in Ezra's day; the country then reached right into the backyards of the cities—the cities, indeed, were mere villages.

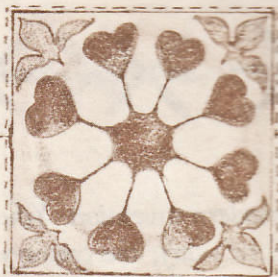
— LEWIS GANNIT, b. 1891  
American writer

Chilli con Quesa (Barbara Michelena!)  
Great dip.

- 1 Pkg cream cheese
- $3\frac{1}{4}$  c. heavy cream
- 2 Tbsp butter
- 1 large finely chopped onion
- 2 tomatoes (chopped)
- 1 can chopped green chilies.
- Salt + pepper

Saute Veggies. Add Cream cheese broken into pieces. Cook until melted. Add cream + seasoning. Serve with Nachos / Tortilla chips.





## Couscous

4 Tbsp oil  
3 Tbsp lemon juice  
1 Tbsp honey

} beat together.

Stir in:

1 red pepper chopped  
1 diced carrot  
1/4 c. basil if available  
Set aside.

Heat 1 1/2 T oil. Sauté:

1 onion chopped  
2 garlic cloves crushed  
1 Tbsp g. cumin.

1/2 Tbsp of:

ginger.

tumeric

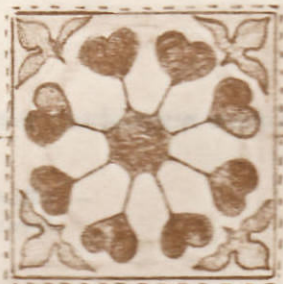
cinnamon.

1/8 tsp chili powder - can add more  
if you like - wait & taste.

Add 1 1/4 cup water to pan. Pour  
box of couscous in steady stream. Stir in.  
Add 1 cup currants. Can also  
add chickpeas, chicken etc.  
Serve at room temp or hot.

When we depend less on industrially produced consumer goods, we can live in quiet places. Our bodies become vigorous; we discover the serenity of living with the rhythms of the earth. We cease oppressing one another.

— ALICIA BAY LAUREL, b. 1949  
American naturalist



When I am in the country I wish to vegetate like the country.

— WILLIAM HAZLITT (1778–1830)  
British essayist

## French Toast

Best with Challeh.

Beat 2 eggs

$\frac{1}{4}$  tsp salt

$\frac{1}{2}$  c. milk

$\frac{1}{2}$  teaspoon vanilla

1 Tbsp sugar

Dip in bread - fry til brown

Double recipe for more toast.

also good with Baba  
Louis bread.



I like trees because they seem more resigned to the way they have to live than other things do.

— WILLA CATHER (1873-1947)  
American writer

## Broiled Tuna with Ginger.

4 Tuna Steaks.

1 Tbsp freshly grated ginger

1 Tbsp lemon juice

1 Tbsp olive oil

Preheat broiler. Put Tuna on plate  
sprinkle both sides w. Salt + pepper.  
Rub ginger on both sides and sprinkle  
evenly w. lemon juice and oil. Broil  
about 6 inches from heat 5 minutes  
a side.



It takes courage to just up and say you don't like the country. Everybody likes the country.

— LILLIAN HELLMAN, b. 1906  
American writer

Sandi. Cohen

## Egg Pancake (Breakfast)

You need a cast iron skillet  
for this.

mix { 6 eggs (I use egg beaters)  
1 c. flour  
2 c milk  
2 Tbsp sugar  
1/4 lb butter or margarine

Preheat oven 400°. Melt margarine  
in skillet. Pour 1/2 of it into  
egg mixture. Then pour egg  
mixture into skillet. Place in oven  
for 30 minutes. IT will rise  
as it cooks. Serve right from  
skillet - Good ~~good~~ with my  
strawberry j





## Baby Brie Brioche

- 1 lb baby brie
- 1 Sheet puff pastry thawed  
(in frozen food section)

Roll out pastry to  $\frac{1}{8}$ " thickness  
Place brie in center + wrap  
dough over cheese. Seal, crimping  
edges together. Use extra  
dough for designs on top.  
Place on cookie sheet + bake  
at 400° 15-20 minutes, til  
golden brown. Let stand 30 min.  
before serving.

There's something solid and reassuring about a civilization when a horse stops at a brimming trough, plunges his head into the clear, cold water, and blows and snorts in unmistakable satisfaction.

— HAYDN S. PEARSON, b. 1910  
American naturalist

All it takes to be a successful farmer these days is faith, hope  
and parity.

— EVAN ESAR, b. 1899  
American humorist

## Chocolate mousse

- 1/2 c. cold milk
- 2 envelps unflavored gelatin
- 1 1/2 c milk heated to almost  
boiling
- 2 eggs
- 1/2 c sugar
- 1 large pkg chocolate bits
- 2 c. heavy cream
- 4 ice cubes

1. Put cold milk + gelatin in blender  
+ blend at low speed. Add Boiling  
milk + blend til gelatin dissolves.
2. Add eggs, cream, ~~ice~~ sugar  
+ chocolate bits. blend til  
smooth. Add ice cubes + cream  
Blend til ice cubes dissolve.  
Place in bowl. Refrigerate  
til solid.

(may use more chocolate  
if you like)





The diligent farmer plants trees, of which he himself will never see the fruit.

— CICERO (106 B.C. - 43 B.C.)  
Roman statesman, writer

## Fresh Tomato Tart.

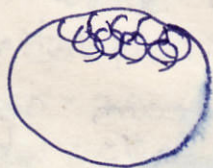
You can use a prepared Pie Shell.

Preheat oven to  $400^{\circ}$ .

Brush  $\frac{1}{3}$  c of Dijon mustard over bottom of pie shell.

Top mustard with  $\frac{3}{4}$  lb thinly sliced mozzarella cheese

Beginning at outer edge of shell, make a layering overlapping row of tomato slices. Begin



Second row. — overlapping first row. Fill entire pie w. one layer of Tomatoes. Sprinkle Top w. 1 Tbsp chopped garlic + ~~Salt~~ w. 2 Tbsp olive oil. Salt + Pepp. Bake 40 minutes.

You can use eggplant or zucchini instead of Tomatoes.



There's no doubt about it, summer in the country is restful, even relaxing—for visitors. Not for those who live here the year around.

— HAL BORLAND (1900-1978)  
American writer

## Clam Sauce (Aunt Hope)

Saute

$\frac{1}{4}$  c. olive oil

5 pieces garlic crushed or minced.

Add  $\frac{1}{4}$  c. water

1 can minced clams with juice

Oregano, Parsley, Salt & Pepper & 1 Tbsp butter.

Heat - do not boil

Serve over linguine

# Macaroni + Cheese (Aunt Hope)

Heat:

3 Tbsp butter

3 Tbsp milk flour

mix in pot - Add 2  
cups milk slowly over.

heat - stir + cook til  
Thickened.

Add  $3\frac{1}{4}$  pound grated  
cheddar, 1 Tsp dry  
mustard, 1 Tsp worchester  
Sauce - salt + pepper -

Mix with 1 Pkg  
elbow macaroni, (cooked)

Bake 350° til  
brown + bubbly.

(50 minutes  
or so)

sprinkle w/ bread crumbs  
cover w/ rest of cheese  
+ a little butter

To dig and delve in nice clean dirt  
Can do a mortal little hurt.

— JOHN KENDRICK BANGS, b. 1933  
American writer



Today one small, well-kept farm, even if only a couple of acres, is worth a thousand cars spilling off the General Motors assembly line.

— RICHARD W. LANGER, b. 1935  
American writer

## Brownies (Nancy Kaplan)

3 Squares baking chocolate  
1 1/2 sticks margarine  
melt together.

Add 1 3/4 c. sugar.  
3 eggs (beat after  
each addition)  
1 tsp. vanilla  
1 c. flour  
1 Tsp baking powder

Bake 350° in greased pan  
for 20-30 min.

Do not overbake!

As a boy on a farm in Canada, I had to help move great tonnages of this nutrient every spring. Nothing is so nostalgic as that odour—in combination with the knowledge that someone else is doing the shoveling.

— JOHN KENNETH GALBRAITH, b. 1908  
Canadian-born economist

## Zucchini Bread (Holdridge Family)

3 Beaten eggs  
1 c oil  
2 c. sugar } mix

2 c. zucchini (chopped finely  
or mixed in Food processor)

Combine all The above with:

3 c. flour  
1 tsp vanilla  
1 tsp salt  
1 tsp baking soda  
1/4 tsp baking powder  
3 tsp. cinnamon  
1 c. chopped nuts

Bake in 2 greased bread  
loaf pans at 350 for  
1 hour.

There is something frank and joyous and young in the open face of the country. It gives itself ungrudgingly to the moods of the season, holding nothing back.

— WILLA CATHER (1873-1947)  
American writer

## Fudge (Remember this?)

4  $\frac{1}{2}$  c. sugar.

1 large can evaporated milk.

12 ounces German chocolate

1 pint marshmallow fluff

12 ounces chocolate bits

2 tbsp butter.

Combine sugar, butter, milk  
+ boil for 6 minutes.

In a large bowl, place  
chocolate + marshmallow + pour  
boiling stuff over until  
melted.

Pot in greased pan  
lined with wax paper.

I hate the country's dirt and manners, yet I love the silence; I embrace the wit.

— WILLIAM HABINGTON (1605-1664)  
British poet

## Shrimp in Beer Batter.

16 medium Shrimp (or 1 lb)  
— Peeled

Dry shrimp & sprinkle with lemon juice. Dredge shrimp in flour & dip in beer batter.

Heat oil in deep pan. (You will need several cups) when a bit of batter sizzles the oil is ready (about 375 °F). Drop in a few shrimp at a time & cook until golden brown. Drain on paper toweling. Serve with fruit sauce.

### Beer batter

1 can beer  
1 c. flour  
1 Tbsp salt  
1 Tbsp paprika

Pour beer into bowl. Sift in dry ingredients stirring with a whisk. until batter is light & frothy. When using batter whisk it from time to time to keep it frothy.

### Fruit sauce

mix: 3/4 c. orange marmalade  
4 Tbsp lemon juice  
2 Tbsp orange juice

2 Tsp horseradish  
1/2 tsp ginger  
1/2 tsp salt  
1/2 tsp dry mustard

Cursing the weather is bad farming.

— J. C. BRIDGE (1884-1943)  
American author

### Chilled Gazpacho

- 3 ripe tomatoes - seeded  
(reserve  $\frac{1}{4}$  for garnish)
- 1 medium green pepper  
(reserve  $\frac{1}{4}$  for garnish)
- 1 medium cucumber - seeded  
(reserve  $\frac{1}{4}$ )
- 2 stalks celery
- 1 medium onion
- $\frac{1}{2}$  ounces tomato juice
- 2 cloves garlic, peeled
- 4 Tbsp tomato puree
- $\frac{1}{4}$  tsp salt, pepper
- 2 Tbsp vinegar
- 1 Tbsp corn oil
- $\frac{1}{4}$  tsp Tabasco

Add everything to food processor or  
blender. Taste. correct seasoning  
if necessary - might need more  
vinegar, oil, salt or pepper.



Perhaps not since the fall of Babylon have so many city dwellers wanted to "return" to the country without ever having been there in the first place.

— RICHARD W. LANGER, b. 1935  
American writer

## Pasta + Seafood Salad

- 1 Pound shelled shrimp.
- 1 Pound bay scallops -rinse
- 1/2 Pound - or a bit more of pasta
  - LI use twists or corkscrews
- 1/2 c. diced red pepper
- 1/2 c minced purple onion
- 1/2 c. olive oil
- 3-4 Tbsp. fresh lemon juice
- 1/2 c. basil puree (if not available  
use 1/2 c. chopped fresh basil)
- salt, pepper.
- 1 c. imported black olives (optional)

Cook shrimp + scallops in a large pot  
First boil water. Drop in shellfish +  
cook 1 minute + drain immediately.  
Cook pasta until tender - not mushy.  
Toss drained fish + drained pasta  
together. Add pepper + onion.

Whisk lemon juice, olive oil +  
basil puree. Season with salt + pepper.  
Pour over pasta - mix. Correct  
seasoning. Decorate with olives.  
Refrigerate - but allow it to come  
to room temp. before serving.



## Basil Poree.

Blend 7 c. washed & dried  
basil leaves and 1 Tbsp  
dried Basil with 3-4 Tbsp olive  
oil. Refrigerate or freeze.

## Pesto

2 c. fresh washed basil leaves  
4 garlic cloves  
1 c. shelled walnuts  
1 c. olive oil  
1 c. grated Parmesan cheese  
Salt & pepper.

Combine basil, garlic & nuts in a  
food processor or blender. Chop  
leave motor running & add oil  
in a slow steady stream.

Then add cheese & seasoning.

Can be frozen - A little goes a  
long way!

One of the pleasant things about living in the country is that there  
aren't any holidays. One day is like the next and if you want a day  
off you can take it when you like. It doesn't have to be on the same  
day ninety million other people are having a holiday.

— LOUIS BROMFIELD (1896-1956)  
American writer

Nobody tries to make the coyotes act like beavers,  
or the eagles behave like robins.

— WALKING BUFFALO (1871-1967)  
Canadian Stoney Indian

## Linguine with Tomatoes and Brie.

4. ripe tomatoes cut into  $\frac{1}{2}$  inch cubes.
- 1 Poono ripe Brie (remove rind +  
Tear into small pieces)
- 1 c. fresh basil leaves.
- 3 cloves garlic minced
- 1 c. olive oil (I use a little  
less)
- 2  $\frac{1}{2}$  tsp salt.
- $\frac{1}{2}$  tsp Pepper.
- 1  $\frac{1}{2}$  Poonos linguine

Combine brie, tomatoes, basil, garlic  
 $\frac{1}{2}$  tsp salt + pepper + olive oil.  
Set aside for 2 or more hours  
at room temp.

Cook linguine. Drain + immediately  
toss with sauce. Serve at once  
with grated cheese if you like.

Great summer meal.





Cinnamon Raisin  
French Toast

2 TBS Dark Karo Syrup

$\frac{1}{2}$  cup butter

1 cup Dark Brown sugar

PUT in sauce pan & STIR till liquified

Place in bottom of bake pyrex

cut off cinnamon bread.

Place diagonal slices, overlapping

mix  $\frac{1}{2}$  cups milk w/ 5 beaten eggs

& 1 TSP vanilla

Pour over bread

Refrigerate over night

350° for 45 minutes

A wild bird in a thicket and a man in a house cannot be neighbors.

— HENRY BEETLE HOUGH, b. 1896  
American editor



You can shave a peg to save a nickle and ruin a 50-cent jackknife.

— ARTHUR LITTEER (1904-1973)  
Dairy farmer

### Caesar Dressing

3T olive oil

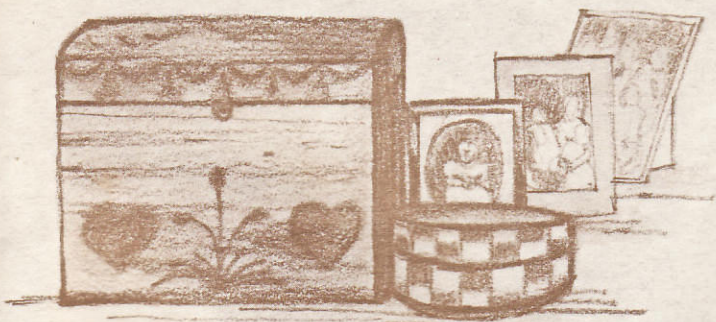
1 can anchovies + oil from can

1 T lemon juice

Tabasco - 2 splashes

S + P

Garlic - 3 cloves



# Raspberry Jam

9 cups raspberries  
6 cups sugar

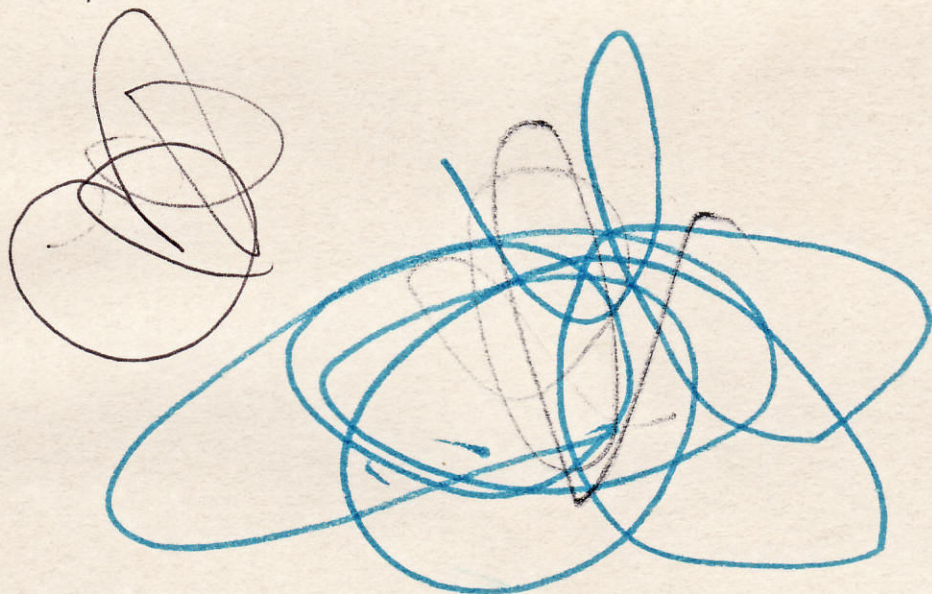
gently

boil

jars - 25 min.

inner lids - 5 min.

(Don't need to boil  
outer cap)



The mountains are all right, I guess, but they sure do block the view.

— PETER BERGLUND, b. 1916  
Retired Saskatchewan farmer



2 large leeks  
1 lb med potatoes, like  
yellow gold  
4 Tbsn's butter  
1 cup finely cut onions  
3 cups water

1 bay leaf  
Salt & Freshly ground pepper

leeks have mucho sand between cut of  
bottoms & tops. Wash middles  
split lengthwise. Then the other way

2. Peel potatoes & cut them in  $\frac{1}{4}$  inch cubes  
in 2 Tbsn's.

3. saute onions. Toss in leeks - cook till  
wilted. over med heat.

4. Add potatoes ~~up~~ <sup>eggie</sup> broth salt & pepper

1 hour  
to prepare

# Cauliflower-Cheese Pie

## with Grated Potato Crust

1 9-inch pie  
(4 to 5 servings)

CONVENIENCE TIPS: ☆ Use food processor with grating attachment to grate cheese, potato, and onion in that order. (No need to clean in between.)  
☆ Prepare the filling while the crust bakes.

### CRUST:

2 cups (packed) grated raw potato  
1/4 cup grated onion  
1/2 tsp. salt

1 egg white, lightly beaten  
flour for your fingers  
a little oil

### FILLING:

1 Tbs. olive oil or butter  
1 cup chopped onion  
2 medium cloves garlic, minced  
1/2 tsp. salt  
black pepper, to taste  
1/2 tsp. basil

1/4 tsp. thyme  
1 medium cauliflower, in small pieces  
2 eggs (or 1 whole egg plus 1 egg white)  
1/4 cup milk (lowfat OK)  
1 cup (packed) grated cheddar  
paprika

- 1) Preheat oven to 400°F. Oil a 9-inch pie pan.
- 2) Combine grated potato and onion, salt, and egg white in a small bowl and mix well. Transfer to the pie pan and pat into place with lightly floured fingers, building up the sides into a handsome edge.
- 3) Bake for 30 minutes, then brush the crust with a little oil and bake it 10 more minutes. Remove from oven, and turn the temperature down to 375°.
- 4) Heat the olive oil or butter in a large skillet. Add onion, garlic, salt, pepper, and herbs, and sauté over medium heat for about 5 minutes. Add cauliflower, stir, and cover. Cook until tender, stirring occasionally (about 8 to 10 minutes).
- 5) Spread half the cheese onto the baked crust (OK if it's still hot). Spoon the sautéed vegetables on top, then sprinkle on the remaining cheese. Beat the eggs and milk together, and pour this over the top. Dust lightly with paprika.
- 6) Bake 35 to 40 minutes, or until set. Serve hot or warm.