

The Savoir-faire's Cookbook

A Collection of Euro-American Community Recipes



By
Dolores Stephenson

The Savoir-faire's Cookbook

**A Collection of
Euro-American Community Recipes**

**By
Dolores Stephenson**

**Dee Maria Publishing
Cranbury, New Jersey**

The Savoir-faire's Cookbook

A Collection of Euro-American Community Recipes

**Copyright © 2009 by Dolores Stephenson
All Rights Reserved**

Printed in USA

Visit my website at
www.holidayfoodtraditions.com

ISBN 978-0-966414-2-2
First Edition

Table of Contents

INTRODUCTION.....	5
The History of This Publication	
CHAPTER ONE.....	7
Dutch Touch	
Gingerbread, Casserole of Chicken with Vegetables, Potato Puff	
CHAPTER TWO.....	9
English Flavor	
Spiced Cider, Delicious Little Hors D'Oeuvres, Baked onions, Pan-fried fish, Tasty Lamb Stew	
CHAPTER THREE.....	11
French Savor	
Clarissa Salmon, Cauliflower with a Crust, Potatoes Au Gratin, Rum Omelet, Hors D'Oeuvres Marguery	
CHAPTER FOUR.....	13
German Tang	
Braised Steak and Onions, German Red Cabbage, Spritz Gebackenes (German Cookie)	
CHAPTER FIVE.....	15
Hungarian Fashion	
Noodles to Accompany a Goulash, Hungarian Goulash, Rice Ring, Hot Milk Sponge Cake	
CHAPTER SIX.....	17
Italian Bits	
Tomato Sauce, Baked Haddock, Stuffed Eggplant, Lemon Sherbet, 10 Minute Pizza	
CHAPTER SEVEN.....	19
Irish Types	
Celery Cuts & Carrot Shavings, Mixed Cheese Board, Irish Grilled Cheese Sandwich, Irish stew, Bread or Rice pudding	

CHAPTER EIGHT.....21

Russian-Polish Zest

Meatless Vegetable Soup, Harvard Beets, Perogi (Dumplings), Polish Roast of Fresh Ham, “Roshky” or “Horns”

CHAPTER NINE.....23

Spanish Aromas

Spanish Pot Roast, Tossed Salad, Chicken and Vegetable Skillet, Refrescos de Frutas (Fruit Refreshment), Bunuelos De Queso (Cocktail Cheese Puffs)

CHAPTER TEN.....25

Swedish Hints

Smothered Chicken, Salmon Salad, Scrambled Eggs with Cottage Cheese, Braised chops, Baked Ham

CHAPTER ELEVEN.....27

African & Native-American Styles

Fish Cakes, Johnny Cake, Fish Chowder, Corn Chowder, Succotash

CHAPTER TWELVE.....29

UP TO YOU

Avocados, Green Vegetables, Chocolate, Legumes, Nuts & Seeds, Bread, Chicken Soup, Soybeans & Turkey, Fats, Green Tea, Milk, Yogurts, Kale, Collard Greens, Romaine Lettuce, Water, Fish, Fiber, Oatmeal, Saffron, Soy, Vitamin C & E, Olive Oil & Pasta, Salmon, Sardines & Dairy, Whole Grains, Sweets

Introduction

This cookbook was written to help preserve historical recipes found in vanishing community cookbooks and to support the often forgotten informative and dietary value of these books. I named the book *The Savoir-faire's Cookbook* because I felt that the cooks, homemakers and committees represented their communities magnificently with a diverse assortment of nutritional foods. This is only a sampling of the many people and recipes I wish to commemorate whose families came to America long ago from foreign countries like England, France, Germany, Hungary, Ireland, Italy, the Netherlands, Poland, Russia, Portugal, Spain, Scotland, Sweden and Africa. Like our savvy ancestors, contemporary nutrition, health and food experts, show us how servings from different food groups work toward eating in moderation, which helps us maintain weight, feel good and look great.

SAMPLE OF RECIPES

FRENCH SAVOR

Clarissa Salmon

1 tall can Red salmon

Beat up two eggs in a casserole-meantime sauté light 1 chopped onion in a tablespoon butter, add small amount of green pepper if desired break up salmon in casserole with egg mixture, add salt and pepper to taste, the sautéed onion, milk up to 1 ½ cups, depending on size of casserole and a couple handfuls of broken crackers or stale bread moistened with the milk. Bake at 350 Degrees about ¾ hour to 1 hour.-page 23, *The New Jersey Club Woman American Home Cook Book*, The New Jersey State Federation of Women's Clubs

Cauliflower au gratin

(Cauliflower with a crust)

1 medium-sized cauliflower

½ cup grated cheese (about 2 ounces)

1 cup hot medium white sauce (1 cup milk, 1 T flour, 1 T fat)

Fine bread crumbs mixed with fat

Cook cauliflower in lightly salted boiling water until just tender -20 to 30 minutes. Drain. Place in grease baking dish. Stir cheese into hot white sauce and pour sauce over cauliflower. Sprinkle crumbs on top. Bake at 350 F (moderate oven) about 20 minutes or until crumbs are brown.-page 58, *Family fare food management and recipes*, Home and Garden Bulletin No. 1, U.S. Department of Agriculture