

## CHAPTER XVIII

### Appetizers

APPETIZERS are foods served at the beginning of meals in order to whet the appetite. For this reason they must have some distinct and pleasing flavor.

Soups were formerly used altogether for this purpose, but an appetizer today may mean any of the following: raw oysters and clams; such fruits as grapefruit, melons or a combination of fruits in a cocktail; salads, or canapes of various kinds. Highly seasoned foods are used in the preparation of canapes, the foundation of which is bread, either fried or toasted.

The appetizer is on the table when the meal is announced. The portions are small and served in such a way as to attract the eye as well as stimulate the palate.

#### OYSTERS AND CLAMS

Raw oysters and clams are served in the half shell. They are arranged on a rather deep plate or special oyster plate in a bed of ice. The garnish is usually about a fourth of a lemon. Special sauces, as tabasco or tomato catsup, may be passed with them or served in a small glass in the center of the oyster plate. Thin sandwiches may be passed also.

#### OYSTER COCKTAIL

Clean and drain the oysters and chill. Arrange about five in a stemmed sherbet glass. Pour over the oysters just before serving the following sauce, which is enough for six servings:

1 tsp. salt	1 tbsp. horseradish
3 tbsp. tomato catsup	6 tbsp. lemon juice
$\frac{1}{4}$ tsp. tabasco sauce	Paprika

Mix thoroly before using.

#### TOMATO COCKTAIL

Scald and peel medium sized tomatoes. Put on ice and chill thoroly. Cut the tomatoes in eight sections like an orange. Place small pieces of lettuce hearts around a stemmed glass sherbet dish. Arrange the sections of tomato on the hearts of lettuce and pour over the following sauce: Rub bowl in which sauce is mixed with a clove of garlic first, then add 2 tbsp. tomato catsup, 1 tbsp. lemon juice, 1 tbsp. mushroom catsup,  $\frac{1}{2}$  tsp. Worcestershire sauce, and  $\frac{1}{4}$  tsp. paprika.

The lettuce and tomato are eaten with an oyster fork.

## CANAPES

The foundation of a canape is a thin slice of brown or white bread, which should be old enough to hold its shape. It is usually about 2 inches square. They also may be cut round.

They are first spread with butter and then with a covering of paste made of fish or combinations of eggs, capers or ham. They must be highly seasoned.

## SARDINE CANAPES

Remove skin and bones from six large sardines. Pound the ingredients to a paste with the yolks of two hard cooked eggs, 1 tbsp. of lemon juice and a few drops of Worcestershire sauce. Spread on buttered canapes and garnish for serving with a thin slice of lemon, sprinkled with paprika or a stuffed olive cut in two. These may be placed in the center of the canape. Tiny sprigs of watercress or a small leaf of lettuce may be placed under the canape.

## FRUITS

Arrange large strawberries, having the hulls and stems on, around a mound of powdered sugar.

Balls may be cut out of iced watermelon by means of a vegetable cutter. These may be served chilled in cocktail glasses.

Halves of grapefruit or of cantaloupe are often used as appetizers at luncheons.

## MIXED FRUIT COCKTAIL

- |                             |                                    |
|-----------------------------|------------------------------------|
| 1 banana                    | 1 c. dates, pitted and quartered   |
| 1 orange                    | $\frac{1}{2}$ c. shredded cocoanut |
| 2 whole canned pears        | 2 tbsp. lemon juice                |
| $\frac{1}{2}$ can pineapple |                                    |

Peel, scrape and slice the banana; peel, seed and dice the orange and dice the pears. Mix all these with the dates, moistening with the fruit juices. Chill and serve in cocktail glasses, sprinkling well with cocoanut before serving. If the cocoanut is toasted before it is sprinkled, the result will be even more delicious. To toast cocoanut, spread thin in a baking tin and brown in the oven.

## MINT GRAPEFRUIT COCKTAIL

Sections of grapefruit (allow 4 sections per serving)

Syrup— $\frac{1}{2}$  as much sugar as water

Essence of mint—4 drops

Section grapefruit, removing all white tissue, arrange in glasses and cover with syrup. Chill thoroly before serving. Garnish with a sprig of mint.

## BANANA COCKTAIL

Peel fully ripe bananas and scrape off the coarse threads. With a small potato scoop cut out balls from the prepared bananas and roll each ball in lemon or grapefruit juice to keep it from discoloring. Add small pieces of grapefruit pulp or canned pineapple with some of the juice or syrup. Set into cocktail glasses and finish with a cherry at the top. Serve as a first course at luncheon or dinner.