

## CHAPTER XIX

### Beverages

THE addition of water to the diet is valuable, provided the liquid is not used to wash the food down without proper mastication. The liquids may be either hot or cold.

The hot liquids are usually coffee, tea and cocoa, while the cold ones are fruit juices or flavored cold syrups.

Tea, coffee and cocoa possess a stimulating effect on the nervous and digestive systems, which may or may not be beneficial to the individual. All fruit juices are valuable adjuncts to the diet.

#### COFFEE

The principal kinds of coffee on the market today are Mocha, Java, Rio and Santos. The Rio and Santos are in most common use. Coffee ground just before using has a better flavor and odor than that which has been ground for some time. If ground when purchased, it should be kept in a tightly closed receptacle.

#### TEA

The principal varieties of tea on the market are the green and black or a mixture of these. These are sold under a variety of trade names. The green teas are those whose leaves are unfermented in the process of preparation, while the black ones are fermented. The latter method of preparation improves the flavor and lessens the amount of tannin, both of which are desirable.

#### COCOA

Cocoa is made from the bean of that name. It is ground and the greater part of the fat extracted. In chocolate the fat is not taken out. Cocoa nibs and shells are made from the covering of the bean. As both cocoa and chocolate contain starch, it is better to boil both with water first for a few minutes in order to cook the starch before adding milk. They serve as an excellent medium for introducing milk in the diet. With children, only enough cocoa to give a slight coloring and flavor is necessary on account of the stimulating effect which should be avoided.

*Hot Beverages***COFFEE**

$\frac{1}{2}$  c. coffee  
 $\frac{1}{2}$  c. cold water

4 c. boiling water

Mix coffee and cold water together in coffee pot. Add the boiling water and boil three minutes. Let it settle for 5 minutes and add  $\frac{1}{2}$  c. cold water. Strain and serve.

White of egg alone or with eggshell may be mixed with the coffee before boiling water is added. This makes the coffee clearer as the fine grounds cling to the egg.

**PERCOLATED COFFEE**

Allow 2 tbsp. of coffee to each cup. Put coffee in the top of the percolator. Fill coffee pot, using the amount of water the coffee calls for. Allow to percolate until color shows the desired strength.

**COFFEE WITH CREAM**

(For church and farm bureau dinners)

Place 2 c. coffee in cheesecloth bag, add  $3\frac{1}{2}$  qts. cold water and  $\frac{1}{4}$  tsp. salt. Bring gradually to boiling point, remove from fire, let stand 10 minutes and remove the coffee bag. Add 1 qt. milk, reheat, add  $\frac{1}{2}$  pt. cream and pass sugar separately.

**TEA**

Tea is best brewed in an earthenware pot, which should be scalded out before using. Freshly boiling water is essential to good tea. The preference for green or black tea and the amount to be used for strength desired is always a matter of personal consideration.

1 tsp. tea

1 c. boiling water

Pour the boiling water over the tea in the hot teapot. Strain and serve at once. Tea may be served with cream and sugar, thin slices of orange or lemon, lemon slices stuck with cloves, or candied fruit peel.

**COCOA AND CHOCOLATE****BREAKFAST COCOA**

2 tsp. cocoa  
 2 tsp. sugar

$\frac{1}{3}$  c. boiling water  
 $\frac{2}{3}$  c. scalded milk

Mix sugar and cocoa, add boiling water and let boil 3 minutes. Add scalded milk and beat with Dover egg beater before serving.

**HOT CHOCOLATE WITH WHIPPED CREAM**

Scald 3 pts. of milk in double boiler. Melt 6 squares or ounces of chocolate over hot water, add  $\frac{3}{4}$  c. sugar,  $\frac{1}{4}$  tsp. salt and very slowly 1 qt. boiling water. Stir and boil 3 minutes, add the milk, beat until frothy, add 1 tsp. vanilla and serve with whipped cream. This makes 20 servings.

### COLD BEVERAGES

#### CHOCOLATE SYRUP

- |                               |                        |
|-------------------------------|------------------------|
| 1 c. sugar                    | 1 stick cinnamon       |
| $\frac{1}{2}$ c. cocoa powder | 2 tbsp. strong coffee  |
| $\frac{3}{4}$ c. warm water   | 1 tsp. vanilla extract |

Place sugar and cocoa in a saucepan, add cinnamon stick and pour on water. Mix well, heat slowly and boil 2 minutes. Cool, add strong coffee and vanilla, and strain.

#### ICED CHOCOLATE

Place 3 tbsp. of chocolate syrup in the bottom of a drinking glass and add 2 tbsp. of fresh or evaporated cream, two of cracked ice, and fill the glass with rich milk. Mix thoroly in a shaker, or by pouring rapidly from one glass to another, until it is foamy.

#### CHOCOLATE GINGER CREAM

Place 2 tbsp. of chocolate syrup and one of cream in a glass. Stir, add 1 tbsp. of cracked ice, and fill the glass with gingerale.

#### COFFEE GINGER CREAM

Place in a glass 2 tbsp. of strong cold coffee, one of sugar syrup and one of cream. Stir well, add 1 tbsp. of cracked ice and fill the glass with gingerale.

#### SUGAR SYRUP

Syrups for sweetening lemonade or fruit punches are more economical than using sugar. Boil sugar with equal amount of water and cool before using.

#### LEMONADE

To the juice of each lemon, allow 3 tbsp. of sugar syrup or 1 to 2 tbsp. of sugar and one cup of cold water. Mix well and serve very cold.

#### GRAPE PUNCH

- |                    |                   |
|--------------------|-------------------|
| 1 part grape juice | Sliced lemon      |
| 1 part water       | Fresh mint leaves |

Mix grape juice and water, serve from punch bowl, placing a large cube of ice in the center of bowl. Serve lemon and fresh mint with each cup of punch.

#### FRUIT PUNCH

Grate 1 pineapple or take 1 can grated pineapple and let boil with 4 c. of water 15 minutes; strain and cool. Boil 4 c. of sugar with 2 c. of water 5 minutes; let cool and add this syrup to the pineapple water; add the juice of 6 lemons, 10 oranges, 2 grapefruit, 1 qt. of grape juice, 1 box of strawberries (hulled and cut in halves), 2 bananas (sliced), 1 cucumber (sliced; do not remove rind), 4 qts. of water, 2 sprigs of mint, 1 c. of fresh made tea. Pour over a block of ice in the punch bowl.

## CHERRY PUNCH

1 qt. pitted cherries	1 chopped banana
Juice of 2 lemons, 2 oranges	1 c. granulated sugar
2 tbsp. shredded pineapple	

Combine and leave standing until juice is extracted, then press thru a strainer. At serving time add to this liquor 2 qts. of ice water and a pint of cherries, pitted and quartered.

## RASPBERRY VINEGAR

4 qts. raspberries	3 qts. mild vinegar
Sugar	

Crush 2 qts. of raspberries, pour over the vinegar; cover and stand 2 days. Strain, pour the same vinegar over the remaining raspberries, crushed, stand 2 days longer. Strain and measure. To each pint add 1 lb. sugar, bring slowly to boiling point, boil 5 minutes, skim, turn into jars or bottles, and seal.

Use 1 to 2 tbsp. to a glass of fresh or charged water.