

Retro Recipe Rewind

'Cool as a cucumber' is a common saying, but this recipe from 1914 celebrates the savory flavour of cooked cucumbers. Would you try warmed cucumbers, or hot creamed cucumber soup?

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Cooked cucumber is too little known among us, particularly at this season, when cucumbers are abundant and often inexpensive. There seems to be a prejudice against it that is not altogether reasonable, especially among those who consider vegetable marrow, which it much resembles when cooked, a delicacy. Probably, too, it is more digestible than in any other way it is ever used, which is not saying much.

Cooked cucumber keeps its characteristic flavor, and may be made deliciously savory. It may be prepared in any of the ways vegetable marrow is, and in some ways of its own. In France the cucumber is far more often cooked than not, and variously flavored and served.

Cooked Cucumbers. — Peel the cucumbers carefully, removing but a thin shaving, cut in quarters, and then cut these pieces in half or dice them, removing the seeds. Cook for fifteen to twenty minutes in boiling salted water, to which has been added an onion or some celery, or both, or some other vegetable flavor. If they are to be canned they should not be cooked more than fifteen minutes. Serve with butter or cook them for a little in meat stock. The French commonly cook them in meat stock, which is thus reduced until quite brown and the cucumbers deliciously flavored, other vegetables being added for this purpose. Those who do not like the cucumber prepared in these ways may find it agreeable if a little vinegar is added. The cooked cucumbers may be put through a strainer and a cream soup made by adding to the puree thus obtained hot milk and seasonings.

HOME

With the Cucumber.



Source: Canadian Statesman, October 8, 1914, p. 3.