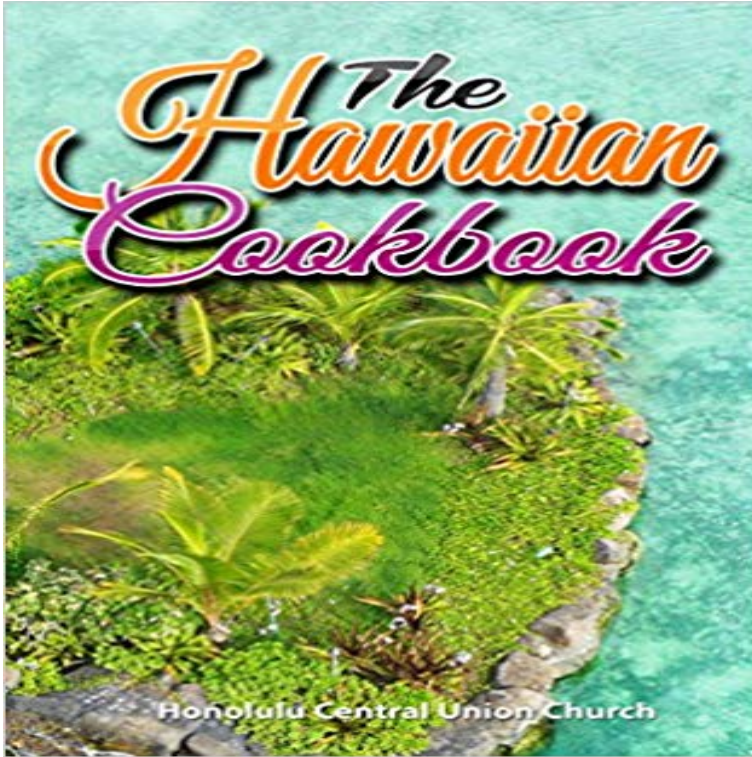


# The Hawaiian Cookbook



soups STOCK FOR ALL KINDS OF SOUP. Take a good sized shin of beef, cut every particle from the bone and cut up into inch pieces ; cut or saw the bone into pieces as small as convenient and put the whole in a sauce pan, cover with cold water and set it aside in a cool place for half an hour, or even an hour. This will drain out much of the juice of the meat. The bones from roast beef, steak, etc are good to add to the stock kettle. Set this on the stove and let it come to a boil, then remove to the back of the stove and keep it simmering all day if convenient, several hours at any rate. The next morning remove all the fat. This is a good stock for soups, hashes or stews. To make soup, take out the required quantity, add vegetables, macaroni, tomatoes, according to fancy.

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