



## Hawaiian Pot Roast

### Northern Pacific Railroad

James Porterfield, *Dining by Rail*, p. 251

- 4 lb. arm or blade cut of beef
- 1 medium onion, sliced
- 2 Tbsp. lard or drippings
- ¾ cup mushroom pieces
- ¼ cup soy sauce
- ½ cup sliced celery
- ¾ cup hot water
- 1 8-oz. can pineapple chunks
- ¼ tsp. pepper
- 2 Tbsp. flour
- ¼ tsp. ground ginger
- ¼ cup cold water

In large pot, brown pot roast in lard or drippings. Pour off fat. Add soy sauce, hot water, pepper, ginger, and onion. Cover tightly and simmer over low heat approximately 2 hours. Add mushrooms, celery, and pineapple. Continue cooking for 20 more minutes. Celery should remain slightly crisp. Remove meat, vegetables, and pineapple to a platter and keep warm. Blend flour and cold water, then add to cooking liquid, stirring constantly. Cook until thickened, then stir vegetables and pineapple into thickened sauce. Serve beef sliced, with a portion of sauce poured over.

## Hot Slaw

### Southern Pacific

Jim Loveland, *Dinner is Served: Fine Dining Aboard the S.P.*, p. 229

- 1 large head cabbage
- ½ teaspoon English mustard
- 2 onions
- 1 bay leaf
- Butter
- 4 cloves
- 2 apples
- 1 bacon rind
- ½ cup sugar
- salt
- ½ cup apple cider vinegar

Finely shred cabbage and 1 onion and braise in a covered saucepan in butter until moistened through. Add sliced apples, sugar, vinegar, mustard, bay leaf, and cloves inserted into 1 onion, bacon rind and enough water to fairly cover the cabbage. Add salt to taste, and cook until soft.

## Surprise Rice

### Southern Pacific

Jim Loveland, *Dinner is Served: Fine Dining Aboard the S.P.*, p. 227

- 1 lb. pork sausages
- ½ teaspoon salt
- 3 cups boiled rice
- 1 cup milk
- 1 bell pepper
- 2 tablespoons butter
- 1 small onion

Mix rice, bell peppers and onions together, add salt, and cover the bottom of a buttered baking pan with this mixture one inch thick. Brown sausages lightly, arrange on layer in pan, and cover with remaining rice. Pour milk over and dot with butter. Bake covered for 30 minutes in a moderately heated oven, remove lid and continue baking until nicely browned.

## Plantation Short Cake

### Southern Pacific

Jim Loveland, *Dinner is Served: Fine Dining Aboard the S.P.*, p. 226

- Corn bread
- 2 mushrooms, medium
- Ham slices
- ½ teaspoon flour
- Chicken breast
- ½ cup cream

Bake thin layer of corn bread and cut into suitable squares, figuring 3 squares to 1 order. Place on a slice of fried or baked ham, and cover. On the second layer spread slices of breast of chicken and cover with the third. Wash and peel fresh mushrooms, slice and sauté in butter without browning. Add flour and when well absorbed add cream. Let boil until thick, or about 2 minutes, pour over short cake and serve.

## Pennsylvania Club

### Pennsylvania Railroad

Will Hollister, *Dinner in the Diner: Great Railroad Recipes of all Time*, p. 110

- 3 slices fresh toast
- 2 pickle chips
- 3 slices broiled bacon
- Sliced breast of chicken from
- 4 heart leaves of crisp lettuce
- 4 lb. chicken
- 1 branch parsley
- 2 slices of tomato
- Mayonnaise

Spread a lettuce leaf with mayonnaise; lay three slices of broiled bacon on the lettuce, cover with another lettuce leaf and place on slice of toast. Put the second piece of toast on top and cover with another lettuce leaf spread with mayonnaise. Next put the slices of white meat of chicken on the lettuce and cover with the last leaf of lettuce and then the third slice of toast. Cut in four triangular sections, each section to be pierced with a wooden toothpick to hold it together. Garnish with a leaf of lettuce in the center of dinner plate; place the tomato slices and pickle chips on top of the lettuce. Arrange the four triangular shaped sections in stand-up position around the tomato slices.

## Toasted Hot Mexican Sandwich

### Santa Fe Railway

James Porterfield, *Dining by Rail*, p. 164

- 1 lb. cooked roast beef, diced fine
- 4 hard-boiled eggs, chopped fine
- 4 green chilies, parboiled, diced fine
- ½ cup pimentos, diced fine
- 1 celery stalk, diced fine
- ¼ lb. Swiss cheese, diced fine
- ½ cup mayonnaise
- 1 tsp. lemon juice
- ½ cup chili sauce
- 8 drops Tabasco sauce

Warm both sides of bread under the broiler before topping with the sandwich spread. Place diced cooked beef, hard-boiled eggs, green chilies, pimento, celery, and Swiss cheese in a bowl. Add mayonnaise, lemon juice, chili sauce, and Tabasco sauce. Mix thoroughly and spread generously on bread slices. Place on baking sheet and put 5 inches under preheated broiler. Toast until topping is lightly browned and bubbly.

## The Language of Dining-Car Personnel

Taken from: James D. Porterfield, *Dining by Rail: The History and Recipes of America's Golden Age of Railroad Cuisine* (New York: St. Martin's Press, 1993), pp. 123 – 127.

One of the most picturesque aspects of dining-car lore is the strange and unique language employed by those who worked the cars. Often a code to enable communication with each other to the ignorance of those outside the service, it is also a perfect example of how jargon can offer succinct summary. Expressions applied to passengers, to the equipment, to each other, and to the food.

### The Passengers:

**A cook's load:** a train with very few people on board, fewer yet of whom ate in the dining car.

**Crew's portion:** a double order of food.

**For Nellie:** on some railroads, another name for room service.

**Going upstairs:** when a waiter goes to serve food someplace other than in the dining car, either room service or to pass through the coaches with a tray of sandwiches and beverages.

**A lamb's tongue:** a generous tip, usually anything from one dollar up.

**The hard way:** a signal from the waiter to the steward on how to make change for a trou-

blesome passenger. If fifty cents in change was due, the steward would give the victim a fifty-cent piece, practically forcing the customer to leave the whole fifty cents a tip.

**The easy way:** when the steward would leave a quarter, two dimes and a nickel as the fifty-cent change for cooperative passengers.

**Snake:** someone who doesn't leave a tip, as in, "That snake bit me," or "The snakes are eating me up tonight."

**Bread:** a signal that a woman was around.

**Cake:** the opinion that the woman is extra fine.

**Whole wheat bread:** a woman of light brown coloring.

**White bread:** a white woman.

**Burnt toast:** an ugly woman or one who is very black.

### The Equipment:

**Feed box or pie wagon:** a dining car.

**Struggle buggy:** an old dining car.

**Smoke wagon:** a dining car in a train pulled by a steam locomotive.

**Flat:** a dining car that is completely filled.

**Forty-eight flat and standing:** all forty-eight seats in a modern diner were filled and other customers were waiting.

**A deuce:** table for two.

**A large:** table for four.

**Flattened out:** a waiter whose deuce and

large were filled with customers.

**Top table:** the table section nearest the pantry.

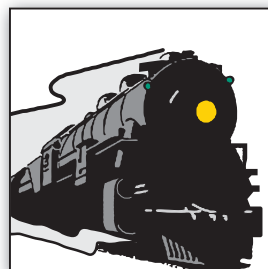
**Bottom table:** the table section furthest from the pantry.

**The dresser:** the kitchen counter where vegetables were prepared and added to the plates.

**The hole:** the opening between the kitchen and the pantry where orders were handed to the chef and food was passed to the waiters.

**Watching television:** doing dishes in a dishwasher with a glass window.

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National Railroad Museum



## “Our Own” French Dressing

### Northern Pacific Railroad

William McKenzie, *Dining Car to the Pacific*, p. 128

- 2 medium eggs
- 4 cups salad oil
- 6 tablespoons sugar
- 2 ½ tablespoons salt
- ¼ cup catsup
- 1 cup tarragon vinegar
- 1 tablespoon dry mustard
- ¼ cup lemon juice
- 2 ½ tablespoons paprika

In large bowl, whip eggs for several minutes, until well beaten. In small bowl, mix sugar, catsup, dry mustard, and paprika with a little of the salad oil: add to the eggs slowly, beating well. Add remaining salad oil gradually. Add salt; add vinegar and lemon juice slowly, beating constantly. Makes 1 ½ quarts.

## B&O-Style French Dressing

### Baltimore & Ohio Railroad

Thomas Greco, Karl Spence, *Dining on the B&O*, p. 37

- 3 cups Olive Oil
- 1 cup Vinegar
- Juice of one Orange
- 1 tablespoon Sugar
- 1 teaspoon Worcestershire Sauce
- 1 tablespoon Catsup
- 1 teaspoon Dry Mustard
- 1 teaspoon Salt
- ¼ teaspoon Pepper (white)
- dash of Paprika
- 1 Small Onion

Drop in one small onion for seasoning, only allow same to remain in contents for 15 minutes. Mix dry ingredients, then add the orange juice, then beat oil and vinegar together in dry mixture until properly emulsified, or you can whip this with an egg whip. Shake well before using.

## Southern Pacific Dressing: “The most famous dressing of them all.”

### Southern Pacific

Jim Loveland, *Dinner is Served: Fine Dining Aboard the S.P.*, p. 229

- 1 cup mayonnaise
- 1 level teaspoon salt
- 1 cup catsup
- 1 teaspoon chives
- ¼ cup currant jelly
- vinegar
- 1 heaping teaspoon English mustard

Dissolve mustard with salt in vinegar. Add jelly, beat until thoroughly mixed, then add mayonnaise and catsup. Cut in chives before serving. A good dressing to serve with lettuce.

## Illinois Central Salad Dressing

### Illinois Central Railroad

James Porterfield, *Dining by Rail*, p. 251

- 2 Tbsp. celery, chopped fine
- 2 Tbsp. pimento, chopped fine
- 2 Tbsp. green pepper, chopped fine
- 2 hard-boiled eggs, chopped fine
- 1 tsp. green onion, chopped fine
- 2 cups mayonnaise
- 2 Tbsp. dill pickle, chopped fine
- 1 cup chili sauce

Place celery, green pepper, green onion, dill pickle, pimento, and egg in mixing bowl and mix thoroughly. Add mayonnaise and stir well. Add chili sauce and stir well. Store in a cool place. Serve on fresh green salads.

## Rice Cream Pie

### Western Pacific

James Porterfield, *Dining by Rail*, p. 296

- 1 ¼ cups rice, uncooked
- pinch of salt
- 4 cups whole milk
- 1/8 tsp. lemon extract
- 1 ¼ Tbsp. cornstarch
- 1/8 tsp. mace
- 5 eggs
- 1 Tbsp. butter, melted
- 1 ¼ cups sugar
- 1 pint whipping cream

Prepare crust for 2 single-crust pies. Place pie pastry in pie tins and prick bottom and sides frequently to prevent puffing during baking. Place pie pastry in over until lightly browned, about 15 minutes. Set aside to cool before using. Now, in a small saucepan, steam rice in 2 cups of milk until rice is soft and milk is absorbed. Dissolve cornstarch in 2 tbs. cold water. Prepare custard by beating eggs, sugar, and salt in a large mixing bowl at low speed until lemon colored. Slowly add the remaining 2 cups milk, lemon extract, mace, dissolved cornstarch, and butter. When well mixed, stir in cooked rice with a whisk. When custard has thickened, pour into baked pie crusts 2/3 full and refrigerate until set before serving. Top with a dollop of whipped cream.

## Big Baked Apples

### Northern Pacific Railroad

William McKenzie, *Dining Car to the Pacific*, p. 123

Only Washington State apples were used on NP dining cars, both for the fruit’s superior flavor and appearance and to contribute to the economy of the territory it served. For Big Bakes Apples, the variety specified was Rome Beauty baking apples. When these were not available, Delicious apples were considered a suitable substitute, although they were baked in a slower over for a longer period of time.

- 4 large Rome Beauty apples
- ½ cup brown sugar
- 2 teaspoons cinnamon
- 2 teaspoons melted butter

Core apples; pare 1-inch strip of skin from tops. Place in cake pan. Mix brown sugar and cinnamon. Fill center of each apple with ¼ of mixture. Pour ½ teaspoon butter on sugar. Fill bottom of pan with ¼ inch of water. Bake at 350 degrees until done, about 45 minutes. Baste frequently with juice from pan. Serve warm with cream. Makes 4 servings.

### **Dining Car Lingo**

*(Continued from front side)*

**The dog house:** the main refrigerator, where beef was stored.

**Tin can:** buffet-parlor cars.

**Eyes:** the block signals that control train movements.

**Possum belly:** an area under the dining-car floor where extra coal for the stove, or bedding for the crew, was carried.

### **The Personnel:**

**Attention please:** an expression waiters used to warn other waiters they were about to come through with a full tray.

**The captain:** the train’s conductor.

**Gone up a tree:** A waiter flustered and making errors. This one was immortalized by a training film, “Don’t Go Up a Tree,” for waiters.

**Doggie:** a waiter who is not feeling well and is, thus, dragging his chain.

**Gold-bricking:** taking some time off.

**Greased:** to get paid.

**Get my rug beat:** to get a haircut.

**Being put on the boss’s desk:** a waiter who has been written up by the steward for some violation.

**Switch:** a warning one waiter would issue to another to stop talking, because someone was listening.

**Soup run:** being assigned to handle a nearby run on a buffet-parlor car, serving soups, sandwiches, coffee, and the like.

**Tubbing:** what a waiter who refuses to share his tips is doing.

**One-stepping:** the unique shuffle used by waiters to slide around the three sides of the pantry to pick up bread, butter, and other finishing details of their service. Adapted from traffic cops dodging traffic, it enabled waiters to alternately come in and to go out of the pantry, and to keep out of each other’s way while still moving continuously.

**Upstairs man, or swing man:** a waiter put on heavily traveled trains at mealtime, he did not serve food but generally made himself useful by changing linen, clearing tables, filling water glasses and butter dishes, and the smaller tasks.

**Mule:** the waiter assigned to also clean up the pantry or do other dirty work, usually the newest man in the car.

**Pearl-diver:** the fourth cook, whose duties included washing the dishes and pots, pans, and kitchen utensils.

**Mr. Green:** the newest man on a crew, also referred to as “young blood.”

### **The Food:**

**Stump:** an economy meal.

**AP yellow-capped and hot:** hot apple pie with cheese.

**Society grass:** salad.

**Hog’s hips and cackleberries:** bacon and eggs.

**Nervous Liz:** gelatin.

**Poor boy:** a ham sandwich. A “poor boy walkin” was a take-out ham sandwich.

**Shorty white-capped and juicy:** strawberry shortcake with whipped cream.