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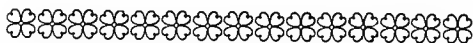
*A Collection of Cookery Recipes*

*by*

*Lady Savill*

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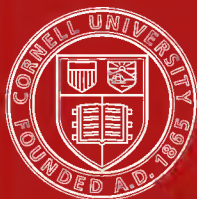
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# “ *Benedictus Benedicat* ”

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*These recipes, many of which are old family ones, are meant for the ordinary household and upon examination will not be found to be extravagant : but care and intelligence, together with a good dash of greediness, are really necessary for good results.*

*So may it be.*

HELEN W. SAVILL.







*The least annoyance when I am fasting seizes and overwhelms me; but when I have enjoyed a dinner, my heart is firm and steadfast.—Moliere.*

#### ANGEL FOOD

A delicious cold sweet can be made by using 3 eggs,  $\frac{1}{2}$ oz. gelatine,  $\frac{1}{4}$ lb. granulated sugar and 1 lemon.

Beat sugar and yolks of egg well until you get a good cream, then add the grated rind and juice of the lemon. Melt the gelatine in 1 gill of hot, but not boiling, water, and strain into the yolk mixture and beat until it becomes quite thick. Whisk the whites of the egg until they become very stiff and then fold into the mixture, pour into a glass dish. Make this, only just before serving.

#### APRICOT JELLIES

$\frac{1}{2}$ lb. of dried apricots,  $\frac{1}{4}$ lb. castor or granulated sugar, 2 tablespoonfuls of gelatine, 2oz. sweet almonds.

Wash the apricots very thoroughly in cold water, then put into a bowl of warm water until just covered and let them stand for twenty-four hours. Next day put fruit and liquor in a stewpan and let come slowly to the boil, add the sugar and cook for ten minutes or until the sugar has quite dissolved. Melt the gelatine in a cup with a little of the juice and add when the mixture has cooled a little. Rub some small moulds with a little oil, or butter, decorate with chopped blanched almonds and fill with the apricot mixture. Put in a cool place to set and turn out in the usual way.

### APPLE TARTLET

Make a short pastry crust in the usual way and cut out and line an enamel or tin plate. You will want 2 large cooking apples, 1 teacup of sugar, 2oz. of margarine, 1 egg and the grated rind and juice of a lemon. Melt the butter, add the egg well beaten, the sugar and lemon and the apples, peeled, cored, and chopped. Pour on to the pastry and bake in a moderate oven until the pastry is done and looks golden.

### APPLE SNOW

$\frac{1}{4}$ oz. gelatine,  $\frac{1}{2}$  gill water, 6 apples, 6oz. sugar, 2 whites of egg, 1 teaspoonful lemon juice. Bake the peeled apples, then sieve them. Put in the sugar, lemon juice, and dissolved gelatine. When cold, beat the whites of the eggs very stiffly. Whisk all up together and pile up in a glass dish. Decorate with some glacée cherries. The yolks of the eggs can be made into a custard to serve with it.

### APPLE SPONGE (HOT)

The ingredients needed are: 1lb. of cooking apples, peeled and cored, and chopped, 1 tablespoon of margarine, 1 teacup flour, 1 teacup sugar, 1 teacup of hot water, 1 egg, 3 teaspoons baking powder. Stew the apples in a very little water with some of the sugar. When cooked put into a pie dish and keep hot.

Cream the butter and rest of sugar, sift the flour in gradually. Mix the baking powder with the water and add to the batter, then pour this over the stewed apple and bake in hot oven for half an hour.

### ARTICHOKE PUFFS

Peel 1lb. of Jerusalem artichokes and drain them on a cloth. When quite free from any water, rub through a wire sieve. Add 1oz. of very fine white bread crumbs. Season with pepper, salt and grated nutmeg to taste, add the yolks of 4 eggs, beat well, and then stir in the stiffly beaten whites of 2 eggs. Drop 1 tablespoonful at a time of this into a pan of boiling fat, fry a golden brown; or, fill some small soufflé cases and bake for 10-15 minutes in a very hot oven.

### ASPARAGUS DISHES

Here are 3 asparagus dishes suitable for lunch—two hot and one cold.

Cook some asparagus and drain well. Cut the green tops into equal-sized bits and put into a saucepan with a little butter.

Season with pepper and salt and keep hot. Now take as many eggs as there are persons to serve ; lightly beat them and season, make into buttered eggs in the usual way and when they are about to thicken, add the asparagus heads. Mix all together and place on rounds of buttered toast. All must be very hot.

## SECOND HOT LUNCHEON DISH WITH ASPARAGUS

You must cut the heads of the asparagus very evenly into pieces the size of a large pea and put them into salted boiling water. Just before they are quite cooked, drain with a fish slice, holding a cloth underneath it to absorb any water and put them into a saucepan in which you have melted about 1 tablespoon of butter. Season with a pinch of sugar, salt and pepper. Make a sauce with a tablespoon of flour mixed with some chicken or veal stock and cook for about five to six minutes. Take the yolks of 4 eggs or allow one to each person to be served, beat them and add gradually. Mix in the hot asparagus tops and butter, place on a fireproof dish and serve immediately or the eggs will become too much cooked. Hand bread and butter rolled up.

## COLD ASPARAGUS SOUFFLE

Lightly oil a soufflé dish. Boil the asparagus and separate all the soft part from the stalks and pass through the sieve. Make the preparation for the soufflé by putting 1oz. butter into a small saucepan, let it melt and add a good teaspoon of flour. Let it cook a few minutes, add just sufficient milk to make it into a creamy looking sauce, let it come to the boil, draw it to one side, season with pepper and salt and then add the asparagus purée and mix all well. Whilst it is cooking, beat up 1 gill. of cream and the whites of 2 eggs until very stiff ; add these when the other mixture is almost cold. Pour into a china soufflé dish and put in the Frigidaire to freeze.

## ASPIC JELLY

$\frac{1}{4}$ oz. gelatine,  $\frac{3}{4}$  pint stock or water,  $\frac{1}{4}$  cup of water, 1 table-spoonful vinegar, 5 cloves,  $\frac{1}{2}$  lemon, both juice and thinly peeled rind, 2 slices of onion, bouquet of mixed herbs.

Dissolve the gelatine in hot water, put all ingredients, except dissolved gelatine, into the stock in a saucepan, beat until boiling, then add gelatine and let cool a little. Strain through a cloth. Pour into a mould and set in the Frigidaire.

## APPLES BAKED WITH MINCEMEAT

Peel and core some good cooking apples. They should be all of a size. Fill up the holes with mincemeat. Mix in a cup. 1 tablespoonful of golden syrup with a little water and 1 table spoonful of brandy. Pour this over ; see that some goes into the mincemeat ; and bake in a moderate oven for about  $\frac{1}{2}$  hour.

## APRICOT DELIGHT

Wash  $\frac{1}{2}$ lb. dried apricots and then put in a basin, just cover them with water and leave to soak all night. The next day stew them in the same liquor until they are very tender. Lay them in the dish in which they are to be served. Whip together  $\frac{1}{2}$  pint of cream with 1 dessertspoonful of honey, add the juice of an orange gradually and then the stiffly-beaten white of an egg, pile this on top and dust over with a little coloured sugar.

## APRICOT SPONGE

$\frac{1}{2}$ oz. gelatine,  $\frac{1}{2}$  pint stewed apricots (if dried ones, they must be put to soak the night before and stewed early the next day).  $\frac{1}{2}$  pint of cream,  $\frac{1}{4}$  pint hot water. Dissolve the gelatine in hot water. Rub stewed apricots through the sieve, then put the gelatine to them in a bowl. When it begins to set whip up the cream stiffly and fold in. Turn into a mould and put in a very cool place to set and serve with whipped cream round the base.

## APPLE MERINGUE

Peel and core 4 or 5 large cooking apples and cook slowly with 1oz. butter and 2 tablespoonfuls sugar, the juice and rind of a lemon, a very little water. When done, beat well with a wooden spoon and rub through the sieve. Beat up the yolks of 2 eggs, add to the mixture and pour all into a greased pie dish and put into a moderate oven. When set, beat whites to a stiff froth with 1 $\frac{1}{2}$ oz. sugar, pour over the apples, return to oven until a nice golden colour.

## APPLE CHARLOTTE

Prepare apples in the usual way. Instead of cutting slices of bread, make rough crumbs and fry in some margarine ; then put alternate layers of crumbs and apples sweetened to taste, in a well-buttered casserole. Spread the last layer of apples with some jam and top the crumbs with some grated chocolate. Bake until brown.

## ASPARAGUS AND RICE SHAPE

Boil some rice in a highly flavoured stock, drain well and press into a pie dish. When it is quite cold, turn out on to a silver dish, mask it entirely with a mayonnaise sauce and leave to set. Take some asparagus. Cut them in lengths about 4-5 inches, boil very gently, strain and put on a cloth. When cold lay them on the rice shape, sprinkle with some salad oil, salt, pepper and lemon juice that have been mixed together in a basin. This must be very carefully done, so that the mayonnaise on the rice is not thinned by the mixture of oil, etc. Serve with some prawns standing round the dish.

## ASPARAGUS CONSOMME (COLD)

Have ready some very clear and well flavoured consommé. Pour this into some individual cups, putting in some asparagus tops. Chop up a few leaves of tarragon and parsley and put a pinch only on top of the soup. Put the cups into the Frigidaire until wanted.

## ARTICHOKE STEW

2lb. of Jerusalem artichokes, 1 large onion, a little garlic (if liked), a bouquet of mixed herbs., a good pinch of mixed spice, some white wine and stock. Slice and cook the onion in some hot lard or dripping until brown. Then add the artichokes, peeled and cut up, the herbs, spices, garlic and seasoning. Cover with a nice, well flavoured stock to which add some white wine and simmer until the artichokes are soft and tender.

## APPLE FRITTERS

Try making apple fritters this way for a change. Make a batter of 4oz. flour, 1 egg,  $\frac{1}{2}$  pint of milk, and make it at least 1 hour before you want to use it. Then take apples, peel, core and grate them into the batter. It should be quite thick with the grated apples. Have a frying pan ready with a very little boiling lard. Put 1 teaspoonful of baking powder into the mixture. Give a last beat up and drop 1 tablespoonful of the mixture at a time into the boiling fat; turn when the under side of the fritter is a pale gold colour. Sift a little sugar on each fritter as you pile them up on a very hot dish.

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## BEEF FILLET

Free the fillet from fat and lay it in a flat dish. Cover with oil, 1 tablespoonful of tarragona vinegar, the same of white wine (or cyder), a bunch of herbs, a shallot shredded finely, a few pepper corns, 3 cloves, 2 bay leaves broken up and leave it 5 or 6 hours, turning the meat occasionally.

Now butter well the bottom of a glass casserole, lay on the fillet, put it into a hot oven for about 15 minutes. With 2 spoons turn the meat over and leave in the oven for another fifteen minutes, seeing that there is enough butter to prevent burning, then strain the liquor the meat was marinaded in over the meat. Cover closely and let it cook very slowly in a coolish oven for 2 hours. See that it does cook and if it gets too dry put a little more butter or a very little stock may be added. Have peeled about 18 small shallots and cook them in a little stock about an hour before serving, drain them (they should only be about three-quarter done) and put in the casserole. When ready to serve, take out the fillet, cut it into slices, keeping it hot; bring the gravy to boiling point, return the beef to the casserole with the shallots and serve very hot.

## BEEF HASH (CORN BEEF)

Two cups of chopped corn beef, 1 cup of chopped up cold cooked potato, 1 tablespoonful of chopped onion, pepper. Put a nice-sized bit of dripping into a frying pan, and when it is smoking hot put in the ingredients. When it is all very hot and well mixed, press it down a little with a fork and let it cook without stirring until it is nicely browned underneath. Fold it over like an omelet and serve it on a very hot earthenware casserole dish.

## BEEF OLIVES

Cut some thin slices from the beef. Now spread these with a forcemeat mixture made from any odd piece of game (the legs of wild duck do very well), well minced and then pounded in the mortar, the same quantity of fine white bread crumbs. Season well and moisten with a little of the game gravy—it must not be sloppy. Roll these slices up and tie securely. Nicely brown these in a little butter, add a little gravy and 1 glass of port or sherry and simmer only, for about 1 hour. Arrange on a hot dish and strain the gravy over.

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## BLACK CURRANT JAM

Equal quantities of fruit and water, double quantity of sugar. Boil fruit and water for 5 minutes exactly. Then empty into an earthenware bowl and leave till next day when the sugar is added. The whole is brought to the boil and boiled for exactly 5 minutes. Tie down at once.

## BUTTERED SHRIMPS

Half pint of shelled shrimps. Put them in a jar and cover with 2oz. butter, which has been melted, some Cayenne, a little salt, pepper and 1 teaspoonful of lemon juice. Press well down. Allow to get cold before eating. Serve with a piece of crisp toast and butter.

## BEEF—COLLARED

Order about 5-6lbs. thick end of the flank and get the butcher to put it in pickle for 10 days. Wash it and spread it out on a board. Chop up 2 handfuls of parsley, about 12 leaves of sage, some thyme and marjoram (a dessertspoonful of each). Pound and grind up in the mortar about 12 whole allspice and 18 pepper corns. Mix the spices and the herbs together. Now cover the flat inside of the beef with this. Roll up evenly, tie very tightly, with tape. Roll it up in a clean cloth, tying again securely and boil it gently for 4 hours. When taking it out, again tighten the tape. Put in between two flat dishes, lay heavy weights on top and leave it until quite cold—24 hours at least. It should be covered with a glaze and is excellent for breakfast or luncheon.

## BANANA CREAM

3 bananas,  $\frac{1}{2}$ oz. gelatine, 2 eggs,  $\frac{1}{2}$  pint milk,  $\frac{1}{2}$  pint cream. Soak the gelatine and let dissolve in a little warm water, then add it to the milk in a saucepan, sweeten to taste, add the beaten yolks of the eggs and stir until all thickens. Take off the fire; when cool, add the bananas cut in thin slices, whip up the whites of the eggs very stiffly and add to the mixture; pour this into a piped mould that has been well wetted. When ready to serve, turn out on to a glass dish, fill up the pipe with either fresh crushed strawberries and sugar, or with strawberry jam. Beat the cream very stiffly and pour completely over the banana cream.

## BANANAS AS A SWEET

Take as many bananas as you have guests, peel them, cut lengthwise and spread thickly with strawberry or raspberry jam. Now cut each banana in about 3 pieces and put into individual glasses and drop in between a few of the whole fruits from the jam. Sift some sugar over. Beat up some cream very stiffly and fill up the glasses. Hand some sponge fingers with these.

## BISCUITS

2oz. butter, 2oz. sugar,  $\frac{1}{4}$ lb. flour. Cream butter and sugar together, sift in the flour, add any flavour desired. Mix well. Put on board and roll out very thinly. Stamp out into fancy shapes, bake very slowly. Sift a little castor sugar over. Good for handing with ices, creams, etc.

## BLACK CURRANT VINEGAR

Strip the black currants from their stalks and put them in a pan with a very little water, about 1 or 2 tablespoonfuls; just enough to keep them from burning. Put the pan on a very gentle heat and keep on stirring until sufficient juice comes out. I press the currants then with the back of a wooden spoon, when the currants are quite soft, strain off into a jelly bag and let this drip all night. Next day measure the juice and to every pint allow  $\frac{3}{4}$ lb. of white sugar. Put juice and sugar into the pan, let it come to the boil and let boil for 20 minutes, draw back and skim it. When it is cold add 3 gills of white vinegar and  $\frac{1}{2}$  gill of brandy. Stir well and then bottle it.

## BOILED BRISKET OF BEEF

*(To be eaten cold)*

Trim the brisket and boil as for boiled salt beef, but put into the water 2 bay leaves, 6 sage leaves, 6 large sprays of parsley, some thyme and marjoram and 1 teaspoonful of mixed whole pickling spice. After it has come to the boil, remove to the side of stove and let it simmer for 4 hours. When done take out, put the joint between 2 flat dishes and lay on a good weight to keep it flat. Let it get cold and then glaze it, which apply with a brush.

## FILLETS OF BEEF WITH MUSHROOMS

Soak the fillets in a little oil and add about a dessertspoonful of Worcester sauce. Do this early in the day and turn several times. When ready to cook, drain the fillets and pepper well both sides, grill for about 9-10 minutes. Have ready as many cooked mushrooms as there are fillets; put one on top of each fillet and place them on fried croutons of bread cut the same size. Decorate with a little finely chopped parsley.

## A SAVOURY BREAD AND BUTTER PUDDING

Cut very thin slices of bread and butter, lay them in a well-greased pie dish. Make alternate layers of these and mushrooms cut in rather thick slices. Well season with pepper and salt. Let the last layer be of bread and butter. Take rather more than  $\frac{1}{2}$  pint of milk, beat 2 eggs very well, add to the milk and pour over. Let the whole stand for at least an hour. Put some little bits of butter on the top and bake very slowly for an hour.

## ANOTHER SAVOURY BREAD AND BUTTER PUDDING

Take slices of bread and butter, lay in a well-buttered pie dish. Now a layer of cooked onion, a layer of tomatoes, peeled and sliced. Salt and pepper. Repeat. Beat up 1 egg with  $\frac{1}{2}$  pint of milk, pour over. Put grated cheese on top, a few dabs of margarine and bake 20-30 minutes.

## BEEF TOAST

### A SAVOURY DISH FOR SUPPER

Mince about  $\frac{1}{4}$  lb. cold beef, put into a saucepan with 2 table-spoonfuls of bread crumbs, a little chopped parsley, grated lemon-peel, pepper and salt, and enough brown gravy to moisten. Do not let it boil. Serve on butter toast.

## LITTLE BREAD CAKES

Boil  $\frac{1}{2}$  pint of milk with 1oz. butter and pour this on  $\frac{1}{4}$  lb. fine bread crumbs. Leave to cool. Beat up with 2oz. flour, some salt and 2 teaspoonfuls of baking powder. Whisk in 2 beaten eggs, making a stiff batter. Have a well-greased frying pan very hot and drop 1 talbespoonful at a time, trying to keep a round shape. Bake brown on both sides.

## BREAKFAST ROLLS

$\frac{1}{2}$  lb. plain flour,  $\frac{1}{4}$  oz. yeast, a good pinch of salt and the same of sugar, a small piece of lard.

Rub lard into the flour, add the salt, mix yeast and sugar with some milk in a basin and add to the flour. Beat well with the hand. Set by the fire to rise. Now form into little rolls about 2 inches long. Put to rise again. Brush over with a little milk and bake.

## BONELESS BIRDS

$\frac{1}{2}$  lb. rump steak, 4 rashers bacon, 1 grated onion, pepper, salt, 3 tablespoonfuls margarine or dripping, 1 pint boiling water, 1 tablespoonful flour. Pound the steak well, cut in pieces about 4 in. square. Lay on each a piece of bacon and some of the grated onion. Roll up and fasten securely, brown these in the dripping. Take out. Add the flour and boiling water to make the gravy, put in the "birds" and let simmer only, for 2 hours.

## BAKED BEANS

Put  $\frac{1}{2}$  lb. beans to soak over night, drain and put half into an earthenware casserole. Cut some slices of rather fat pork into slices, from  $\frac{1}{2}$  lb. to  $\frac{3}{4}$  lb., and lay them on the beans, season with pepper and salt. Now put the rest of the beans, pour over 2 tablespoonfuls of molasses and a tin of tomatoes and a little water. Cover this tightly and cook in a moderate oven for about 4 hours. Halfway through take out and ascertain if the beans are too dry; if so, add a little water.

## BREAD SAUCE

### RECIPE No. 1

Into  $\frac{1}{2}$  pint of milk put a piece of butter or margarine the size of a walnut, pepper and salt, 1 shallot or a small onion stuck with 2 cloves, bring to the boil and then let simmer for  $\frac{1}{2}$  hour. Have ready 2 tablespoonfuls of very fine white bread-crumbs. Put these in 5 minutes before serving. Beat well up. Remove the onions, keeping the sauce very hot.

### RECIPE No. 2

As the bread during war-time does not make good bread-crumbs, make the sauce this way. Proceed with milk, etc., as above, but 20 minutes before serving, bring to boil and sprinkle in a large tablespoonful of semolina. Stir all the time until it looks the right consistency and is creamy.

## BLANC-MANGE

### A " PARTY " PUDDING

Make a smooth paste of 4 tablespoonfuls of cornflour, with a little milk. Bring to the boil  $1\frac{1}{2}$  pints of milk, add a piece of lemon rind or a few drops of vanilla. Melt 1oz. of gelatine in a little warm water, put into the milk. Simmer very gently for 15 minutes, then add by degrees to the cornflour paste. Sweeten to taste and put into a saucepan, let it come to the boil, stirring all the time. Pour into a border mould which has been well oiled. Set in a cold place. It is best to use quite a plain mould, as you must take great care not to break it when turning out.

#### THE FILLING FOR THE BLANC MANGE

8 marsh mallows, 4 large macaroons, 1 cupful cream,  $\frac{1}{4}$  cupful of Marachino cherries, 1 dessertspoon castor sugar, a little vanilla essence, a pinch of salt. Cut the marshmallows with a pair of scissors into lengths or even smaller, cut the cherries into quarters and crumble the macaroons. Put the salt, sugar and vanilla into the cream and whip very well, fold in the other ingredients. Pile the mixture in centre of the blanc-mange. Sprinkle with finely chopped pistachio nuts or walnuts.

Instead of blanc-mange, make a border mould of red jelly in which put a wineglass of brandy, and it makes a change for a second party !

## BOUILLABAISE FOR THE VEGETARIAN

Take rather a large casserole, put in some oil, or margarine and cook a good-sized onion ; don't let it brown. Now cut up some thick slices of potatoes, about 4 or 5 medium size, add pepper, salt, 1 clove of garlic, a bouquet garni of parsley, thyme, tarragon and bayleaf. Add 1 pint of green peas and 1 qt. of water. Cover closely and cook for about  $\frac{3}{4}$  hour. When done, take 1 egg for each person and poach in the soup (don't let them touch each other.) Into each soup plate put a round of bread, place an egg on each and carefully pour the soup round.

## BUTTER SCOTCH TART

Make a crust with 3 oz. Self-Raising flour, 3 oz. bread crumbs,  $1\frac{1}{2}$ oz. suet, mix well with a little milk so as to leave it rather stiff. Grease a flat tin or a casserole and line it with the crust. Cut up some cooking apples in small chunks, with a small tablespoonful brown sugar and a sprinkle of ground ginger. Put on the lid of



the crust. Slightly warm 2 tablespoonfuls of golden syrup, spread on the lid, sprinkle all over with brown sugar and a few small pieces of margarine and bake for 20 minutes only.

### CORN BEEF POTTED MEAT

Break up the beef, add a nice bit of margarine, pound in the mortar, adding pepper and a good seasoning of nutmeg. Keep on turning this, pounding all the time. Then add by degrees anchovy sauce until the right consistency and moisture is obtained. Put all into jars. Cover with a little melted margarine.

### BEEFSTEAK PUDDING FLAVOURING

Cut up an onion very finely, 2 tablespoonfuls of flour, 8 peppercorns crushed in the mortar, salt and about  $\frac{1}{2}$  eggspoonful of grated nutmeg. Rub the cut pieces of steak in this. Add any remainder to the pudding which must be boiled for 4 hours.

### BHURTHA

This is an Indian cold potato salad to be eaten with curry and rice. Well mash some cold potatoes. Chop very finely 1 medium-sized onion and if procurable a green chili. Now add salt and about 1 tablespoonful oil and keep on mashing with a fork. Add more and more oil until it is a good consistency. It must be quite smooth and free from all lumps. Press into a small basin. Stand until very cold and turn out into a small glass dish.

## Notes

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## CAKE, PLAIN LUNCHEON

1lb. flour,  $\frac{1}{2}$ lb. soft brown sugar, 4oz. margarine,  $\frac{1}{2}$ lb. sultanas,  $\frac{1}{2}$ lb. raisins, 4oz. mixed peel cut up, 1 teaspoonful bicarbonate of soda and 1 dessertspoonful browning, a pinch of salt, a gill of milk. Rub the margarine into the flour, stone the raisins and add these with the other dry ingredients. Dissolve the soda in the milk, which is all the better if it is sour. Add the browning to the mixture and beat very well for about 10 minutes. Pour into a well-greased tin and bake in a moderate oven for  $1\frac{3}{4}$  hours. Test in the usual way.

## LITTLE CHOCOLATE CAKES

1 tablespoonful cocoa, 2 tablespoonfuls household milk, 2 tablespoonfuls ordinary milk, sugar to taste and 2 crushed "Shredded Wheat" Mix all together, make into cones, stand on greased paper. No cooking, but leave to harden.

## CHOCOLATE AND NUT PUDDING

### A GOOD COLD LUNCHEON SWEET

1 pint of milk, 2 eggs, brown bread and butter, 1 tablespoonful sugar, some nuts and some coarsely grated chocolate. Salt. Cut some slices of rather thin brown bread and butter, having well buttered the bottom and sides of a casserole or pie dish, lay them in, strewing in between the layers the grated nuts sprinkled with salt. Now beat up the eggs, add the milk and sugar and pour over the whole and let it all stand for about an hour, then bake until done in a moderate oven. When it is cold, slide a knife round the dish and turn out on to a glass or silver dish and carefully cover with the chocolate. Decorate with cherries, cream and angelica.

## CHICKEN IN CASSEROLE

Besides the chicken you will want 2 oz. margarine or butter, 1lb. shallots peeled,  $\frac{1}{2}$ lb. tomatoes,  $\frac{1}{2}$ lb. mushrooms, a little brown sugar, pepper and salt, and use a casserole with a lid.

Melt the butter in the casserole, add the cut-up tomatoes, mushrooms and the shallots, left whole. Sprinkle with the sugar, pepper and salt. Lay in the chicken, which cover with a thickly-buttered paper and then put on the lid and cook slowly for  $2\frac{1}{2}$  hours. If you have no stock made from the giblets, legs, etc. take a meat cube or 1 teaspoonful meat extract and melt in  $\frac{1}{2}$  pint of water and continue to cook until ready to serve.

## CARROTS SUPREME

3 cupfuls of cooked carrot cut into 1 inch lengths,  $\frac{1}{2}$  cup of sugar, 3 tablespoonfuls margarine, 1 tablespoonful cornflour,  $\frac{1}{2}$  cup of vinegar, 2 tablespoonfuls water, a little pepper and salt. Put the sugar, vinegar and margarine into a saucepan and bring to boiling point. Mix the cornflour quite smooth with the water, pour the boiling mixture over it, stir well, put back into saucepan and let it once more reach the boil and cook for at least 8 minutes, then add the carrots. Stir well all together and serve.

## CARROT FRITTERS

### TO EAT WITH BACON FOR BREAKFAST

Boil 1 large carrot till tender, beat to a pulp and add 1 gill milk. Now beat up 2 eggs. Add carrots, etc. Leave for a little while. Beat again. Add  $\frac{1}{2}$  tablespoonful baking powder. Fry a tablespoonful at a time. Spread with apricot jam if for a sweet and omit pepper and salt.

## CARROTS, SCALLOPED WITH EGGS

Large cupful of carrots cut into slices, 3 hard-boiled eggs. Boil the carrots in only just enough water to cook them. Make  $\frac{1}{2}$  pint of parsley sauce, using the carrot water as well as milk. Season well. Now arrange in either a flat well-buttered casserole or in scallop shells, alternate layers of carrots and egg slices. Put a little made mustard on them. Cover with sauce, sprinkle with bread crumbs and grated cheese, put some small bits of butter on them and bake until brown. Peas done in the same way are delicious and both make a good and economical first dish for luncheon.

## CALF'S HEAD MOULD

To use up the remains of a boiled calf's head. Slice the meat, rinse a basin or mould in cold water, lay the meat in, then slices of the tongue, some rounds of hard-boiled egg. Season rather well with chopped lemon-peel, thyme, peppercorns that have been crushed in the mortar and salt. Repeat these layers, finishing with the meat. Reduce some of the liquor in which the head was boiled, add 1 teaspoonful gelatine and dissolve it in it, and pour slowly over so as to bring it to the top of the basin, which place on a plate, put another on top and add some heavy weights. Turn out when really cold—in about 24 hours—and serve with a salad made with a rather sharp vinaigrette dressing.

### CALF'S HEAD FRICASSEE

Another way of using up the calf's head is to make a rather rich white sauce which must be thick, flavour it with salt, pepper and grated nutmeg. Lay the pieces of head into this, place in a hot silver dish, with a rolled and crisp rasher of bacon for each person—or force-meat balls fried—to make a change.

### CALF'S HEAD SCALLOPED

Butter a glass casserole, sprinkle bread crumbs, lay on slices of the meat, then some bits of the tongues and small pieces of cooked ham. Peel some tomatoes, cut in slices and lay on top; again cover with fine bread crumbs mixed with pepper and salt, dab some small pieces of margarine on this and bake for  $\frac{1}{2}$  hour.

### MOCK CHICKEN ROAST

1 teacupful blanched Brazil nuts, 1 teacupful pine kernels washed and roasted to a light brown, 2oz. cashew nuts, 1 breakfast cup dried white breadcrumbs, 4oz. cooked butter beans, 1 pint white sauce hot and 1 grated onion. Mill the nuts and mix with the other ingredients. Skin the butter beans and mash with the white sauce. Mould into two. Place stuffing between and form into shape for roasting. Baste with margarine in a tin in a moderate oven for 30 minutes. Serve with a good brown gravy. Almonds can be used instead of the other nuts. Make ordinary veal stuffing to put between the two portions of mixture.

### CHICKEN DEVILLED AND SPATCH—COCKED

Cut the chicken into two, but do not divide it—as for spatch cock, skewer into shape, brush over with either oil or melted margarine and sprinkle well with a mixture of very finely chopped onion, parsley, salt, pepper and ground ginger, the whole giving a most delicious flavour to the chicken. Grill until done, about 20 minutes, and serve very hot.

### COLD CHICKEN IN JELLY

Cook some tomatoes in a little butter, 1 small shallot cut, add 3 tablespoonfuls stock in which  $\frac{1}{2}$  small teaspoonful gelatine has been dissolved, stir all together and strain into a basin. Cut the chicken into small joints in an entrée dish, cover with the sauce. Put into Frigidaire till cold and set. Serve with aspic jelly chopped and a macedoine of vegetables, or a salad.

## CHICKEN PATTIES

Have some patty cases made with very good puff pastry.

Make a mixture as follows: Chop the pieces of chicken, mushrooms, bacon and 2 hard-boiled eggs, some thyme, parsley, marjoram, pepper and salt. Make a small quantity—but let it be very rich and creamy—of white sauce, and add together. Do not fill the hot pastry cases until the very last moment before serving.

## CHICKEN PILAU

Instead of using a whole chicken, which makes a very large dish, I use the two legs only. Cook these and let them simmer so as to get very hot, in some chicken broth made from the bones, giblets, etc. Take them out and keep hot. Put in the well-washed rice, about  $\frac{1}{2}$  lb., to which add 1 teaspoonful curry powder, 6 cloves, 6 allspice, 6 pepper corns, a few sultanas, until the rice absorbs the stock—about 15-20 minutes. Fry 3 onions in 3oz. butter—fry crisply. Cover chicken with rice, pour the onion rings and butter over the top. Let it be very hot and decorate with cut rings of hard-boiled egg.

## CHICKEN AND MUSHROOMS

Cut some mushrooms in slices, fry these for a few minutes in a little butter, take them out and cook 6-7 shallots cut in thin slices in the same butter. Make a good brown gravy, very velvety, adding 1 sherry-glassful of white wine. Cut some pieces of cold chicken and lay them quite flat in a casserole, with the mushrooms and shallots, cover with the sauce and put the lid on. Stand the casserole in a tin of boiling water, put in the oven and cook it  $\frac{1}{2}$  to  $\frac{3}{4}$  hour so that it becomes very hot. Serve with little carrots or brussels sprouts round the dish. Pheasant done this way is equally good.

## CHICKEN SALAD (MADE FROM AN OLD FOWL)

Put fowl in a saucepan, breast down, with a little water, 1 sliced onion and a little salt. Bring to the boil and then let simmer for about 2 $\frac{1}{2}$  hours. Take out the bird—keeping the stock for soup—place on board, carve it artistically and lay on the dish in which it is to be served. Sprinkle all over with 1 tablespoonful olive oil, a little salt and paprika pepper. Cover dish and place in a cool place for several hours. Whip  $\frac{1}{2}$  pint of cream with 1 tablespoonful good anchovy sauce. Cover the chicken with this and garnish with little heads of lettuce, tiny



carrots and peas. Place all in the Frigidaire until ready to serve. Serve with this either mayonnaise sauce or a tarragon cream sauce, in silver sauce-boat.

#### CHICKEN SOUP (MADE FROM THE STOCK)

Fry an onion, cut very fine, in a little margarine. Add 1oz. rice that has been well washed, put to this the necessary quantity of stock with a small piece of mace, pepper and salt, and let all simmer until the rice is quite soft. Take off the fire and when nearly cold add 1 egg well beaten and enough milk to make it the right consistency. Into each cup put a few tiny fragments of chicken and 1 dessertspoonful of cream. Make the soup very hot, but do not let it boil or it will curdle.

#### DEVILLED LEGS OF CHICKEN, GAME OR TURKEY

Mix  $\frac{1}{2}$  pint of whipped cream, teaspoonful French mustard, 1 teaspoonful each of Worcester, Harvey and Tomato sauce. Bake in oven, or grill the legs until a golden brown. Pour the sauce over to coat them, return to oven for a few minutes, as they must be sent to table very hot.

#### CHICKEN AND SHALLOTS

Put a little margarine in a pan and when very hot lay in the pieces of cold chicken which should be in rather small pieces. Toss them until dry and quite brown. Make a little stock with half an oxo and put all in a casserole. Have about 12 shallots—don't cut them—and put them in a little saucepan with quite a small piece of margarine until they too are brown. Take them out and roll them in some sugar until they are fairly well coated. Put them round the pieces of chicken just make all thoroughly hot before serving. Serve with a dish of Brussels sprouts, or green peas, and hand some red currant jelly.

#### CHICKEN LIVER SAVOURY

Boil sufficient spaghetti in some boiling water which has been salted, for about 10 minutes. When cooked, drain very well. Cut up the livers with some finely chopped onion, pepper and salt, and fry in margarine or butter. Put all together into a well-greased little flat casserole. Beat an egg, add just a little milk, pour over and bake in a moderate oven until the custard looks set and is a golden brown.

## CHESTNUTS IN TOMATO SAUCE

Remove the insides of 6 large tomatoes. Skin 1 lb. chestnuts. Fry in a little oil or butter, adding a clove of garlic or an onion cut fine. When soft, rub through a sieve, mix  $\frac{1}{2}$  cup of fine breadcrumbs, salt, pepper, a little grated nutmeg, and heat in a little milk for  $\frac{1}{4}$  hour; add the yolks of 2 beaten eggs and the chestnuts. Fill the tomatoes with the mixture. Bake in the oven and serve very hot.

## CHICKEN IN CASSEROLE

An excellent way of using an old fowl. Line a casserole with bacon, lay in the bird breast downwards, add the giblets that have been blanched in hot water, an onion, carrot cut in even-sized pieces, a piece of mace, pepper and salt; cover with about 1 pint of water or some stock made with the bacon rinds. Let it cook until the chicken is quite tender. Take out the chicken and cut into suitable joints, put into the casserole again, adding the onion cut up and the pieces of carrots arranged round. Thicken the gravy with some margarine rubbed in flour, put back into oven until it is very hot.

## CHICKEN PUDDING

Another way of using an old bird. Line a well-greased pudding basin with a good suet crust. Cut up the chicken in rather small bits and make alternate layers of chicken, ham, chopped parsley and thyme and some small pieces of veal. Make a stock of the chicken carcase and giblets, pour over. See that the stock is well flavoured with pepper and salt, put on the lid of suet crust and boil for three hours. Do not turn out, but serve in the basin.

## CHICKEN LIVER SAVOURY

Chop the liver with a dash of lemon juice, some margarine, pepper and salt, cook in a little saucepan for a few minutes. Have some very hot butter toast cut in rounds and pour the mixture over. It must be served very hot. Decorate with chopped parsley.

## CHICKEN BAKED

Put on to a paper some fine white breadcrumbs, 1 tablespoonful of finely chopped parsley, 1 dessertspoonful each of lemonthyme and marjoram, a good grating of lemon peel, salt and cayenne. Cut the chicken into small joints. Have some

beaten egg on a plate, dip the pieces into this and then lay them on the seasoned bread crumbs and see that they are well covered. Put them in a baking tin with some bacon fat, let them cook about  $\frac{1}{2}$  hour in a fairly hot oven, turn the pieces at half-time. Serve with some fried chipolata sausages round or some rolls of bacon or small tomatoes.

### CHICKEN MOUSSE

The success of this delicious dish lies in the flavouring and great care must be taken to ensure this.

Take all the white meat of a cooked chicken and pass through the mincer twice. Make a very rich white sauce in which add 1oz. of gelatine, stir off the fire until all is dissolved, allow about  $\frac{1}{2}$  pint. Put in a little white wine, pepper, salt, a very few drops of tarragon vinegar or a squeeze of lemon juice. Now beat very stiffly 3 gills of cream. Prepare a soufflé dish, tying a band of white oiled paper outside the dish, about one inch higher than the rim. Add the chicken to the mixture and fold in the cream, put all into the soufflé dish and leave in a cool place to set. This should be prettily decorated with chopped aspic or tomato, egg, or pieces of lemon. Serve with a suitable salad. The legs can be used next day as Chicken Pilau.

### CREAM OF TOMATO (FOR 1 PERSON)

2oz. cream,  $\frac{1}{2}$  teaspoonful sugar, 2oz. water, 3 table spoonfuls of sieved tomato, 1 teaspoonful butter, 1 pinch bicarbonate soda. Make as for cream soup for 1. Serve with a little chopped parsley and fried croutons of bread.

### CREAM SOUP

$\frac{1}{2}$  pint milk, 2oz. breadcrumbs, stir for 10 minutes, add  $\frac{1}{2}$  pint white stock, pepper and salt. Just before serving add a little grated nutmeg, the juice of  $\frac{1}{2}$  lemon and the well-beaten yolk of 1 egg. Have a pinch of fresh chopped parsley in the hot soup plate, give the soup a last stir and pour into plates.

### CREAM SOUP (FOR 1 PERSON)

2oz. cream, 2oz. water, 1 teaspoonful butter, 3 table spoonfuls sieved vegetables, a pinch of sugar, salt and pepper. Boil vegetables in as little water as possible; these should be carrots, turnips, onion, artichoke. Then sieve them. Use the water the vegetables were boiled in and make up to 2oz.; add cream and other ingredients. Make very hot, stir in the butter and serve with fried croutons.

## CHEESE PYRAMIDS

One cup of grated chesse, 1 cup mashed potatoes, stiffened with white breadcrumbs, pepper and salt. Roll the mixture, shaped into pyramids ; let them stand for a while. Roll in egg and breadcrumbs and bake a golden brown.

## CIDER CUP

Slice about 2 inches of cucumber very thinly, put in a jug with 1 tablespoonful of sugar, a sprig of mint, 1 wineglass sherry, 1 quart of cider and 1 bottle of soda water. Cover the jar and put in ice until wanted.

## CHEESE COCKTAILS

Grate 2oz. of cheese that is rather dry and put into a saucepan with a gill of milk. Cook very slowly until all is quite smooth. Add a dessertspoonful of butter, a little Cayenne pepper, salt and a good teaspoonful oil. Let this cream get quite cold, then put the white of an egg whisked very stiffly to the mixture and continue to beat. Divide into some tallish wine glasses, add a nice dab of whipped cream, sprinkle with finely chopped salted almonds and hand little cheese biscuits.

## CHESTNUT SOUFFLES

Make an ordinary soufflé mixture, add 8-12 cooked chestnuts in pieces the size of a bean. Cook  $\frac{1}{2}$  hour and serve ; if for sweet, with a sweet wine sauce, or if for savoury with a brown onion, or a tomato sauce.

## CREAM

### TWO WAR-TIME RECIPES

2oz. margarine, 2oz. sugar, 4 tablespoonfuls household milk, 2 tablespoonfuls of warm water.

Beat margarine and sugar to a cream, add the milk very slowly and then the warm water, and again beat thoroughly. This is best made early in the day.

### SECOND RECIPE

4oz. margarine, 1oz. castor sugar, 1 gill of fresh milk, 1 tablespoonful of powdered milk. Put margarine and sugar into a basin which stand in a little hot water, beating all the time until it looks white, then add the powdered milk. Take the basin out of the hot water and whisk well. Add the fresh milk gradually until it is quite thick enough to coat with or use with piping bag.

## CAULIFLOWER WITH CURRY SAUCE

### A NICE VEGETARIAN LUNCH DISH

Boil 2 medium-sized cauliflowers; they must be tender, but not broken. Drain very well. Cut into sprays and put as separately and as flatly as possible into a hot glass casserole. Now make a very rich curry sauce; make it thick enough that when you pour it over it completely masks the cauliflower. Garnish with the yolks of 2 hard-boiled eggs passed through a coarse sieve and some fried croutons to go round the casserole.

## CAULIFLOWER CROQUETTES

Cook some cauliflower and put an equal amount of cooked potatoes and put through a sieve. Dip into egg then roll in breadcrumbs and fry in butter. Put on to a dish and when cool form into croquettes. Season with pepper, salt and some nutmeg.

## CAULIFLOWER SALAD

Boil 2 or 3 small and very fresh cauliflowers till tender; do not overboil. Let them drain very well and when cold cut or break into several pieces. Lay them flatly on a silver or glass dish. Make a good thick mayonnaise sauce. Carefully coat the cauliflower sprigs, then add some capers. This is excellent eaten with cold chicken, game or fish.

## CAULIFLOWER FRIED IN SPRIGS

1 small cauliflower boiled  $\frac{3}{4}$  part only. Leave to drain and get cold. Break into smallish sprigs. Whip an egg very well, season and add 2oz. finely grated cheese. Have ready some boiling fat. Dip the pieces of cauliflower into the egg and cheese mixture. Fry a golden brown and serve very hot.

## CORN FRITTERS WITH BACON

1 small tin of corn,  $\frac{1}{2}$  cup flour, salt, a little paprika, 1 teaspoonful baking powder, 2 eggs, 1 tablespoonful chopped parsley and herbs, if liked. Drain the corn, put in the other ingredients, beat eggs and stir into the mixture. Have some boiling fat ready in a frying pan, drop 1 tablespoonful at a time and fry till crisp. Roll some rashers of bacon, string on a skewer and bake in the oven until done. Allow 2 fritters to each rasher.

These fritters are good with fried sausages for lunch.

## CORN BAKE

Drain off the liquid from a tin of corn and mix with some white sauce. Put half the mixture into a buttered pie dish, add slices of skinned tomato, now the rest of the corn. Bake for 15 minutes. Break 2 eggs without breaking yolks, on top. Return to oven until eggs look done. Serve at once.

## CHOCOLATE SANDWICH

Cream together 3oz. each of butter, castor sugar, beat one egg and mix in. Now add 1 teaspoonful cocoa in 3 tablespoonfuls of S.R. flour with a pinch of salt and a very little water. Put into a well greased tin and bake 20 minutes. When cold, cut open evenly and spread with jam. Mix 2 table spoonfuls of icing sugar with dessertspoonful of cocoa and a little warm water. Put cake on a wire tray or a board and pour this icing over the top, seeing that it covers all parts.

## CHEESE DELIGHTS

The yolks of 2 eggs, 2 teacups of grated cheese, 1 tablespoonful of melted butter, salt, pepper. Mix together. Spread on squares of bread, cover with a piece of bacon and grill in the oven.

## CREAM MADE WITH DIFFERENT FLAVOURINGS

Take 1 breakfast cupful of milk,  $\frac{1}{2}$ oz. gelatine, sugar to taste and boil all together for 2 or 3 minutes. Whip up  $\frac{1}{2}$  pint of thick cream till very stiff, add the flavouring—raspberry is very good, or 2 tablespoonfuls of rum. Now, if cool enough, add the milk very slowly, beating up all the time. Give a final whisk up and pour into oiled mould. Stand in Frigidaire until wanted.

## CHOCOLATE CREAM.

2 level tablespoonfuls dried egg (dry), 2 level tablespoonfuls flour, 4 level tablespoonfuls cocoa, 2 level tablespoonfuls sugar and a pinch of salt, 1 pint moderately strong coffee, a little vanilla. Mix dry ingredients and make into a smooth paste with a little of the coffee. Boil remaining coffee and pour on to the mixture. Stir well and return to saucepan. Let it come to the boil and boil for 3 minutes. Add vanilla essence and pour into a mould.

## CORN SOUFFLE

Take 2 cupfuls of corn from the tin, put it into a saucepan with 1 tablespoonful of butter, 1 dessertspoonful of flour, 1 teaspoonful of sugar, pepper and salt to taste, add the yolks of 3 eggs one by one, stirring well. Let it cool a little, then add the whites beaten to a stiff froth. Pour into a well-buttered soufflé dish. Bake for 1 hour in a moderate oven.

## CRAYFISH RECIPES

### MADE FROM TIN CRAYFISH

Melt  $\frac{1}{4}$  lb. margarine in a casserole. Cut up the crayfish in pieces, about an inch long and thick. Put in and toss these for about 10 minutes. Take out the crayfish, add to the margarine, 1 dessertspoonful of flour, stir until smooth, add 2 shallots cut very finely, 2 tomatoes peeled and cut some mixed herbs. Pepper and salt, a little dash of Cayenne. Rub well together, add 1 glass of white wine. Let all cook for  $\frac{1}{2}$  hour, keeping it well stirred. Just at the end of the 30 minutes put in the crayfish very carefully so as not to let it break and serve in a very hot glass casserole with a border of boiled rice.

## CRAYFISH

Break the crayfish into lumps, with any small pieces of white fish you may have over and a little sherry. Make  $\frac{1}{2}$  pint of buttery white sauce well flavoured with a bouquet-garni, put in sherry, rub 2 or 3 tomatoes through a sieve, pepper and salt and add to sauce. Put the fish into a very hot casserole and pour the sauce over and sprinkle with paprika. Hand rolls of thin brown bread and butter.

## CRAYFISH RISSOTO

Cut 2 small onions very finely and fry in a little oil or margarine add  $\frac{1}{4}$  lb. rice that has been well washed and some fish stock, pepper and salt, and let it cook until stock is absorbed—about 30 minutes, stirring well. Break the crayfish into pieces about 1 inch long. Fry in a little butter. Just before serving add the rice and make very hot.

## CRAYFISH SCOLLOPED WITH MUSHROOMS

Slice the mushrooms thinly and cook in a little butter, pepper and salt. Now add the crayfish chopped up. When done, put into scallop shells. Cover with a very good creamy white sauce,

squeeze a little lemon juice over each. Mix together some finely white breadcrumbs with equal quantity of grated cheese and sprinkle over ; put into the oven for about  $\frac{1}{2}$  hour or until a golden brown.

### CRAYFISH IN BATTER

Break the crayfish into suitable sizes. Have a rich batter ready, 4 tablespoonfuls flour, 2 eggs, salt, and  $\frac{1}{2}$  pint milk, or half milk half cream. This should be made early in the day and beaten from time to time. When ready to serve, put in 1 teaspoonful baking powder ; beat, add pieces of crayfish. Fry in boiling fat. Serve with a good sauce, such as hot horseradish cream.

### CREAMED CHICKEN, MUSHROOMS AND PEAS

#### A PRETTY LUNCH DISH

Boil a young chicken until tender, using only the white parts. Cut into small dice, taking away all skin and bone. Make a good white sauce in the ordinary way, but using half chicken stock and half milk. Let it boil until very thick. Cut up a few mushrooms in thin slices. Cook in a little butter, when done add to the chicken. The sauce will be cool enough now to add  $\frac{1}{2}$  cup of cream, well beaten in. Crush some young peas—tinned ones will do—and put in pipeing machine. Add chicken and mushrooms with the butter they were cooked in to the sauce. Put into scallop shells and decorate all round with a deep piping of the peas, add a little drop of cream to this if the peas seem too stiff.

### A SAVOURY DISH OF CHOPS

Cut up very finely 6 leaves of sage, mix these with 1 tablespoonful of flour and pepper, put this into the chops, which must be split, and then tied together ; then fry them for about 8 minutes. Put into a casserole, cover and keep very hot, but do not let them cook any more. Into the frying pan put 1 onion cut in very fine rings until brown, add a small cup of water and some thickening. I use Bisto. Rub well all the brown bits of the gravy in the pan whilst it comes to the boil. Pour over the chops and make a surround of a puree of savoy cabbage.

### CRAYFISH CURRY

Prepare as for a dry curry. Break the crayfish into sizable pieces, add 18 prawns which have been shelled and put into the curry till all is very hot, but do not let it boil. Squeeze a little lemon juice over. Serve with very dry rice.



## CRAYFISH DEVILLED

Chop the crayfish, a dash of cayenne pepper, 1 tomato cut fine, a little grated shallot and some margarine, a little made mustard. Cook very gently for a few minutes, put into little glass Pyrex shells. Cover with some fine breadcrumbs and dabs of butter. Bake about 15-20 minutes.

## CRAYFISH RISsoles

Cut up the crayfish, add 1 egg, a little white sauce, pepper, salt and some chopped parsley. Stir over a gentle fire until very hot. Roll out some puff pastry (left-over trimmings from making tart does very well). Cut these into small squares, put some of the mixture into the middle. Press edges together and shape as crescents. Brush over with some egg, dip into fine breadcrumbs and fry first on one side and then on the other. Serve round a mound of fried parsley.

## COFFEE CAKE (PLAIN)

$\frac{1}{2}$ lb. flour, 1 teaspoonful baking powder, 4oz. butter, 2oz. sugar, 1 teaspoonful mixed spice, 4oz. chopped dates, 2 table-spoonfuls coffee, 1 egg, a little milk and water.

Beat butter and sugar to a cream, beat egg and mix ; add the dry ingredients, put the coffee into the milk and water, mix with the other ingredients and beat well. Bake in a moderate oven 45 minutes to 1 hour.

## CAKE (ORANGE)

Weight of 2 eggs in butter, sugar and flour, 1 egg, 1 orange, juice and grated peel,  $\frac{1}{2}$  teaspoonful baking powder, pinch of salt. Beat butter and sugar to a cream, add eggs unbeaten one by one. Now beat very well, add baking powder and salt to the flour and sift in. Put in the juice and rind of orange. Pour into well-greased tin and bake 20 minutes in hot oven.

## CHEESE CLOUD

$1\frac{1}{2}$ oz. margarine, 4oz. grated cheese, 1 tablespoonful fine breadcrumbs. Put into a saucepan. When all has melted add 4 eggs, well-beaten and seasoned and stir until it is creamy and soft. Do not serve this until the last moment and hand hot wafer biscuits with it. It makes a delicious savoury for 4 persons.

## CHEESE BISCUITS (HOT)

Mix an equal quantity of margarine, flour and grated cheese. A small teacupful is about right. A little salt and a dash of Cayenne pepper. Put in the yolk of an egg and mix to a paste. Roll out as thinly as possible and cut into rounds. Bake in a quick oven and serve hot.

## CELERIAC AS SAVOURY

Parboil a celeriac, cut into slices, not too thin, fry them and then toss into fine cheese crumbs on a paper. Arrange on a hot Pyrex dish, put into oven for 1 minute and serve piping hot.

## COD'S ROE (POTTED IN JARS)

Boil the cod's roe in a very little water, 1 dessertspoonful of vinegar and a little salt for 10 minutes. Take it out and drain on a cloth, then put in a little saucepan with some butter until quite hot through, but do not let it cook any more. Place it in the mortar. Grate nutmeg to taste and a dash of Cayenne, a drop or two of tobasco and pound well, turning it over and over so as to get it to a soft consistency. Put into jars and pour butter over.

## COLD CURRY

Cut into small pieces, 1 onion (2 if small), 1 apple, 1 potato, 1 tomato; put these with some margarine into a saucepan, add 4 stalks of parsley, 1 bay leaf, a sprig of thyme and marjoram, 1 teaspoonful raw rice. When quite soft add 1 dessertspoonful of curry powder, mix well in, leave to cook for 5 minutes, then put  $\frac{1}{2}$  pint of stock and boil all together for 1 hour. Then pass through a fine sieve, add the juice of  $\frac{1}{2}$  lemon. When quite cold, put 1 gill of cream and 1 tablespoonful of mayonnaise sauce. Have some cold chicken cut into small joints (or mutton cutlets cold), arrange on a silver entree dish and mask thoroughly with the cold curry sauce. Put cold boiled rice, which must be very dry, round the curry.

## CHUTNEY

Ready for use in a few days.

$\frac{1}{2}$ lb. each of the following: Apples, marrow, onions, green tomatoes and sultanas; and cut up. Boil the apples in a very little water and  $1\frac{1}{2}$ lb. sugar. When soft add the other ingredients with  $\frac{1}{2}$ oz. curry powder and 1oz. mixed pickling spice. Just cover with vinegar and boil for  $2\frac{1}{2}$  hours and when done add  $\frac{1}{2}$  cup of Worcester Sauce. Mix well and then put in jars and tie down.

### CHUTNEY—APPLE AND PLUM

4lb. fruit, peel and core and stone. Boil in  $\frac{3}{4}$  quart of vinegar until soft. Sieve this. Now put in 5oz. brown sugar, some raisins stoned and a little salt, 2oz. dried chillies,  $1\frac{1}{2}$ oz. ground ginger,  $1\frac{1}{2}$ oz. garlic chopped and the remainder of the quart of vinegar; bring slowly to the boil and then put in jar. I make this in a double quantity.

### CHUTNEY—FLORIDA FRUIT

1lb. dried peaches, 1lb. dried apricots, 1lb. stoned dates, 1lb. stoned raisins, 6 cups brown sugar, 2 cups vinegar,  $2\frac{1}{2}$  tablespoonfuls salt, 1 tablespoonful ground cloves, 1 tablespoonful ground cinnamon, 2 teaspoonfuls Cayenne. Wash and cut up peaches and apricots and soak for two nights in just enough water to cover. Then cut up dates and put to simmer until tender. Now put in all the other ingredients and cook about  $\frac{1}{2}$  hour. Put into hot jars and cover at once.

### CHUTNEY—GREEN TOMATO

1 gallon green tomatoes, 1 qt. onions, slice and cover with salt for 24 hours. Pour off the liquid and slowly boil for an hour the tomatoes and onions in 1 qt. spiced vinegar, 1lb. brown sugar and 1 teaspoonful celery salt. When tender, take off and bottle. To make ripe tomato chutney, halve the quantity of vinegar and omit the celery salt.

### CHUTNEY—SWEET

Boil down 3 quarts vinegar with 1lb. sour apples until the flavour is well abstracted. Do this in a large glass bottle inside a large vessel of boiling water, then mix with the following: 1lb. salt, 1lb. sultanas bruised, 1lb. loaf sugar, 4oz. Nepal pepper, 4oz. garlic cut into small pieces, 1lb. preserved ginger cut small, 1 qt. lime juice, 1 pot of Tamarinds stoned, 1 tin peaches cut very small. Mix altogether, put into a large jar tightly corked and exposed to the heat of the kitchen by standing it on the mantel-piece for a month, stirring every day. Now strain off the liquid, which makes the most delicious sauce. Bottle and cork well. You then find a residue of thick mixture. Weigh it and add an equal quantity of plum jam, taking out the stones. Let all come to the boil once more. Put into jars and cover at once.

## CRAYFISH CUTLETS

Take 10z. flour, 10z. margarine and 1 gill of milk and make a panada in the usual way. After it boils let it cook for 3 or 4 minutes. Cut up the crayfish in rather small pieces and season with salt, pepper, cayenne and a good squeeze of lemon juice and add 1 or 2 tablespoonfuls of cream. Mix with the panada and then put all out on a dish to cool. Now divide into equal parts and shape into cutlets. Egg and breadcrumb and put a little piece of macaroni at the narrow end. Leave these cutlets to harden a little and then fry a nice brown.

## COFFEE RUSSE

Half a pint of strong black coffee, 6 sponge cakes cut in slices, 2oz. butter, 2oz. castor sugar, 2 yolks of eggs, 6 drops vanilla essence. Beat butter, sugar and yolks to a soft cream. Add 2 tablespoonfuls of the coffee and the flavouring; stir well together. Take a basin that will hold a pint; put in a layer of the sponge cake, moisten with some of the coffee, then a layer of the butter mixture, another of the sponge cake and so on, until all is used. Leave all for a few hours, then turn out and serve with whipped cream and a few split almonds round the pudding.

## CHRISTENING CAKE—DAVID'S

$\frac{3}{4}$ lb. flour, 6 eggs,  $\frac{1}{2}$ lb. brown sugar,  $\frac{1}{2}$ lb. butter, 1 teaspoonful baking powder, 1 glass sherry, 1 teaspoonful mixed spice,  $\frac{1}{2}$  teaspoonful salt,  $\frac{1}{2}$ lb. currants, 2oz. glacé cherries,  $\frac{1}{2}$ lb. sultanas,  $\frac{1}{4}$ lb. chopped candied peel,  $\frac{1}{2}$ lb. seeded raisins, 2oz. chopped blanched almonds.

*Method.*—Clean fruit, beat eggs, sift flour, baking powder, spice and salt. Beat butter and sugar to a cream, add eggs and sherry, add flour and fruit alternately. Mix well. Turn into prepared tin. Bake 2 $\frac{1}{2}$  to 3 hours. Next day, put on almond paste and Royal icing.

## CREAM CHEESE

1 quart milk, add 2 teaspoonfuls of rennet and leave to set in a warm place all night. The next day pour into clean muslin, tie up and allow to drip until solid; do not squeeze, however. Put into a basin, add one teacup of fresh cream and mix together. Place in a heart-shaped mould, as in France. Leave in a cold place for a short time, then turn out and serve with castor sugar.

## CHEESE—HOME MADE

Take 2 quarts of milk, put in a jug and leave it for three or four days on a radiator. When it is good and sticky, mix 1 tablespoonful of salt per quart of milk. Then put the whole concoction into a muslin bag and hang it up to drip for 36 hours. Lay between vine leaves.

## CLOTTED OR DEVONSHIRE CREAM

The pan of milk must stand for 12 hours. Then put the pan on the side of the stove until the cream on top appears to be "wrinkling" under the skin. Take the pan off and remove to the dairy, or larder, and leave undisturbed for another 12 hours at least. It must then be skimmed off carefully, putting it into the glass bowl in which it is to be served.

## CHRISTMAS PLUM PUDDING

A new pudding, and very delicious.

Three dessertspoonfuls gelatine ( $\frac{3}{4}$  oz.), (3 cups of milk, 1  $\frac{1}{2}$  pints) 3 tablespoonfuls cocoa,  $\frac{1}{2}$  teaspoonful vanilla,  $\frac{1}{4}$  lb. chopped nuts and lemon peel,  $\frac{1}{2}$  cup raisins,  $\frac{1}{2}$  cup dates or figs,  $\frac{1}{2}$  cup currants, 4 oz. sugar, pinch of salt. Put milk and cocoa in a pan and bring to the boil. Add all ingredients except gelatine and let boil for 5 minutes. Let cool. Dissolve the gelatine in  $\frac{1}{4}$  cup of hot water. Add to the mixture, stirring well altogether. Pour into a wet mould and let set in the Frigidaire. Decorate with holly. Serve with brandy cream.

## CHOCOLATE LAYER CREAM

$\frac{1}{4}$  breakfast cup self-raising flour,  $\frac{1}{2}$  breakfast cup sugar, 1 teaspoonful bicarbonate of soda, 2 table spoonfuls Bourneville cocoa, 2 oz. margarine, 2 large tablespoonfuls golden syrup, tablespoonful cold water. Mix all dry ingredients into a bowl, margarine, syrup and water into a small saucepan. Have ready 2 sandwich tins well greased. Now mix the wet ingredients into the dry, beat up well and divide into the tins. Bake for 15 minutes in a hot oven.

## CUCUMBER SAUCE

This sauce is delicious with cold salmon. Grate 1 breakfast-cupful of raw cucumber, cream 2 oz. butter till white and creamy. Put the two together, season and hand in a little glass dish.

## CUCUMBER SOUP

Two cucumbers, 2oz. butter, a little spinach, 1 spanish onion, 2 pints of white stock, 1 dessertspoonful cornflour,  $\frac{1}{2}$  pint of milk, a few lettuce leaves.

Peel cucumbers, cut in slices, pour a little boiling water on to scald for 10 minutes, then drain it. Melt the butter in a saucepan, put in the cucumber, spinach and onion, sliced finely, put on the lid, cook slowly without browning. Then pour on the stock, let it come to boiling point. Simmer until all is tender. Sieve it and return to saucepan. Add the cornflour, mixed smoothly with the milk, stir in until boiling and cook until it thickens. Finely shred the lettuce, add this at the last moment as a garnish to the soup.

## CORN SOUP

One tin of corn, 1 small onion, 1 pint milk, 1 pint of water, 1 dessertspoonful cornflour, 1 yolk of egg. Turn corn into saucepan with the water—better still, some chicken stock—and the onion shred finely. Bring to boil and cook slowly. Put through the sieve and return to saucepan and bring to boiling point. Mix the cornflour smoothly with the milk, add to soup, stir till boiling. Flavour to taste with pepper and salt. Beat the egg with a little cream and add. Heat but do not let it boil. Serve with some very small fried croutons of bread.

## CORN SHELLS

Make a tin of corn hot in a little butter, mix with it some thick tomato purée and 2 tablespoonfuls of grated cheese. Pour into some greased shells. Light'y cover with a few fine bread-crumbs and brown in the oven.

## CORN CHOWDER (FOR 4 PEOPLE)

Melt 3 tablespoonfuls of butter, peel and finely chop a medium-sized onion. Cover the saucepan and let cook for 10 minutes. Put in 1 tin of corn, season to taste and then 1 tin of evaporated milk and 1 gill of water. Cover the saucepan and cook slowly for 20 minutes. Into the soup plates put some corn flakes and a little cooked ham or bacon and pour the chowder over.

## CREAM SAVANNAH

Make a very good custard. Flavour carefully with vanilla or a little rum. Bake in a souffée dish in a cool oven. Cover with paper as it must not get brown. When it is quite cold whip up some cream very stiffly, add a very few drops of vanilla. Cover the baked custard with this in mounds and sprinkle over some grated or granulated chocolate.

## CHRISTMAS CAKE

$\frac{1}{2}$  lb. margarine,  $\frac{1}{2}$  lb. sugar, 10oz. flour,  $\frac{1}{4}$  lb. peel,  $\frac{1}{4}$  lb. almonds,  $\frac{1}{2}$  lb. mixed fruit, 3 eggs, 1 tablespoonful brandy or whisky. Make in the usual way and bake in a moderate oven for 2 hours.

## COFFEE ICE CREAM

One tin condensed milk, 2 tablespoonfuls dried milk, 2 tablespoonfuls cornflour or 4 table spoonfuls of dried milk if no cornflour,  $\frac{3}{4}$  pint black coffee. Pour condensed milk into basin. In another basin mix dried milk and cornflour into a smooth paste with water. Put this gradually to the condensed milk, smooth out any lumps, add black coffee, stir well. Pour mixture into ice tray, freeze at the lowest temperature for 2 $\frac{1}{2}$  hours. During this time take out several times and beat the edges back into the mixture. Enough for 6 persons.

## CHOCOLATE ALEXANDER

Seven sponge fingers biscuits, needed for 1 $\frac{1}{2}$  pints. 2oz. chocolate,  $\frac{1}{2}$  oz. gelatine, 1 gill cream, 1oz. butter, 1 gill water to melt chocolate, 1oz. sugar. Line a mould with biscuits leaving no spaces, grate and melt the chocolate in water until it boils. When cool, add the gelatine. Whip the cream and when chocolate is cool, add the cream to it. When it is just setting, pour into the mould. Take a large tablespoonful of apricot jam, add 1 gill of water and the butter, bring to a boil, mix 1 teaspoonful of cornflour in a little water and put it in and cook for a few minutes. Add enough cochineal to make the glaze a good colour. Turn out the Alexander and slowly coat it with the apricot glaze. Let it run slowly over the sweet.

## CHAUFROID OF CHICKEN BREASTS

Lay the cold boiled chickens on a board, carve the breast of each side in one piece, lay on a dish and cover with chaufroid sauce. When set, run a little liquid aspic over. To serve,

carefully lift the breasts on to a silver entrée dish, make a surround of new cold boiled peas, and some chopped aspic. Cut a few capers and garnish the breasts with these.

### CHICKEN QUENNELLES WITH CHAUFROID SAUCE

Make a white creamy sauce, 1oz. flour, 1oz. butter,  $\frac{1}{4}$  pint milk, and season very well. Add a grating of nutmeg. Take 1lb. chicken, or veal, put through the mincer, then pound in a mortar with 2 eggs beaten and the white sauce and rub through the sieve. In mixing do not let it get sloppy. Form into egg shapes with 2 dessert spoons and poach in a little chicken stock in a frying pan till firm to the touch. Let them drain well. Then cover with chaufroid sauce as below.

### CHAUFROIDS OF CHICKEN, VEAL OR RABBIT

1lb. meat, 2 yolks hard-boiled eggs, 1 pint thick creamy sauce, seasoning. Mince the meat twice, then pound it in a mortar with the white sauce and the eggs rubbed through a sieve. Add the seasoning. Grease some small cocettes, pack them tightly with the mixture, steam them until firm to the touch. Turn them out on to a dish and let them get cold, then cover with the chaufroid sauce just as it is setting. When it is cold and set, run a little aspic jelly over. Put in a cold place and serve on a salad.

### CHAUFROID SAUCE

1oz. flour, 1oz. butter, 3 gills chicken stock and milk, 1 tablespoonful cream, 2 tablespoonfuls liquid aspic, 1oz. gelatine, 1 bay leaf, pepper, salt. Make all the ingredients into a sauce in the usual way., putting in the gelatined cream when a little cool Stir well to dissolve. When it is almost cold and ready to set mask the little moulds.

### COLLEGE DUMPLINGS

Two tablespoonfuls each of sugar, breadcrumbs, suet, currants, a good grating of nutmeg, grated rind of  $\frac{1}{2}$  lemon, the juice of  $\frac{1}{2}$  lemon. Mix all these together in a basin, add a well beaten egg. Form into little cakes and fry for 5-6 minutes. Put on a very hot dish. Sieve a little sugar over. A very nice lunch pudding.



## CLARET CUP (CHIGWELL HALL)

One bottle claret, 2 bottles of soda water, 1 glass of sherry,  $\frac{1}{2}$  glass brandy,  $\frac{1}{2}$  glass cherry brandy, 3 slices of lemon, 2 very thin slices of cucumber, a spray of borage, about 2 tablespoonfuls of sugar.

### SECOND RECIPE

For a larger quantity. 6 bottles claret, 2 syphons of soda water,  $\frac{1}{4}$  bottle sherry, 2 lemons sliced thin, 6 tablespoonfuls sugar, 2 wineglasses brandy, a little sliced cucumber, sprig of borage.

## CIDER BOWL

Peel an orange or lemon very thinly. Put this into a cup of boiling water, in a bowl, add some borage leaves, cucumber slides, sprays of balm,  $\frac{1}{2}$ lb. sugar, 1 pint of sherry and 2 bottles of cider. Put in ice before serving.

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### A LENTIL CURRY

Cut up 4 or 5 carrots in pieces and boil till tender. Soak, after well washing, 1lb. of split lentils for 1 hour, then boil but only in just enough water to cover, with 2 or 3 onions cut up, putting in some spices, such as a few peppercorns, about 6 cloves and 6 allspice, until soft, but not into a mash. Put in the pieces of carrot. Make this into a curry in the usual way. A good and nourishing substitute for meat.

### DAMSONS, PICKLED

To 3lb. of damsons put 1pt. vinegar, 3 blades of mace, 1 teaspoonful cloves  $\frac{1}{2}$  oz. cinnamon, 1 $\frac{1}{2}$ lbs. sugar. Wipe the fruit and prick it with a fork and let them boil for 20 minutes. Then add the vinegar, stir well together and pour into a basin and leave to stand 24 hours. Boil the vinegar before adding to the fruit. Strain off the vinegar and reboil, then add the fruit and let simmer for 15 minutes. Endeavour not to let the damsons look crushed. Pour into jars and cover whilst hot.

### DANDELION WINE

Pour into a pan 4 quarts of the yellow petals of dandelion (it doesn't seem to matter if a little of the fluff comes with them). Pour on 1 gallon of water that has been boiled and got cool; it should be just warm. Stir it well. Cover with a double thickness of blanket and let it stand for 3 days, stirring it now and then. Strain off the flowers, boil the liquid for  $\frac{1}{2}$  hour with the thinly pared rind of 1 lemon and 1 orange, a piece of bruised root ginger and 3 $\frac{1}{2}$ lbs. sugar to each gallon. Add the pulp of the lemon to the boiling liquid. Now return to pan and when cool ferment with a little yeast spread on a piece of toast nicely browned, put this on the liquid and let stand for 3 days. Now strain into a perfectly clean and dry stone jar. Leave the cork in lightly, till all the working is over, then make airtight and bottle again after 2 months. It is best to add a teacupful of brandy when bottling. It is sometimes a little difficult to clear, if so a good pinch of real isinglass put in the jar before bottling helps greatly and if necessary strain once more before bottling. This wine is said to be very good for all liver complaints.

## DUCK, BRAISED WITH CARROTS

Half roast a duck, then cut into joints. Line an earthenware casserole with some rashers of bacon, lay in the duck, pepper and salt and  $\frac{1}{2}$  pint of Espagnole or brown sauce,  $\frac{1}{2}$  pint of stock, made in the pan the duck was roasted in, and 2 tablespoonfuls of white wine, bring to the boil and then simmer for  $\frac{1}{2}$  hour. Have ready some baby carrots that have been cooked, put them into 2 tablespoonfuls of white wine with a shake of sugar, boil up and add to the duck and simmer again until very hot. Lay the pieces of duck on an entree dish, garnish with the carrots, pour the sauce round and add some fried croutons of bread cut into triangles.

## DUCK, IN THE FRENCH WAY

Have ready 1 pint of rich beef gravy, 2 small onions, 2 dozen chestnuts roasted and peeled, a sprig of thyme, 1 piece root ginger, a few peppercorns, salt and 1 gill of red wine. Simmer all these flavourings in the gravy. Cover the breast of the duck with some bits of bacon and only half roast it. Then put it into the pan with its breast down and let it simmer with all the rest. Put on a hot dish to carve and having boiled up the gravy; serve it in a separate sauce boat.

## DUCK STEWED WITH OLIVES

Put the duck into a deep earthen casserole with 1 onion and 1 carrot sliced, any trimmings of bacon, a piece each of thyme and parsley, and tie a little celery seed in a piece of muslin. Cover with stock and let cook until tender, about 1 to 2 hours. Stone some Spanish olives and add these about half time. Remove the herbs and celery before serving. Best to take duck out, carve it and then put back with the rest, keeping all very hot.

## DUCK A L'ESPAGNOLE

Cut all the flesh off the remains of a duck and break up the bones and make a stock with them, adding a piece of parsley, 1 onion, bay leaf and pepper and salt. Cut up finely and cook until done in some margarine, 1 onion, 1 carrot, a piece of celery. Rub 2 tablespoonfuls of flour in a little margarine in with the vegetables and strain in the stock and see that all is the consistency of a thick cream. Lay the pieces of duck with some small bits of ham or bacon in with the vegetables, and make very hot.

## DERBY SAVOURY

Have the necessary number of croutes. Chop up some ham, well flavour and put all into a little saucepan with some margarine, break in one egg, make very hot, spread on the croutons and place half a pickled walnut on each.

## DUCHEY TOASTS

Chop up some mushrooms very finely. Season with pepper and salt and cook in a little butter. Make some toasts and cut some rashers of bacon to the same size. Now grill the bacon. Spread it with the mushroom pieces, and then add a small spoonful of scrambled egg on top and serve at once.

## DEVILLED SARDINES

Take as many sardines as required, drain off the oil and put in a little tin, cover the sardines with a mixture of mustard and cayenne pepper, fry quickly in the sardine oil and serve on fingers of toast, very, very hot.

## WILD DUCK WITH PORT WINE SAUCE

Roast the duck about 18 minutes in a quick oven, place inside it the giblets and a nice-sized bit of bacon and margarine. Now make the sauce which must be well flavoured and rich. Some margarine into which you have rubbed some flour, a clove of garlic or a shallot cut very fine and a little stock, cook until you have rather a thick sauce, add 1 tablespoonful of port and 1 of claret, let this simmer until it has somewhat reduced itself. Cut the duck into slices—not using the legs—and keep hot in a casserole. Pour all the gravy and blood from the duck into the sauce. Add a little cream and a good squeeze of lemon juice, strain over the pieces of duck. Let it be very hot and serve baby carrots with it.

## DEVONSHIRE PUDDING

Line a piedish with some apricot jam. Peel, core and cut some apples into rounds. Make 2/3oz. of fine white bread crumbs and put these into a pint of milk and let come to the boil. Sweeten to taste and stir until it comes quite thick. Beat up 2 eggs and add any flavouring you may like. Then pour this over the apples, bake in a fairly hot oven for 1/2 hour or until the apples are done.

## DOVER SOLE IN CASSEROLE

Rub the inside of an earthenware casserole with a piece of garlic, put in 1 tablespoonful of butter, let it come to boiling point, lay in the sole, or fillets of sole. Slice some mushrooms, not too thinly, and the same of tomatoes, pepper and salt, a very little milk, just sufficient to ensure that the mushrooms cook, grate some cheese over, and grill until the cheese looks golden.

## COLD DUCK

Cut all the meat from the remains of 2 ducks into neat pieces, lay them in a silver dish and surround with either cold peas, sprinkled with a little finely chopped mint, or a Russian salad that has been mixed with some mayonnaise sauce. Serve this with a Salad as well.

## DEVILLED BREAST OF LAMB

Briase the breast of lamb in the usual way, cooking it very slowly until tender. Take it out and bone it. Now let it get quite cold. Then cut into bits about 2 inches long, just trim each piece into shape. Cover the pieces with some made mustard brushed over and a sprinkle of cayenne. Egg and bread crumb the pieces and either fry or grill them. Serve on a very hot dish and hand a good devilled sauce separately. This is nice with either a dish of spinach, green peas, or French beans.

## DRESDEN PATTY CASES

Cut stale bread 2 inches thick, in slices and shape with a cutter the size you require, usually about 2 to 3 inches across, very carefully remove the centres. Now beat up an egg on a plate, add a little milk, season with pepper and salt. Soak the cases in this, then drain them. In the meantime have a pan of deep boiling fat, then fry the cases crisply. Fill these with any mixture you want. Osytters in cream sauce, chicken, ham, tongue, etc. In nearly every case you will need to have some good creamy sauce. Fill the cases as soon as you can after frying and keep very hot.



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## EGG AND CHICKEN LIVER

### A NICE FIRST COURSE FOR LUNCHEON

Boil the eggs soft. Hold them under the cold tap and shell them very carefully and put in a shallow glass dish. Cut up and stew in a little stock the chickens livers, add a knob of margarine when done and a very little stock. Now mix in some flour, pepper and salt until it is fairly thick, then pour over the eggs and serve very hot and hand toast with the dish.

## BUTTERED EGGS WITH OLIVES, IN ASPIC

Make some buttered eggs, allowing 3 to every 2 persons. Cut up some olives and mix with cream. Into shallow glass dish put a good layer of aspic and when this is set put layers of scrambled eggs, then olives and cream. Finally finish off with more aspic, garnish with little radishes, cut into flower-shape, hand rolls of bread and butter.

## EGG CREAMED

Hard boil 6 eggs. Make 2 breakfastcupfuls of parsley sauce, with plenty of parsley, pepper and salt. Slice the eggs in thickish pieces. Make some mashed potatoes very creamy by beating and form a surround in a hot casserole dish. Pour the eggs in the middle.

## EVERYDAY CAKE

8z. flour, 6oz. sugar, 4oz. butter, 1 egg, 1 teacupful cream,  $\frac{1}{4}$  teaspoonful baking powder, a good grating of nutmeg or 1 eggspoonful of mixed spice. Cream the butter and sugar. Then add the egg, beaten up with the cream. Mix the flour and spice Sift this in, beat thoroughly for 5 minutes. Pour into a well-greased tin and bake in a moderate oven for 1 hour.

## SWISS EGGS

Grease rather thickly a pie dish with margarine and sprinkle bottom and sides with grated cheese. Break on to this the number of eggs required. Sprinkle pepper, salt and a little dried mustard and lastly a layer of cheese with some chopped parsley. Cover with a greased paper and bake in a quick oven for 10 to 12 minutes. Serve with toast.

## A SUMMER LUNCH DISH FOR ONE

Mix in a small saucepan, 1 tablespoonful margarine with 2 chopped hard boiled eggs, some chopped parsley, pepper, salt, and grate in nutmeg to taste. Just let it come to the simmer. in the meantime put 2 tablespoonfuls of cooked rice in a shell and pour the mixture on it.

## BRAISED EGGS DE WINDSOR

Cut up into small pieces some vegetables, a little turnip, onion and carrot and fry in butter. Then add 1 dessertspoonful of flour and one of curry powder, some salt ; put in 2 teacupfuls of stock, or milk, and let all cook slowly until done. Boil the eggs soft, and carefully shell them, placing them in a shallow Pyrex dish. Keep hot. Add a sherry-glass of sherry to the braised vegetables and pour over the eggs. Serve with either rice or some spaghetti.

## EGGS, CORN AND BACON

### A LUNCHEON DISH

Strain the corn and put in a small piece of butter with it into either individual china cocottes or on a shallow Pyrex dish. Make very hot in the oven. Poach as many eggs as required and lay on the top of the maize. Now have ready some small rashers of bacon, rolled and toasted crisply, 2 for each person, and see that all is sent in very hot.

## EGGS ON BREAD SAUCE

Make a good bread sauce. When done, pour it on to a Pyrex dish. It must be firm and not running with milk. Poach some eggs. Strain them well. With the back of a tablespoon make deep depressions on the sauce and then lay a poached egg in each .

## EGGS WITH SPAGHETTI

Three hard-boiled eggs,  $\frac{1}{4}$ lb. boiled spaghetti,  $\frac{1}{4}$  pint of white sauce, 4oz. grated cheese, pepper and salt, some browned crumbs. Grease a pie dish and sprinkle with some of the bread crumbs, lay in the spaghetti and some of the cheese, pepper and salt. Cut the eggs in halves and put on. Add 2oz. of the cheese to the white sauce and pour over the eggs. Cover with the rest of the bread crumbs and the grated cheese mixed. If tomatoes are in season, a few slices added makes it delicious. Put all into the oven until it is quite hotted through. Sprinkle with freshly chopped parsley at the very last.

## EGGS WITH SCALLOPS

Wash the scallops, put into a basin and pour boiling water on, leave for 10 minutes. Boil 2 eggs for 7 minutes. Then lay them in cold water for a few minutes, peel them and cut into chunky pieces. Drain the scallops well on a cloth, cut them into the same size as the eggs. Into a well-buttered casserole sprinkle fairly thickly, some bread crumbs, lay on these the scallops and eggs, pepper and salt them. Pour over a little creamy white sauce. Cover well with breadcrumbs and dabs of butter. Bake about 10 to 15 minutes.

## EGG PIE

Into a rather flat casserole dish cut up 6 hard-boiled eggs with a small onion finely chopped. Pour on a little white sauce that has been well flavoured with pepper, salt and a little grating of nutmeg. Cover with mashed potato, not too thickly, brush over with some egg, bake for about 20 minutes in a moderate oven until it looks a really nice colour.

## EGGS AND FRIED BREAD

This dish makes a nice change and is economical if you are hard up for eggs. Into a small saucepan put some margarine. Throw in some cubes cut from a slice of bread and let them fry but not too much. Beat up some well-seasoned eggs and proceed as for buttered toast.

## EGG DISH AS SERVED IN SPAIN

Have ready cooked about 2 tablespoonfuls each of peas, French beans, tomatoes, asparagus tips, cubes of potatoes and some sliced cold sausages and ham. Into a saucepan put some margarine, cut the ham into small squares and a chopped onion, and when the onion browns add the other vegetables with just a little gravy or stock, mix well and let all simmer for a little, adding pepper and salt. Pour into a suitable sized fireproof dish, lay on the slices of sausage. Break the eggs over and bake in the oven until the eggs are set, about 8 minutes (it is according to the heat of the oven). Garnish with a little chopped parsley and fried sippets of bread.

## EGGS WITH ASPERAGUS POINTS

Take a small tin of asparagus "points," or cut from the fresh vegetable, and drain off all liquid. Make these very hot in some thick cream. Now make some buttered eggs and just before it begins to thicken pour in the asparagus and cream, add pepper and salt. Put on squares of buttered toast and serve very, very hot.

## EGG À L'ANGE

Toast a square of bread and butter well, while hot. Whip to a stiff froth the white of the egg and pile on the toast. Drop in the Centre the yolk of the egg. Be careful not to break. Salt and pepper lightly. Cover all with grated cheese, sprinkle a little paprika. Put in very hot oven to allow cheese to melt and serve at once.

## EGG SWEET

Whip 3 egg yolks with 2 ozs. of sugar for 10 minutes. Add slowly a dessertspoonful of rum and again beat. Whip 4 table-spoonfuls of cream, mix with the rest. Into the bottom of individual fruit glasses put a large spoonful of raspberry jam and pile the cream mixture on top.

## EGG MOUSSE

Six eggs, hard-boiled,  $\frac{1}{2}$  pint cream, 1 dessertspoonful Worcester sauce, 1 teaspoonful anchovy sauce, 3 tablespoonfuls aspic jelly, 1 tablespoonful sherry, salt, pepper, 3 drops of Tobasco. Sieve the yolks, add sauces and half the aspic, chop the whites, add the cream well whipped and the rest of the condiments and sherry. Put into a soufflé dish to set. Cover with the rest of the aspic and put into the Frigidaire for 2 hours.

## EGG CUTLETS

Boil 4 eggs hard. Cut up, not too finely. Make a panada of 2oz. flour, 2oz. margarine, 1 gill milk, cooking slowly and well seasoned with salt and pepper, until it will leave the side of saucepan; add the chopped egg and a dessertspoonful of chopped parsley, pour on to a dish, flatten with knife and let it get cool. Cut into about 8 pieces, shaping like a cutlet. Egg and bread. crumb them, fry in boiling dripping or lard. Put a parsley stalk in the end, as a bone

## EGGS SCRAMBLED WITH SHRIMPS

Make the scrambled eggs by putting the beaten eggs into a bowl, place this in a saucepan of boiling water until they thicken, now stir in some thick cream until the perfect consistency is achieved. Then add either fresh shrimps that have been shelled or 1 small tin of shrimps. This mixture can be served either on toasts, or better still in little cases of a very good pastry.

## EGG TOAST

Take some pieces of stale bread and toast them a light brown. Hard boil some eggs, allow one to each person, put into cold water for 10 minutes; when quite cold, shell them, cut them in two and remove the yolks. Cut the whites very carefully into rings and lay them nicely at the bottom of a glass Pyrex dish. Then add the toast cut into smallish pieces, trying to fit them in. Break up the yolks, spread over the toasts. Make a very good creamy and well-flavoured white sauce, pour over. Put the casserole in a medium oven until it is quite browned over.

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## FISH FLUFF SAVOURY

Two tablespoonfuls of cooked fish that has been skinned and boned. Season with salt, pepper and grate some nutmeg to taste. Beat 2 eggs very lightly. Add 1 tablespoonful of milk, mix with the fish. Have ready some butter made very hot in a frying pan. Pour in the mixture. Let it cook very lightly, as for scrambled eggs, and serve on slices of buttered toast.

## FISH SAUCE FOR FISH PUDDING

Make an ordinary white sauce that has cooked for 10 minutes. Put 1 good dessertspoonful of anchovy sauce, some lemon juice and grated lemon peel, a dash of cayenne pepper and a little wine. Mix well. Let it just come up to the boil. Pour half over the pudding and serve remainder in a sauce boat.

## FILLETS OF FISH BAKED WITH VEGETABLES

This is a Good Friday lunch dish for the family. You will want 1 good fillet of fish for each person,  $\frac{1}{2}$  pint of chopped onion,  $\frac{1}{2}$  pint each of cooked tomatoes and carrot. I cook these together with a little margarine. Put a little oil into a frying pan and let the onion cook until brown. Put half the cooked vegetables with seasoning into a casserole, lay the fillets on. Cover with the rest of the vegetables. Pour a little stock that is at boiling point. Cover the casserole closely and bake in a moderate oven for about  $\frac{3}{4}$  of an hour.

## FILLETS OF FISH IN CREAM SAUCE

Any good variety of filleted white fish may be used for this dish. When ordering the fish have the skins, bones and heads sent too. Wash and put these in a saucepan and let simmer for some time, pounding these with a wooden spoon from time to time. Strain this off; it should be fairly thick; and make a sauce with flour and butter in the ordinary way, but using no milk, only the fish liquor. Let it come to the boil. Take off to cool and when cooled add one egg well beaten and 2 tablespoonfuls of cream. Keep very hot but do not let it boil again. Meanwhile lay the fillets in a casserole, add a little white wine, cover with a greaseproof paper and let cook in a moderate oven until done. If the fish has not absorbed all the wine, take the remainder out with a spoon. Now mask the fish with the sauce—very hot, remember, and serve at once.

## FISH AND RICE

### A SUMMER DISH

To 1 pint of cold fish, either fresh or tinned, lobster, salmon, sardine or mackerel, mix with 1 pint of cooked rice, 1 pint cold cooked peas, season well and add 4 good tablespoonfuls of thick mayonnaise sauce. Press this into a basin or mould, leave to get cold. Then turn out into a silver or glass dish with a surround of salad that has been sprinkled with a French dressing. Decorate with slices of cucumber, tomato, egg or any other small salading that may be in season.

## FISH AND RAISIN MOUSSE

One small tablespoonful gelatine in 1 gill of cold water, stir until soft and then fill up to half a cupful with hot water. Plump up the raisins by putting into a cup just covering them with hot water for a few minutes, strain and dry on cloth. If they have stones in, these must be taken out. Flake the fish well, put in the raisins and half the hot gelatine. Rub  $\frac{1}{2}$  teaspoonful mustard in 1 teaspoonful vinegar, some pepper and salt and well whip this in. Take 1 gill of cream, add the rest of the gelatine that you have kept back. Beat very well and then add the fish mixture. Pour into individual cups that have been well wetted, leave to set. Have a layer of very fresh lettuce leaves on plates, turn out the cups and garnish with slices of cucumber, tomatoes, etc. A salad should be handed with this or a dish of cold peas.

## FRICASSEE OF FISH

Simmer the fish in a little milk, take out when cooked and lightly flake it apart. With the milk make a good buttery white sauce, adding some grated nutmeg, a little cayenne pepper, or 1 or 2 drops of tabasco to the flour before mixing it. Take some mashed potatoes and add the yolk of an egg, make a border of this round an earthenware fireproof dish, marking it in a pattern with a fork. Bake this until a nice golden brown, having put the flaked fish into the sauce, stir it well and pour into the middle of the dish. Do this just at the point of serving it.

## FISH DISH FOR SUPPER

Flake some cooked fish into a pie dish, sprinkle with a good tablespoonful of chopped parsley, the same of very finely chopped shallot, pepper and salt. Skin some tomatoes, cut and place on top, scatter some breadcrumbs, dab on some pieces of margarine and bake for half-an-hour.

## FISH, RICE AND ONION PIE

Well grease a pie dish and cover with some fried onions. These should be cut fairly fine. Now put half the fish as a layer and then the cooked rice. Repeat the layer. Beat up 1 egg in a little gravy or strong fish stock, add a little pepper and salt, pour over the fish, do not put too much as it should not be sloppy. Bake for half-an-hour.

## FUDGE

To make fudge you will want 2 cupfuls of white sugar, 1 cupful of brown sugar, 1 cupful of milk,  $\frac{1}{4}$  lb. chocolate, a little salt, a piece of butter the size of a walnut, vanilla flavouring. Put all into a saucepan and boil for 18 minutes. Take off the fire, add 1 teaspoonful cold milk and beat until it turns sugary; about 10 minutes. Pour into a buttered pan. Before it gets hard, mark off and cut into squares.

## FISH SAUCE

This is delicious served with any cold fish, but specially cold turbot. Boil 2 eggs hard, take out the yolks, put in a basin and rub down with oil, mustard some chopped parsley, capers and gherkins; all cut very fine. Lastly, add the whites of the eggs. cut very nicely in rings. Put in the Frigidaire. Sufficient salad oil must be used to make it semi-liquid.

## FISH LUNCHEON DISH

Butter some shells, sprinkle over with chopped parsley, then nearly fill them with flakes of cold fish. Now make a custard or sauce with 2 level tablespoonfuls of flour, 1 heaped teaspoonful of curry powder, salt, pepper. Melt 1 oz. margarine in a saucepan, put in the dry ingredients, add not quite  $\frac{1}{2}$  pint of milk, let it come to the boil and cook for 6 minutes. Pour this over the fish and bake in a cool oven for 30 to 35 minutes or until the custard is quite firm

## FILLETS OF SOLE WITH TOMATO

Flour some fillets of sole. Fry in butter. Peel and cut up some tomatoes and 2 finely chopped shallots. Let these fry until quite cooked. Place this in a casserole and put the sole on top.

## FLEMISH SAUSAGES

Take 6 or 8 large cooking apples, peel, core and cut up and make into apple sauce. Add a good handful of washed sultanas a little sugar, a pinch of cinnamon. Lay this in a flat casserole dish and keep hot while you fry 1lb. of pork sausages. These are placed on top of the apple. This makes a very nice dish for luncheon.

## FAMILY SOUP

Mince up  $\frac{3}{4}$ lb. of veal, put in a pan and stir it until it is hot. Then add a large onion cut up, 2 tomatoes, seasoning, and pour over 1qt. of good stock; let boil for gently  $1\frac{1}{2}$  hours. Before you need it, add 3 tablespoonfuls of rice, or some small macaroni and let it boil for another 20 minutes.

## FIG COMPOTE

Take a tin of figs, drain the fruit and put in a casserole. Cut the peel very thinly from an orange into matches, cook them in the fig syrup for 15 minutes and then pour over the figs. Bleach and cut into slivers 20 almonds. Bake in the oven until very hot. Just before serving add 3 tablespoonfuls of brandy. Whip up some cream and serve separately.

## FOIE GRAS

This really makes a very good imitation of the real thing.  $\frac{1}{2}$ lb. calfs liver and  $\frac{1}{2}$ lb. really fat bacon, a piece each of onion and a little grated carrot and turnip, 1 teaspoonful of mixed herbs, pepper and salt. Fry the bacon until the fat runs out, add the rest of the ingredients and put the lid on the pan; it should take about an hour. Stir from time to time. Now put all twice through the mincer, using all fat and gravy. Put into pots and cover with some oiled butter.

## FISH SALAD

Boil any kind of white fish or salmon in a little "Court bouillon" and when cold, remove all skin and bones and break up into neat pieces. Now make the following sauce which makes a change from mayonnaise. Beat up 2 eggs in a basin, add salt and pepper,  $1\frac{1}{2}$  gills of the "Court bouillon" and the juice of a lemon. Put the basin into a pan of boiling water over the fire and whisk it until all looks and thickens like custard. Put half

this sauce with the fish, mix well and when cold pile it up on mattress of shredded lettuce in a dish, use the rest of the sauce, cold, to mask all the fish, garnish with a border of sliced cucumber round and butterflies of lemon on the fish.

### FISH FRITTERS FOR BREAKFAST

Make a batter of 4oz. flour, 2 eggs, 2 tablespoonfuls salad oil and 1 gill of warm water. Well beat the batter. Take some flaked cold fish, remove all skin and bones and put into the batter. Add 1 small teaspoonful of baking powder. Salt and pepper and a grating of nutmeg. Have ready a pan of boiling fat. Take a tablespoonful of the mixture at a time and put into the boiling fat and fry till a nice golden brown. Serve very hot.

### FAT THICKENING FOR SAUCES, ETC

This thickening will last good for months if kept in a cool larder and saves quite a lot of time when cooking.

Take 1½lb. flour, 1lb. fat of any kind that one can get together (lard, dripping, margarine, clarified soup fat, etc.), 2 tablespoonfuls of salt, 1 tablespoonful of pepper. Melt the fat in a saucepan, mix the flour with the salt and pepper, cook them in the fat for about 15 minutes, seeing that it does not stick to the saucepan. Then put into pots and cover.

For use, take 2 or 3 oz., according to recipe and add to it either hot stock or hot water if no stock available. Stir to a paste, add milk and bring to the boil ; let all boil quickly and you have your sauce ready for use, add the additions and flavourings you have in mind.

## Notes



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## GINGER BISCUITS

4oz. flour, 4oz. brown sugar, 1 tablespoonful golden syrup, 2oz. margarine, 1 teaspoonful ground ginger, 1 teaspoonful bicarbonate of soda, 1 egg, a pinch of salt. Mix all dry ingredients, Add syrup and margarine that have been warmed together, then the egg well beaten. Make into balls as big as a shilling, put on greased baking tin, flatten them out with the bottom of a small jar or glass, put a piece of blanched almonds in the centre of each. Leave a little while before putting in a moderate oven and bake for 15 minutes. Try to keep the size uniform.

## GINGER SPONGE, BOILED OR STEAMED.

Beat 3oz. margarine and 3oz. sugar to a cream. Add 2 tablespoonfuls of golden syrup and a well-beaten egg. Stir in rather more than 3oz. of flour mixed with a teaspoonful of ground ginger and a little salt. Dissolve half a teaspoonful of bicarbonate of soda in half a teacupful of milk. Mix all together. Place a tablespoonful of golden syrup at the bottom of a greased basin. Pour in the mixture and steam or boil for 2 hours.

## GINGER CREAMS

Cut up some preserved ginger into pieces the size of peas and with 1 teaspoonful of the syrup put into each ramekin cocotte (or paper). Now fill up with some whipped cream and serve.

## GENOESE PUDDING

The weight of 2 eggs in butter, sugar and flour to which add  $\frac{1}{2}$  teaspoonful baking powder, pinch of salt, a little milk. Beat the butter and sugar well, add the beaten eggs, flour and milk, any flavouring liked. Put into a well greased mould that has a pipe. Bake half-an-hour. Turn out carefully. Make a thick jam sauce (apricot or plum), add  $\frac{3}{4}$  glass of sherry and pour over. Equally good cold, but in that case whip some cream and fill up the pipe with it.

## GAME PIE (COLD)

This is an excellent dish for a dance supper, shooting party or picnic, and is quite easy to make.

Grease and line a good-sized cake tin that has a loose bottom, with a pastry as made for raised pies. Cook in a stewpan as many of the following as you may have in the game larder, grouse, hare, pheasant, partridge, rabbit, and when done, remove

all bones. Make some well seasoned forcemeat balls and fry them. Cut up 1lb. or more of ham. Fill the tin with a layer of ham, some pieces of game well mixed, some forcemeat balls and continue to do this until the pie is filled to the top; have the last layer one of ham. Well press down the meat. Pour over the gravy from the stewed game, put on a lid of pastry and bake half-hour in a quick oven; finish off in a slower one for 1 hour. Make another lot of gravy with the bones, add some gelatine, 1 teaspoonful to  $\frac{1}{2}$  pint. When pie is cooked pour this through the hole in the top of the pie. Pastry leaves should be used to ornament and brush over with yolk of egg.

### GAME MOULD

This is a good way to treat old birds. Hang them for as long as you can. After plucking and cleaning them, put them in a pan with some margarine. and let them do very slowly in a moderate oven. When cooked, cut all meat from them, together with all the gravy and fat they were cooked in. Pound up the carcasses cover with just sufficient water, salt, pepper, an onion stuck with 2 cloves, a bay leaf and let come to the boil. Beat well from time to time with a wooden spoon and continue to let it simmer. Then strain off. Lay the pieces of bird very tightly in a basin and add  $\frac{1}{2}$  teaspoonful of gelatine to the gravy. Then pour over the meat and leave it in a very cold place to set. Serve with a seasonable salad, sprinkled with a rather sharp French dressing.

### GAME PUDDING

Another good way of using old partridges which have been sufficiently hung but not too much so. Line a basin with a good suet crust, cut the birds into small joints. Season with pepper and salt and sift in a little flour. Cover with a good meat gravy, then put on the lid of suet crust. Flour a pudding cloth and tie on tightly. Put into a saucepan of boiling water for 3 hours. Serve with this a salad of sliced apples, celery and some peeled walnuts, mixed with a plain salad dressing.

### GOOSE'S LIVER

Cook this always inside the goose. When cold, cut into smallish pieces and pound them well in the mortar. Grind, or pound in the mortar, some pepper corns, add these and a good seasoning of salt and some cayenne, turn it several times, breaking it up with a knife and pound again. Taste it to see if there is

enough flavouring, now add a nice bit of butter or margarine, a little thick cream, and for the last time pound and mix well. This can be used in any way in place of foie-gras and is delicious spread on very hot croutons with a little mustard and made very hot.

### GAME SOUFFLEE

Have chopped quite small, 2 good tablespoonfuls of cooked game—pheasant is, I think, nicest for this—and 2 tablespoonfuls of chopped ham. Flavour with salt, pepper, paprika, a little lemon peel cut very fine and 1 dessertspoonful of either red currant or apple jelly. Mix well. Make a 2-egg soufflee mixture in the usual way. When cooked, add the game mixture. Butter thickly a soufflé mould pour in the mixture and bake in a hot oven for half-hour.

### GROUSE CROUTES

Pound up some cold grouse, seasoned very highly with pepper, salt, cayenne and make hot in a little saucepan with some cream. Spread this on pieces of very hot buttered toast, garnish with rounds of hard-boiled whites of egg and fill these in with a few capers or chopped olives.

### GOOSE PUDDING (VEGETARIAN)

$\frac{1}{2}$ lb. stale bread, 2 large onions chopped, 1 tablespoonful flour, 1 table spoonful dried sage, 1 gill of milk, dripping the size of an egg, pepper and salt.

Soak the bread with boiling water, then squeeze very dry. Add the dry ingredients, then the milk. Season highly. Place on a well-greased baking tin, shred the dripping over. Bake 20 minutes. Cut into squares and serve with a rich brown gravy.

### GINGER SOUFFLEE

Put into a small pan 1oz. butter, 1oz. of flour, stir a few minutes to cook the flour, add 1 gill of milk and 1 tablespoonful of the syrup of the ginger and let all cook until it leaves the side of the pan. Take off the fire and when cool beat in a little sugar, the yolks of 3 eggs one by one, then 1 tablespoonful of ginger cut nice pieces the size of a pea. Lastly the whites of the eggs beaten very stiffly and gently folded in. Put a greased piece of paper outside the soufflé dish, tying it very firmly. Pour in the mixture and bake in a hot oven for half an hour. You will need to time this carefully, as it must be sent in just at the right moment.

## GREEN GOOSEBERRY FOOL ICE

Cook about 2lb. green gooseberries, sweeten to taste and rub through a fine sieve. Add 1 pint of cream that has been whipped. If too thick add just a little cold water; it may need a little green colouring, and then freeze in the ordinary way.

## GIRDLE CAKES

Put 2oz. margarine into 2oz. self-raising flour with a pinch of salt. Mix with a very little milk, put on a floured board and roll out until one-eighth of an inch thick. Cut in rounds about 2 inches across. Have a frying pan really hot and lay on the cakes, turn as soon as slightly brown. When done, split them, butter just a little and serve them very hot. A few washed and dried currants may be added if liked.

## GRILLADES DE JAMBON

Cut up and lightly cook 3 medium-sized onions in margarine or bacon fat and when brown add the same quantity of peeled tomatoes, mix together and let cook for 10 minutes. Season well with pepper, and salt. Have a gammon steak about  $\frac{3}{4}$ lb. and half-inch thick. Cut this in slices or fingers, lay them in the pan with the other ingredients. If the sauce seems a little too thick add a small quantity of water. Cook until the grillades are done, about 30-35 minutes. To serve, put the grillades in the middle of a hot casserole, pour the sauce round them and serve with plain boiled rice or spaghetti or macaroni.

## GOLDEN PARFAIT

Two dessertspoonfuls ( $\frac{1}{2}$ oz.) gelatine,  $\frac{1}{2}$  cup orange juice,  $\frac{1}{2}$  cup lemon juice,  $\frac{1}{2}$  cup hot water, 2 eggs, 3 dessertspoonfuls honey, sugar. Dissolve the gelatine and honey in hot water. Add orange and lemon juice. Beat up the egg and add carefully to the mixture. Add sugar to taste. Pour into a well-wetted mould, or, into little individual glasses.

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## HADDOCKS, DRIED

I find that Smoked Haddock dishes are amongst some of the nicest to serve for lunch, so I have collected several recipes.

Lightly boil a haddock in some water until done. then throw the water away. Skin, bone and flake the fish and put at the bottom of a buttered casserole. Make a white sauce, sprinkle in some semolina ; the quantity depends on how much you need to thicken the sauce—anyhow from 1 dessertspoonful to 1 tablespoonful. Let this boil for some minutes until the semolina is quite cooked. For every person take a rasher of bacon, cut into matches, put over fish and then pour the sauce over and bake a golden brown.

## HADDOCK ON TOASTS

Cut up a medium-sized haddock into square pieces as nearly equal in size as possible and cook until done. Skin and bone, lay these pieces on buttered squares of toast that must be the same size as fish and keep very hot. Whilst the fish is cooking take 2oz. of horseradish grated very finely and put to some white sauce ; let it cook. Add 1 tablespoonful of fine white breadcrumbs, replace on fire and simmer until it begins to thicken, beat up 2 eggs and 1 tablespoonful cream and add to the mixture, stirring all the time, and do not let it boil. Divide this over the fish on toast and serve in an entree dish. It must be served very hot.

## HADDOCK AND EGGS IN CASSEROLE

Cook the haddock first in water, throw that away and then cook it again in a little milk. Skin and bone fish, then pound in the mortar with a small quantity of cream and some pepper, and just the least grating of nutmeg. Take some rather deep fireproof cocottes, put into each some of the fish, very carefully break into each 1 egg, and if it will hold it fill up with some more cream. Bake in the oven—best placed on a baking tin—for about 6 minutes. The eggs should be of the same consistency as poached eggs ; they must not get hard. Serve with a rack of thin toast.

## HADDOCK WITH TOMATOES AND MACARONI

Cut haddock into as many pieces as required and put into a pan of water, draw to side and let simmer until cooked. Cut up some tomatoes. Put some very finely cut onion or 2 shallots into a small saucepan with some margarine and cook until soft. Add the tomatoes, season with pepper, and let all simmer. Take

the fish from the water, drain on a cloth for 2 or 3 minutes until all water has left the fish, taking off the skin and boning it. Lay these pieces on a casserole dish and when quite hot again put the tomato purée on each piece. Surround with a border of boiled macaroni or spaghetti.

### HADDOCK IN CASSEROLES (FOR LUNCH)

Put the haddock into cold water. Let it come to boil and then throw the water away. Put some milk to the fish and let it cook until done. Take out the fish, keeping the milk. Drain for a few minutes, then shred up very finely, putting in some grated shallot or onion and mix with cream until moist ; put in casseroles. Put the casseroles into a pan of boiling water to keep hot in the oven. Make some buttered eggs (3), put a spoonful of these on top of the fish, decorate with some finely chopped fresh parsley and serve some rolled thin bread and butter with each.

### HADDOCK FLAN

Line a flan tin with some very good short pastry and cook. Having cooked the haddock, first in water and then in some milk, skin, bone and flake it, but in rather flat separate flakes. With the milk that the haddock was cooked in make a little, but very good, white sauce, adding at the last moment some cream. Season with pepper. Fry some finely cut rings of onion in some margarine until a golden brown. Drain fat off. When they are done, put back on the stove to crisp up. When the pastry is done, lay in the large flakes of fish very semetrically, cover with the sauce and surround with the crisp golden onions.

### HADDOCK, SPANISH FASHION

Cut the smoked haddock into equal size pieces and put these into a rather flattish fireproof dish with some oil. Pour 4 table-spoonfuls of white wine over it, 1 clove of garlic chopped up finely, some tomato pureé, salt and pepper, cover with bread crumbs mixed with chopped parsley and bake 15 to 20 minutes in a hot oven. See that the fish is cooked through.

### HUSSAR TOASTS

Take some slices of bread, cut square and remove the crusts, rub these with a brusied clove of garlic. Spread with either goose fat or pork dripping ; fry these, or put on a tin and put in the hot oven. Sprinkle with pepper and salt. This is a Hungarian version of our dripping toast, served for schoolroom tea.

### HADDOCK LUNCHEON DISH

Cook the haddock in the water until done. Skin, bone and flake the fish. Fry some onion and tomatoes, equal quantities, in some margarine, in a small saucepan. Season with pepper and a small dessertspoonful of chopped fresh parsley. When this is cooked, put in the haddock. Boil some rice, about 15 minutes, drain and make a border of this in a very hot casserole dish. Pour the fish into the middle and send up very hot.

### HADDOCK PANCAKES

Flake some cooked haddock very finely, beat in some cream, a little pepper, a little grated cheese and mustard. Heat up until quite smooth. Make some very small pancakes, put some of the haddock mixture on each, roll up and put on a flat dish. Keep very hot and serve with either a thick tomato or hot horseradish sauce.

### HADDOCK MONACO

Some fillets of smoked haddocks weighing round about 1lb., and lay them in a fireproof earthenware casserole. Peel and slice 2 or 3 tomatoes, season with pepper, a grating of 1 shallot. Pour on rather more than 1 gill of cream and 2oz. margarine. Put into the oven until the haddock is quite soft and tender, 15-20 minutes. There must be sufficient cream or top of milk, to cook the fish. If the haddock appears dry before cooking it would be best to cook them for a few minutes in boiling water, being careful to drain very dry on a cloth before proceeding with the recipe above.

### HADDOCK PUDDING

Grease a pudding basin. Having cooked the smoked haddock, skin and bone it, chop it up finely and mix it with  $\frac{1}{4}$ lb. bread crumbs and  $\frac{1}{4}$ lb. chopped suet, 2 teaspoonfuls chopped parsley and the same of chopped onions. Season with pepper and a grating of nutmeg. Beat up two eggs, add 1 gill of milk and put into the other ingredients. Fill the pudding basin, pressing well down. Cover with greaseproof paper and steam steadily for 1 hour. Turn out on to a very hot dish and pour over a sauce made with either shrimps or hard-boiled egg, or capers. This makes a delicious lunch dish for the family.

### HERRINGS SOUSED—A VARIATION

Well clean and wash the fish. Lay them on an earthenware baking dish and sprinkle over 2 bay leaves, 3 or 4 cloves, 3 or 4 allspice and 12 peppercorns. Nearly cover with vinegar and

water—about half and half of each. Now put on top of the fish and not into the liquid, 1 or 2 tablespoonfuls of tomato chutney. The quantity is according to the number of herrings. In placing these in the dish arrange as sardines as they will fit better. Let these cook slowly in the moderate oven for about 1½ hours. Serve cold for lunch or breakfast.

### HERRING AND MACARONI

Allow one herring and 10z. macaroni for each person. Boil the macaroni in salted water for 20 minutes with a sliced onion, strain, then chop it all fairly finely. Fry the herrings, taking out all skin and bone and flake them. Mix with the macaroni and then press well down into a basin and leave to get quite cold. Make a sauce of 1 gill of whipped cream, 2oz. of horseradish, finely grated, salt, pepper, ½ teaspoonful of dry mustard and 1 tablespoonful of tarragon vinegar. Mix until all looks creamy. Turn the mould out on to a glass dish, pour the sauce over the mould and surround with a border of shredded lettuce and sliced beetroot.

### HERRINGS IN JELLY

This makes a nice summer supper dish. Split and trim some herrings, then bone and roll them up and gently bake in a moderate oven, keeping them well covered so that they do not get dried up. Take all the heads, bones, etc., slice a carrot, small onion, ½ teaspoonful of dried spices and cover with water, put on the stove and beat with a wooden spoon from time to time. Strain this when done, adding ½ teaspoonful of gelatine; stir well to dissolve. Very carefully put the rolls of herrings into a glass dish, that is when they are cold, pour over and around them the fish stock jelly and put to set in the Frigidaire. Serve with a salad mixed with a rather sharp French dressing.

### HADDOCK SAVOUREY

Make sufficient well seasoned white sauce. Flake some cold smoked haddock, freeing it from skin and bone. Mix with the sauce and put into small individual fireproof dishes. Peel some tomatoes and slice them. Cover the fish with these; put them in the oven until cooked.

### HADDOCK, AS SERVED IN ITALY

Take all the skin and bone from a smoked haddock and cut into evenly sized pieces. Cut up into very fine rings 2 onions and fry them in some margarine, then put in the haddock and add

some really strong and good gravy. Cook for 10 or 15 minutes. Put all into a casserole, arranging the fish nicely with the onions round. Squeeze some lemon juice over and garnish with chopped parsley.

### HADDOCK AND RICE

Wash well and then cook about 6oz. of Patna rice, it should take about 10-12 minutes. Strain the rice and dry it till every grain is separate. Put into a pan a smoked haddock, cover with cold water and let come to the boil. Take out and remove all skin and bone and then flake it. Fry an onion, cut in rings, in a nice-sized bit of margarine and when soft add this to the fish and rice with 2 tablespoonfuls of tomato sauce and some pepper. Put all into a pie dish, scatter breadcrumbs over, and a few dabs of margarine and bake for 15 minutes in a hot oven.

### HADDOCK AND SWEET CORN

Boil your dried haddock in the usual way. Dry on a cloth to remove all water, then skin, bone and flake it. Strain off the liquid from a tin of sweet corn. Mix fish and corn together in a saucepan. Season with pepper and a little nutmeg, add a knob of margarine and about 2 tablespoonfuls of cream or top of the milk. Make very hot and pour into scallop shells. Sprinkle grated cheese on top and brown in the oven.

### HADDOCK SAVOURIES

Take all the skin and bones off a partly cooked smoked haddock and chop it very finely; place in little individual fireproof cocottes. Whip up some cream with some finely grated cheese, some cayenne pepper; whip until fairly thick. Cover the fish with this and with a fork see that some of the cream goes round the sides of the dishes. Sprinkle with paprika and bake about 10 minutes.

### HAM MOUSSE

Put 1lb. cooked ham through the finest mincer. Make some white sauce, well cooked but not too thick, add to it the ham, flavour with pepper and some grated nutmeg. Rub this in small quantities through a wire sieve, keeping the rest warm as it makes it easier to rub. Whisk about  $\frac{3}{4}$  teacupful of aspic jelly over the fire in a little saucepan and whilst whisking, add the froth of it to the mixture until all the aspic is used. Beat 1 cupful of cream until it is very thick, add this to the mixture. Place in a soufflé dish, or in individual cups and pour a little aspic over. I add a

little sherry and lemon juice to the aspic if it is the bought packet variety. Turn out and serve with a good potato salad, or any salad that is in season.

### HAM WITH RED CABBAGE

Pile the cooked red cabbage which must be kept very hot on to a glass casserole dish. Fry some slices of cooked ham, stand them up round the cabbage and then edge the dish with some creamy and well-flavoured mashed potato. It makes a pretty dish and very good to eat.

### HAM ROLL SAVOURIES

Mix on a plate a piece of butter about 1 teaspoonful, a little parsley chopped very fine, a few drops of lemon juice. Grate a small piece of onion, mix these up well with a knife and spread on some little pieces of ham, cut very thin, about 2 inches long and 1 inch wide. Roll these up tightly and place on little pieces of cut bread and butter.

### HASSANE—A VEGETARIAN DISH

Fry a large or 2 smaller onions with 2 tomatoes, 1 apple cut up into small chunks, 1 clove of garlic and 1 dessertspoonful of curry powder; a little nutmeg. Let this all cook for 15 minutes. Add a cup of milk. Have ready a good plateful of cooked carrot, some peas, beans and cucumber cut small. Put all these into a casserole that has a lid and cover with the curry sauce. Put on the lid and let cook in the coolest oven for 1 hour. Serve with fried croutons round the dish.

### HORSERADISH SAUCE

2oz. grated horseradish put into a saucepan with  $\frac{1}{2}$  pint stock and let cook for 20 minutes. Remove from fire. Add 1 tablespoonful of white sauce, 1 tablespoonful fine bread crumbs. Replace on fire until it begins to thicken. Mix in 1 egg well beaten. Then add a little cream and season with lemon juice or a little vinegar. Excellent with most beef dishes, especially rump steak.

### HOCK CUP

Two bottles of hock,  $\frac{1}{2}$  wineglassful Curocon, 2 wineglassfuls brandy, 2 bottles soda water, sugar to taste, a sprig of borage or balm, a few slices of cucumber peel, and add at the end a few fresh fruits that may be in season. Mix all ingredients together but do not put the soda water until ready to serve. Keep on ice until wanted.

## Notes

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## INVALID FOOD

### CHICKEN CUSTARD

Take 1 cupful of fine breadcrumbs, add 2 tablespoonfuls finely minced chicken, flavour with pepper, salt, a little nutmeg or celery salt, mix all these together. Beat up 2 eggs to which put 1 cupful of milk, and put in. Stir well and put into either a glass casserole or into individual fireproof cocottes. Set in a pan of water and bake in a moderate oven.

### STEAMED EGG

Separate the yolk from the white of an egg. Now beat the white to a stiff froth and flavour with pepper and salt. Put half the white into a little flat casserole, greased with butter, then slip in the yolk very carefully, top up with the remainder of the white, cover with a small plate or saucer. Set this in a frying pan of boiling water and steam for 5 minutes.

### BEEF TEA PUDDING

To 1 gill of strong beef tea, soak 2 tablespoonfuls of fine white breadcrumbs for 10 minutes, beat up with a fork, add 1 well-beaten egg, Grease a small basin, using about  $\frac{1}{2}$  oz. butter. Pour in the mixture, cover with greased paper, put the basin into a pan of boiling water, the water coming half-way up the basin. Steam for 20 minutes. This makes a good nourishing dish and is a change from the ordinary beef tea.

### CHICKEN PANADA

Pound the breast of a cold chicken smooth in the mortar. Add a teacup of fine white bread crumbs. Pour in a little boiling chicken broth or milk. A little salt, a little grating of nutmeg or a pinch of powdered mace. Press into a cup and stand it in a small saucepan of boiling water until the panada is hot. Serve in the cup with a teaspoon.

### A LIGHT MILK SOUP

Cut up some vegetables rather finely, such as carrot, onion, celery, add a bay leaf. Put these into  $\frac{1}{2}$  pint of milk, bring it to the boil and let all simmer gently for  $\frac{1}{2}$  hour, stirring from time to time. Strain, and when cool add the yolk of an egg and a little more milk to make  $\frac{1}{2}$  pint altogether. Let this get very hot but it must not boil. Serve with toast, water biscuit, or, a little cooked rice could be put into the soup.

## FISH CUSTARD

Cook a small whiting or sole in a teacupful of milk. Take out and flake very finely. Strain milk and with it make a sauce with 1oz. margarine, 1 dessertspoonful of flour. Let it boil a few minutes. When cool add fish and the yolk of an egg beaten up. Whip the white of the egg stiffly with seasoning, fold in, pour into a greased basin. Cover with greased paper and steam for 25 minutes.

## SWEETBREAD FOR INVALID

One large sweetbread,  $\frac{1}{2}$  pint stock, 2 tablespoonfuls of cream 1 yolk of egg, squeeze of lemon juice, salt and pepper. Wash the sweetbread and soak for 2 hours with a little salt, put in a pan and boil for 5 minutes. Throw into cold water to blanch, trim off all fat and skin, cut into nice pieces and put into the stock, bring to boil and then simmer very slowly for  $1\frac{1}{2}$  hours. When tender, add the cream and yolk of egg. Strain carefully. *Don't touch the sweetbread with a knife.* Separate and trim with your fingers. Sweetbread must be quite fresh and cooked the same day.

## BREAST OF CHICKEN

Cut the breast of a chicken into small pieces and put into a small jar with some pepper, salt, blade of mace (if liked), and pour over 1 gill or a little more of milk. Cover the jar tightly and put it into a saucepan of hot water to reach half-way up the jar. Let it simmer until the chicken is done. Strain off the milk and add 1 teaspoonful of flour that has been rubbed into a small piece of butter, making a nice thick sauce. Pour this over the sliced chicken so as to mask it.

## BREAST OF CHICKEN GRILLED

Take half the breast of a chicken, skin it and wrap in a piece of paper that has been well greased with butter. Grill each side for about five minutes. Place on a very hot plate and put a ball of Maitre d'Hotel butter on top.

## CLEAR JELLY SOUP MADE FROM VEGETABLES

One cupful of diced potatoes, same of carrots, leeks, onions,  $\frac{1}{4}$  cup of chopped lettuce, some chopped parsley, tarragon and chervil, pepper and salt. Cook all these in 4 breakfastcups of water very slowly until all the ingredients are soft, then strain, and to every  $\frac{1}{2}$  pint liquor add a teaspoonful Cox's Instantaneous

galatine. See that this is really dissolved, then put this in a basin to set and place in the Frigidaire. If allowed, 1 table-spoonful of white wine or sherry can be added before the gelatine is put in. This soup jelly is a good restorative.

### SAVOURY CUSTARD

Beat up the yolk of an egg into 1 teacupful of beef tea. Beat white to a stiff froth, salt to taste. Pour into a greased piedish and bake in a very slow oven until set.

### CREAMED COD

Lay a cod steak in a casserole with a little parsley, small onion or shallot stuck with a clove and cook very gently until the cod is done. Now skim and bone it and put it into a little dish. Keep it hot. In the meantime take the liquor and make a white sauce with it with flour and butter. When it has boiled for 5 minutes, take it off the fire to cool, beat up an egg and add to it with a good squeeze of lemon. Then coat the cod steak with this and serve with some creamy mashed potato.

### EGG AND CHICKEN BROTH.

To  $\frac{1}{2}$  pint of strong chicken broth, add 1 egg well beaten, mix together very well and pour into a basin. Tie a greased paper over and place basin in a saucepan of boiling water for 10 minutes. Season to taste and send very thin slices of toast with it.

### INVALID JELLY

Two eggs, 2 lemons or oranges,  $\frac{1}{2}$  oz. gelatine, 3 ozs. sugar. Beat up the eggs, dissolve the gelatine in 1 pint liquid made from the juices of the fruit and added warm water, the rinds of the fruit cut very thinly; add the sugar. Put all into a saucepan and stir all the time over gentle heat until it thickens. It must not boil. Rinse a mould out with cold water and when the mixture has somewhat cooled, pour it in the mould and let set in a cold place.

### MILK TEA FOR AN INVALID

Put two teaspoonfuls of tea into a very hot teapot, pour on about 1 tablespoonful of fresh boiling water. Let stand whilst you heat in a saucepan  $\frac{1}{2}$  pint of new milk to boiling point. Do not let it boil however. Pour this on to the tea and strain into a cup.

## BEEF TEA

$\frac{1}{2}$  lb. shin of beef,  $\frac{1}{2}$  lb. scrag of mutton,  $\frac{1}{2}$  lb. veal bones. Cut up the beef finely, cutting off any fat but leaving any gristle there may be. Now put all meat and bones into a jar, cover with hot water, a little salt. Place lid on jar and put into the oven for 5 or 6 hours to cook slowly. Strain off into a basin. This should make a good jelly and it can be given to the invalid in this form or hotted up as beef tea. Very nourishing and sustaining.

## MILK JELLY

$\frac{1}{2}$  pint new milk,  $\frac{1}{4}$  oz. gelatine, the rind of  $\frac{1}{2}$  lemon cut very thinly, 1 oz. sugar. Dissolve the gelatine in a little water, add the milk, which must be warmed, put in sugar and rind. Stir over a very moderate heat 5 to 10 minutes. Strain off into a basin and then into little individual cups. Set in a cold place

## CREAM OF RABBIT

Joint the rabbit and put into a pan with some butter and keep on turning the pieces, but don't let them brown. Take all meat from the bones, mince it and then put through a wire sieve. Into this mix  $\frac{1}{4}$  pint of cream which has had a little melted gelatine added. Carefully flavour with pepper, salt, nutmeg and some grated lemon peel. Put all into a greased mould and steam for 1 hour. Do not turn this out until it is quite cold, and then garnish with some chopped aspic or chopped parsley and butterflies of lemon.

## MINCED CHICKEN AND EGG

Thicken some milk with a little flour rubbed in butter. Mince the half of a breast of cold chicken and let it get very hot in the milk, but do not let it boil. Poach an egg in a little milk. Put the mince on a very hot plate, set the poached egg on top.

## FISH CREAM

4 oz. white fish,  $\frac{1}{2}$  oz. butter,  $\frac{1}{2}$  oz. fine white breadcrumbs,  $\frac{1}{2}$  gill milk,  $\frac{1}{2}$  gill cream, a little squeeze of lemon, pepper, salt, and the beaten white of 1 egg. Flake the fish very finely. Melt the butter in a small saucepan, add the crumbs and milk with seasoning, and let it cook until thick. Beat in the fish and rub all through a sieve. Beat up the white of the egg with the cream. Add to the mixture and put into a small greased basin and steam for 25 minutes.

### FRICASSEE OF FISH

Make a creamy white sauce, well flavoured with pepper, salt and nutmeg. Lay in it some coarsely flaked cold white fish and let it get thoroughly hot, but it must not boil. Have a hot casserole dish, put in the fricassee and pipe a border of mashed potatoes round.

### EGG AND LEMON DRINK

$\frac{3}{4}$  cup of cold water, 1 egg, the juice of 1 lemon put all together in a shaker for 5-6 minutes.

### LEMON FOAM AS A SWEET

Dissolve 1 oz. gelatine in a pint of water, add the grated rind of 2 lemons, the juice of three and  $\frac{1}{2}$  lb. white sugar. Let all boil for 10 minutes. When it is about to set, beat it very well until very frothy. Have ready 3 very stiffly beaten whites of egg, put them in and beat just so as to make everything look uniform and light. Pour out into a mould and decorate with a little whipped cream and some glacée cherries.

### APPLE CREAM

Sieve the pulp from 2 baked apples and put into a basin. Add a squeeze of lemon juice and sweeten to taste. Beat stiffly 1 gill of cream and add to the apple pulp and serve in a small glass dish.

### A NOURISHING CREAM.

Two new laid eggs, 1 tablespoonful of sugar, 1 tablespoonful of brandy. Put the yolks of the eggs into a basin with the sugar and brandy and beat them well for a few minutes. Put the basin into a saucepan of hot water, stir until it thickens. Take off the fire, beat the whites stiffly to a froth, fold into the rest and pour into glasses.

### RICE CREAM

$\frac{1}{2}$  pint of milk, 1 gill of cream, 2 oz. ground rice,  $\frac{1}{2}$  oz. butter, 1 tablespoonful sugar, 1 tablespoonful gelatine, rind of  $\frac{1}{2}$  lemon. Cook the rice in the milk, add the butter and lemon rind. When cooked, sweeten to taste and put in the gelatine dissolved in a little water. When cool add the cream that has been well whipped. Serve with some fruit juice.

## CREAM OF BARLEY

1½lbs. Knuckle of veal, 2 oz. pearl barley, 3 pints of water, salt, yolk of egg, ½ gill of cream. Wash the barley and let it soak all night. Cut the veal into small pieces, break up the bones and put all into a pan with the barley. Cover with the water and bring to the boil and let simmer for 5 hours. Skim when necessary. Strain through the sieve. Take out bones and rub meat and barley through a wire sieve. Return this to the sauecpan with the liquor and re-heat. Beat up the yolk of the egg with the cream. Draw the pan to the side of the fire and when off the boil, gradually stir in the cream ; keep stirring all the time until it thickens, but do not let it boil. Reheat quantity as required.

## LEMON ICE CREAM

Rub two lemons well on some sugar. Squeeze the juice. Add to this 1 pint of cream. Stir well and put it in gradually. Now put 1 tablespoonful of brandy and 1 tablespoonful of Noyau and ½lb. of sugar. This quantity makes 1 quart and is very refreshing and nourishing.

## ISLE OF WIGHT PUDDING

¼lb. flour, ¼lb. dripping or lard, 1 cup sultanas, ½ cup treacle, ½ cup milk, ½ teaspoonful of baking powder. Put the fat into the flour, put in baking powder, and mix to a stiff dough with cold water. Roll out on the board to a long strip and spread the treacle over and scatter the sultanas. Roll up as a roly poly. Put into a greased pie dish. Pour over the milk and bake for 1 hour in a moderate oven.

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## JELLY PIE

This takes two days to make. Lay in a fireproof dish in which the pie is to be served, 2 rashers of bacon, cut into match size, 1 lb. shin of beef cut in small pieces. Salt, pepper, pinch of celery salt and some chopped lemon peel. Arrange these in layers, add a cupful of stock or water. Cover the casserole and cook very slowly for at least 3 hours. When cold remove the fat with a spoon. Next day dissolve 1 teaspoonful of Marmite in  $\frac{1}{2}$  pint of water, 1 teaspoonful of Tarragon vinegar, a pinch of sugar and  $\frac{1}{4}$  oz. Cox's gelatine. Pour over the meat. Set in a cold place until set.

## JELLIED FOWL

Take a fowl; 1 pint of stock made from the giblets cooked in a jar for  $2\frac{1}{2}$  hours the day before, 1 carrot, 1 tablespoonful of cooked peas, chopped parsley, pepper and salt. Prepare the fowl as usual, then put into a deep jar. Cover with the stock, add the carrot, cut up the parsley and let cook very slowly for 3 hours. Take out. Remove the bones and cut the meat up into smallish pieces. Arrange neatly in a basin. Add the peas and flavouring. Pour all over the meat and let it set in a cool place. Remove any fat with a spoon. Turn out and serve with a good salad.

## JUMBOLYA

Slice a large onion and 2 large tomatoes and fry together in 2 oz. margarine. Add  $\frac{1}{2}$  cup of chopped ham, 1 tablespoonful of any rather hot sauce, 1 tablespoonful tomato catsup and well season with pepper and salt. Cook this altogether for  $\frac{1}{4}$  of an hour. Mix in 2 large cupfuls of cooked rice, 2 cupfuls of either lobster, scallops, shrimps or chickens livers. Cook all for another half hour and serve very hot.

## JAM BRICKS

To use up slices of stale bread. Warm up a little milk. Beat up an egg in a dish, add the warm milk. Now cut up the stale bread into shapes, rounds, diamonds or squares about 3 inches square. Let them get soaked, but not too much so. Into a frying pan put some lard or margarine, when boiling fry a nice brown. Serve in a boat with some warmed jam to eat with them.

## JUNKET SURPRISE

Take 2 bananas that are quite ripe and cut them into pieces in a basin. Mash them well with a fork and whip them until they are frothy, then put this at the bottom of a dish. Make the junket in the usual way. Be sure that the milk is only blood heat. Flavour with anything you like—rum, orange, strawberry, syrup or raspberry are good. Put this into the milk before putting the rennet, carefully pour this over the banana frothe and leave to set. Serve with Devonshire Cream.

## JAMBON MILORD

Make a nice quantity of Russian salad, that is a mixture of cold cooked root vegetables cut into small dice, whatever is in season, together with some small green peas, which can be tinned ones. Flavour these nicely, add a few dried walnuts broken in pieces. Now mix these generously with mayonnaise sauce, to which has been added a little gelatine that has been soaked in some water. Lay all this in a silver entree dish. Cut as many slices of ham as you have guests and just lay them for a few minutes in some melted aspic jelly. Place these one by one on the salad, each one overlapping the other until you have covered the salad. Let this set and when ready to serve, ornament with some broken aspic jelly, sliced cucumber, egg, etc.

## JELLIED FRUIT SALAD

Pour into a glass cut bowl a good mixed fruit salad, keeping it as flat as possible. Then very slowly pour over a half quantity of wine jelly and a glass of sherry. A little rum and a few drops of some good liqueur makes it very good. Avoid the fruits floating on top, if possible. Let this get set, and then add the second half of the jelly. Decorate with a few crystalised fruits.

## JACK BISCUITS

6oz. Quaker oats, 5oz. flour, 8oz. margarine, 3oz. sugar. Mix all dry ingredients together, either rub in, or melt the margarine and mix very thoroughly. Grease a shallow baking tin, spread the mixture on about  $\frac{1}{4}$  inch thick, bake in a moderate oven until it is a golden brown. Cut into fingers or triangles whilst hot. Remove from tin.

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### KIDNEYS FRIED ON TOAST

Skin and slice rather finely some kidneys. Lightly fry them in some margarine. Now take some slices of hot buttered toast, and spread with curry paste. Put these on a flat casserole and put in an oven until the paste is good and hot. Then serve the kidney slices on top, sprinkle a little chopped parsley over and serve at once.

### KIDNEYS WITH SHERRY

Remove the skin and fat from some lambs' kidneys and cut them in thickish slices and cook in a little lard over a hot fire for not more than 3 to 4 minutes, turning them about. Then put the slices on a plate whilst you pour in the same frying pan  $\frac{1}{2}$  tumbler of sherry, some chopped parsley, pepper and salt, and rub together. Now put in some good, rather thick brown sauce and put back the pieces of kidney. Make very hot, but do not let it boil, place in a casserole and serve with a nice border of any suitable vegetable. Peas or cut French beans look particularly nice as a contrast in colour. This makes a very delicious dish for luncheon.

### KIDNEY DISH, FOR LUNCHEON

Remove the skin, cut out with scissors the tough sinew, split the kidneys, but not in two. Chop 1 kidney into mincemeat, add lemon juice, pepper and salt and chopped parsley. Into a small saucepan melt 1 tablespoonful margarine and 1 or 2 tablespoonfuls of port, and let this simmer with the other ingredients. Lightly cook the other kidneys in a small frying pan, in some margarine, but don't overcook; about 2 to 3 minutes should be enough. Put these on pieces of toast. Stir the sauce well and with a tablespoon pour it equally over the kidneys. Sprinkle with a little fresh parsley. Serve at once.

### KIDNEY TOASTS FOR BREAKFAST

Cut some ox kidney into bits about the size of a pea, about  $\frac{1}{2}$  lb. for 4 persons. Cut 3 or 4 rashers of bacon into small bits. Put some margarine into a saucepan and let kidney and bacon, salt and pepper all cook together for about 10 minutes, stirring it frequently. Now put in a good dessertspoonful of flour; stir in and then add 3 tablespoonfuls of stock or water. Cook until it nearly comes to the boil. Serve on half slices of buttered toast.

### KHICHREE

This is an Indian lunch dish.  $\frac{1}{2}$  lb. rice,  $\frac{1}{2}$  lb. split lentils, 2 good-sized onions, flavouring of peppercorns, a few cloves,

piece of cinnamon, salt, 1 or 2 bay leaves. Cut up the onions and fry them a nice colour. Then keep them hot on a plate. Put in the rice and lentils, having well washed both, in the same pan, with the flavourings. Cover with just sufficient water to thoroughly cook them soft, but not pulpy. Stir frequently to keep from burning. If too dry add water by tablespoons as each grain of rice should be separate. Put this on a very hot dish. Make the onions very, very hot again and pour over. Serve with a good curry sauce.

### KONFTAS

Mince up the remains of any cold chicken, game or white meat, season with some salt and about 1 teaspoonful of dry curry powder, a squeeze of lemon juice. Mix in 1 yolk of egg, turn out of a plate and form into little cakes. Fry these to a nice colour.

### KIPPER CREAMS, AS SAVOUREY

Put 2 kippers into a jug, pour on them some boiling water and leave for 5 minutes. Take out and let them well drain. Remove all skin and bones and pound the flesh. Add pepper and a squeeze of lemon, put in the yolk of an egg, mix well and keep very smooth. Beat up the white of the egg and a good dessert-spoonful of thick cream. Butter some fireproof cocottes, divide the mixture between them. It should make 3 or 4. Bake until a golden brown and serve very hot.

### ANOTHER SAVOUREY

Flake the kippers well, add 3 well-beaten eggs, 3 tablespoonfuls of top of the milk or cream, 1 tablespoonful of grated cheese, a little cayenne pepper. Melt 1oz. of margarine in a saucepan, pour on the mixture until it thickens and serve on buttered toast. All to be kept very hot.

### KIDNEY SAUTE AND TOMATOES

Three large tomatoes, 2 sheep's kidneys, 1oz. fat bacon, 1oz. margarine, 1 teaspoonful parsley. Skin the tomatoes and cut in two. Melt the bacon fat, add to the tomatoes and allow to cook gently in the oven until tender—about 10 minutes. Skin the kidneys and cut in slices, not too thin. Sauté these in the margarine for a few minutes, tossing them about and put in the chopped parsley. Arrange the tomatoes on a hot dish, sprinkle with salt and pepper and place a spoonful of the kidney on each half tomato. It is nice to fry some rounds of bread in bacon fat and put under the tomatoes and makes a more substantial meal.

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## LEMONADE FOR A PARTY

25 lemons, 2½ lbs. lump sugar. This quantity makes 6 gallons, 1 quart. Cut the peel in the thinnest slices (there must be no white showing), squeeze the juice, add the sugar, pour the boiling water over. Stir from time to time. Make this in a large red bread crock. Before straining, give another stir. Sufficient for a large party.

## LIVER AND LEMON SAUCE

This is very good with boiled fowl. Boil the liver for a few minutes only, then chop it and season with pepper and salt. Peel very thinly or grate the rind of lemon and squeeze the juice. Make a very buttery white sauce, let it boil for 6 minutes. When cool, add the chopped liver and very gradually the peel and lemon juice. Heat it up very gradually and on no account must it boil.

## LIVER PATE

1 lb. of pig's liver, put this through the mincer and put into a bowl, add the beaten yolk of an egg. Shave 1 oz. butter, 1 tablespoonful of mixed herbs, including sage. Cut up very, very finely, 1 clove of garlic and 1 shallot. Stir this all very thoroughly and press into a fireproof soufflé dish, bake in a moderate oven for 2 hours. It is best to thoroughly fill up the dish, as the pate should be thick through. Cover the dish before baking. When cold, run a little melted bacon fat over.

## LAMBS' TONGUES

Boil these in a little stock and then skin them. Chop a shallot and fry in a little margarine. Cut the tongues lengthways and put in a casserole. Make a good thick sauce by putting some Bisto in with the shallots and a nice bouquet of mixed herbs, add some good gravy or stock that the tongue was boiled in and put in a wineglass of sherry. Pour this over the tongues and make a border of some peas that have been hotted up in a little cream or butter.

This can be made very well with a tin of lambs' tongues, a tin of peas and some fried forcemeat balls tucked in between the pieces of tongue.

## LAMBS' TONGUES WITH CHESTNUT PURÉE.

Prepare the tongues as in preceding recipe, but instead of having the gravy, boil some peeled chestnuts with the tongues. Rub the chestnuts through a sieve. Make a creamy white sauce, to which add the purée and pour over.

## LAYER OR SPONGE CAKE

2 eggs or 2 dried re-constituted eggs, 4oz. self-raising flour, 1 teaspoonful baking powder, 4oz. sugar. Well beat up the eggs, put in the sugar, beat well, fold in the flour and the baking powder. Pour into a greased tin, bake for 6 minutes.

## LETTUCE SOUP.

Take 2 or 3 lettuces, wash them carefully and drain well. Chop them rather finely, put into a pan with a little margarine and a tiny piece of onion cut up very fine, pepper and salt. Let all fry for a few minutes. Then add 3 cups of white stock, 2 tablespoonfuls of washed rice or semolina. Cook till the rice is soft and rub all through the sieve. Add  $\frac{1}{2}$  pint of milk and let it come to the boil. Just before serving put in a little cream and serve with some fried croutons.

## LAMBS' TONGUES WITH TOMATO PUREE

Prepare as before, lay them in a casserole and pour over them a good thick sauce; 3 or 4 tomatoes sliced, add 1 shallot, about  $\frac{1}{2}$  eggspoonful of ground ginger, pepper, salt, a bay leaf. Stir and pulp this cream and pour over the tongues. A surround of creamy mashed potato may be piped round the edge.

## LAMB CUTLETS WITH ASPARAGUS TIPS.

Cut some cutlets rather thick and trim them well. Cook them in butter, each side for about 4-5 minutes; they must not be overdone. Cook some asparagus, drain it well, cut off all the harder parts, put remainder in a little cream and keep hot. Make a little good white sauce, see that it is really cooked, about 6 to 7 minutes to boil. Put in the asparagus. The sauce must not be too liquid. Pile this in the middle of a casserole and put the cutlets, ends up, round it.

## LOGANBERRY CREAM

Crush  $\frac{3}{4}$ lb. loganberries, putting aside a few of the best. Sugar to taste. 1 dessertspoonful of whiskey. Melt 1oz. of gelatine with 1 tablespoonful of orange juice. I use orange-squash from the bottle if no orange available. Mix this in, also 1 gill of thick cream. Beat quickly together and put into a glass dish. Beat very stiffly some cream and cover the whole and then decorate with the loganberries you kept back, just slightly rolling them in white sugar.

## LAMB CHOPS, BROILED

Get some rib chops, bone them and roll up. Brush over with a little salad oil or butter, melted. Broil or grill them about 8 minutes, turning them from side to side. Small peeled tomatoes done the same way should be served with the chops.

## LAMB NOISETTES DEVILLED

Take some cutlets and trim from bone and fat. Brush over with French mustard and sprinkle with some cayenne pepper, egg and breadcrumb these and put under the grill. Make a good gravy sauce, add 1 tablespoonful of tomato pulp, 1 teaspoonful each of Harvey and Worcester sauce, a little more cayenne pepper and serve this separately in a boat. Make a glass casserole very hot, put in a layer of either young green peas or spinach. Arrange the noisettes on top. Sprinkle chopped parsley or chopped mint on top.

## LEMON PUDDING

I found this recipe very good when I had no suet, but a lemon. 4oz. breadcrumbs, 1oz. flour, 2oz. beef dripping, 2oz. sugar, the grated peel and juice of a lemon, 1 egg, milk. Mix in a basin the breadcrumbs, flour, sugar and lemon peel and juice. Put the milk into a saucepan with the dripping, as it comes to the boil pour it over the other ingredients and beat up very well with a fork. As it begins to get cool, beat up the egg and add that and give another good beating. Pour into a greased basin and steam for 2½ hours. Serve with a sweet lemon sauce.

## LIVER PIE.

Chop up finely some calf's liver and add an equal quantity of boiled rice. Season very highly, pepper, salt and some grated onion. Beat up two eggs and put all into a greased pie dish and bake in a moderate oven.

## LIVER SOUFFLE

Cook some calf's liver in a little salted water for about 10 minutes. Take out and cut in pieces and pound it up in the mortar with 2oz. butter and 1oz. of bacon fat. Put this to ½ pint of well cooked white sauce, rub all through a wire sieve. Add the yolks of 3 eggs, 3 tablespoonfuls of cream, then having beaten the whites of the eggs very stiffly, put them in. Pour into a very well greased soufflé dish and bake in a hot oven for 30 minutes. It should be only a golden colour.

## LEMON CURD SPONGE

2 lemons, 2 eggs, 4oz. margarine, 4oz. self-raising flour, 4oz. sugar, a little milk. Grate the rind of the lemons into a pie dish and add the juice, put in 2oz. of sugar and cut 2oz. margarine into small pieces, beat up 1 egg and put into a moderate oven until set. Now cream the rest of the sugar with the margarine, sift in the flour, add enough milk to bring it to a consistency that will allow it to drop off the spoon. Pour this on to lemon mixture, when it has set, bake until it feels firm to the touch. Can be served either hot or cold.

## LIVER GRILL, FOR LUNCHEON

Cut the liver into slices, keeping them the same size as possible. Brush these slices over with some oil, then grill them. Rub a hot fireproof dish with a piece of garlic. Lay on the slices and keep hot. Have ready some finely cut fried onions. Put a half tomato on the pieces of liver, return to the grill for a few minutes, then surround with the fried onions and sprinkle a little chopped parsley on the tomato.

## LUCIFER SAVOURY

Allow 2 oysters for each person. Drain them. Cover with a little mustard and cayenne pepper, egg and bread crumb them and fry in some butter.

## LOBSTER SAVOURY

Pound up a small tin of lobster with 1oz. butter, 2oz. bread crumbs, rind and juice of half a lemon or a little vinegar. Season highly, mustard, cayenne, nutmeg. Mix very well and serve on fried croutons either hot or cold.

## LOBSTER, CREAMED

Cut up the lobster fairly finely. Make 2 cups of white sauce, cool this a little and then add the yolks of 2 eggs, well beaten with 1 gill of cream, salt, cayenne and a good squeeze of lemon juice. Put in the lobster and just make very hot again before serving in a casserole with a surround of rice, made hot and very dry.

Crayfish, crab or shrimps are excellent prepared in the same way.

## LOBSTER SOUP

Melt 2oz. margarine in a pan and stir in 2 tablespoonfuls of flour and cook until it begins to bubble. Draw to side of the fire and pour in gradually 1 quart of milk, stirring all the time to keep it quite smooth; let it come to the boil. Cut up the lobster into small pieces, add to the soup. Season to taste and let all cook for 15 minutes. A tin of lobster does very well for this. To serve about 4 people.

## LOBSTER, LUNCH DISH

Cut the lobster into chunks, the same size as pineapple chunks, add one-third the quantity of pineapple chunks and one-third quantity of ripe apples cut the same way and mix lobster, pineapples and apples, together with some very creamy mayonnaise sauce. Put all this in a silver entrée dish, surround with the hearts of cabbage lettuce and serve more mayonnaise in a boat.

## LOBSTER IN CASSEROLE

Pulp 6 medium-sized tomatoes, slice thinly a few mushrooms and 1 shallot, make a good creamy white sauce, put in the other ingredients, season with pepper and salt, let all simmer until quite cooked; don't let it boil. It must be very thick. Let it cool a little, then add 1 tablespoonful of brandy, stirring in by degrees and a gill or more of thick cream. Cut up the lobster (or 2 according to number to serve) and  $\frac{1}{2}$  pint of shelled shrimps, and place in a casserole. Pour the sauce over completely covering it. Leave it and when required simply hot up sufficiently to slightly brown the top. It must be really hot, but on no account allow it to boil.

## LOBSTER PILAU

Put a handful of sultanas to soak. Cut the lobster in half, take out the meat and put into a basin, which cover so that it does not get dry. Remove the poisonous parts inside and well wash the shells in cold water, and crush them, put into a saucepan with some water and a little salt. Let it boil and crush the shells with a wooden spoon. When the stock is well flavoured, strain from the shells. Let the stock come to the boil, put in rather more than  $\frac{1}{4}$  lb. well-washed Carolina rice, boil 20 minutes, strain and dry, keeping very hot, and retain the stock. Cut up the lobster in small pieces, put into a casserole with some butter,

1 teaspoonful of dry curry powder, the sultanas and a little stock. Cover and put in the oven until the stock is absorbed. Just before serving add the very hot rice, mix carefully and serve very hot.

### LOBSTER, SUPPER DISH

Take all the flesh from a medium-sized lobster and flake it. Melt 1oz. butter in a small saucepan and put in the lobster. Let it cook for a few minutes, keeping it stirred. Whisk up 2 eggs, season well, put in 2 tablespoonfuls of milk and add by degrees to the lobster and cook very gently until it begins to set, then divide and put on to as many pieces of hot buttered toast as there are persons. Garnish with little sprigs of watercress. Serve very hot.

### LOBSTER, DEVILLED

Cut a lobster in half, take from the shell, chop the lobster rather finely and mix with a teacupful of fine breadcrumbs. Wash the shells in cold water. Melt a little butter and use it instead of oil to make a good salad dressing, well seasoned with cayenne; mix this with the lobster meat, fill the shells with this. Cover with breadcrumbs, not too many, dab on some butter and bake in a hot oven for 10 minutes.

### LOBSTER SOUFFLE

Make a panada in the usual way with 1oz. butter, 1oz. flour, 1 gill of milk. Then when thoroughly cooked and cooled a little, add the yolks of 2 eggs, one by one, put in the meat of the lobster, 1 teaspoonful of lemon juice, salt, pepper and cayenne. Whisk the whites of the eggs to a froth, mix in lightly in a soufflé dish well buttered. Bake in a moderate oven for  $\frac{1}{2}$  hour.

### LOBSTER SHELLS

Cut up a lobster into quite small pieces. Make a very good and creamy velouté sauce, using half quantity of either strong chicken or veal broth with the milk, 1 teaspoonful of meat extract, cut up some chives, enough for 1 teaspoonful,  $\frac{1}{2}$  cup finely-grated cheese and 1 small wineglass of sherry, pepper and salt. With the mixture, fill some small shells, bake for a little in the oven until very hot. Crumble some rather coarse bread crumbs. Mix in a small saucepan with some butter. Put these over the shells, return to the oven until they brown.

## LOBSTER CREAMS

This makes a delicious first course for luncheon party and should be served in individual glasses. Chop very finely the meat of a fair-sized lobster, then pound it to a paste, adding salt, cayenne, pepper and some good anchovy sauce. Whip some cream until stiff, add this by degrees until all is smooth and creamy. Pour into the glasses and hand some very thin toast in a rack.

## LAMBOURNE PUDDING

The weight of 1 egg in butter, sugar and flour, mix with 2 yolks in a basin and put in 1 tablespoonful of strawberry or raspberry jam. Whisk the whites of the eggs, add  $\frac{1}{2}$  teaspoonful of bi-carbonate of soda, add to the mixture and steam the pudding for 2 hours. Serve with any good sweet sauce.

## LUNCHEON DISH, COLD

Take a ring mould and fill it with a thick highly-seasoned gravy, mix in a little gelatine, then put in some bits of either cold chicken or veal or game. Set in the Frigidaire. When ready to serve, turn out on to an entrée dish, fill the inside with a Russian salad mixed with mayonnaise, and decorate with alternate little heaps of cold asparagus tips and cold cooked baby carrots or other vegetables, according to the season.

## LUNCHEON DISH, HOT

Carve into joints a steamed chicken ; arrange these on a hot fireproof dish. Pour over a very good curried cream sauce. Make a good border of rice round it. This can also be made into a cold dish, by adding some aspic jelly to the curry sauce and masking the joints with it. Serve cucumber dressed and in cubes.

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## MAYONNAISE

The two recipes here given have been very useful during the time that we have had no oil. Take 2 yolks of eggs, 1 dessertspoonful of sugar, 1 dessertspoonful dry mustard, some salt, 1 level tablespoonful of margarine, 1 gill of milk, 1 gill of tarragon vinegar. Put all the dry ingredients into a basin which stand in saucepan of nearly boiling water. Add the margarine, which should be quite soft, then the yolks of the eggs well beaten. Keep on stirring all the time, very slowly, add the vinegar, then the milk. Let it cook slowly until the proper consistency. You must be very careful not to let it boil. Put into a jar, cover and keep in a cool place.

### MAYONNAISE (2ND RECIPE)

Break an egg into a basin with 2 level tablespoonfuls of wine vinegar, or tarragon vinegar, and beat together very well, add 1 teaspoonful sugar, some salt and pepper. Pour into a small saucepan and cook on a gentle heat beating all the time. Break into small pieces 2 to 4 oz. of margarine. The more you can spare the thicker and the better will be the sauce. Add these pieces one by one until you have a really thick-looking custard. Tartare sauce can be made from this by adding very finely-chopped pickled onions or shallots, gherkins and capers.

### MARMALADE MADE FROM SWEET ORANGES

To 1lb. of sweet oranges use 2lbs. sugar, 3 pints of water, either 3 lemons or 2 teaspoonfuls of citric acid, or 1 or 2 pieces of quassia chips; these must not be in the marmalade for more than ten minutes. Cut the fruit in thin slices, put the pips into a piece of muslin and put this with the fruit into the pan, covering with the water and citric acid, if this is being used. Let it come to the boil and continue slowly boiling until the peel is quite soft; it will not look transparent as it does when made with Seville oranges. This should take from 1½ to 2 hours. Remove the pips and add the sugar. Keep stirring until the sugar is quite dissolved then let it boil very rapidly. Keep on trying a little on a plate until it "jells," then put in jars and tie down at once.

### MARMALADE

This is made in one day. Cut the Seville oranges very fine and to every lb. of fruit add 3lbs. sugar and 1 quart of water. Put pips into a little jar, cover with water and put in coolish oven, add the white jelly they make into the marmalade about 10

minutes before you take it off. Cover the cut oranges with the water until the skins are quite tender and transparent and the contents of the pan are well reduced. Add the sugar, stir very well until it has really dissolved, and let all boil for about an hour. Keep well stirred, then let all finish off rapidly. Test in the usual way. Add the pip jelly. Put up as soon as ready, or it will lose its beautiful colour. Tie down at once.

### MARZIPAN (*as made in War-time*)

1 tablespoonful of sherry (or water), 1oz. margarine, 2oz. sugar, 2oz. Soya flour or half of Soya and very fine dried and sifted sweet biscuit crumbs, 1 teaspoonful of Ratifia or Almond essence. Melt the margarine in the warm water, add essence and sugar, stir well, then add the Soya flour and form a stiff paste. Turn out onto board and knead it well. This does for the Christmas cake or to make sweets. Macaroons can be made by rolling flat, cut in rounds and bake in moderate oven about 20 minutes till golden brown.

### MARSHMALLOW CREAMS

Melt  $\frac{1}{2}$  lb. of marshmallows, cutting up first; then put them in a double boiler with  $\frac{1}{2}$  pint of strong coffee. When thoroughly melted put to cool. Whip up  $\frac{1}{2}$  pint of cream very stiffly. Fold in. Put into individual glasses and let stand for 4 hours in the Frigidaire.

### MEDLAR JELLY

1 pint of water to every lb. of fruit, 1 lemon. Wash the fruit, cut up the lemon finely and the medlars into quarters. Pour into pan and cover with the water. Let it come to the boil and pound with wooden spoon. It takes about 1 $\frac{1}{2}$  hours. Strain through a cloth in the usual way; do not squeeze or it will not be clear. Weigh the liquid and add same weight of sugar. Let it boil and test in the usual way.

### MEDLAR JELLY (RECEIPE No. 2).

Put the medlars, which must be quite ripe, into the pan with enough water to cover them and let all cook until it is a pulp. Strain through a jelly bag or cloth. To every pint of juice add 1lb. sugar. Let it come to the boil very fast, for about 1 hour, and skim frequently.

### MEDLAR JELLY (RECIPE No. 3).

Put ripe medlars into pan with water to cover, simmer well until they become pulp. Strain. To every pint add 1lb. sugar and boil for 1½ hours.

### MILK SOUP

Boil together 1 onion and 5 medium-sized potatoes. When done rub through the sieve, then mix the pulp with ½ pint of the water in which they were boiled and half a pint of milk. Flavour with pepper and salt. Take a good handful of watercress that has been well washed in salted water, chop this fairly fine, add a nice piece of margarine. Stir well and let it almost come to the boil and serve with fried croutons. Cream could be added instead of margarine.

### MUSHROOM SOUP

Peel and cut up the stalks of the mushrooms; wash them well. Cover with just enough chicken stock or water in which potatoes have been boiled (see that it is not too salt), let it come to the boil and cook for 15 minutes. Strain and throw peel, etc., away. Slice the mushrooms and a little piece of onion, put into a shallow pan with a little butter, stirring all the while; do not let it get brown. When quite soft, rub through the sieve, but keeping back a few slices of the mushrooms. Add the purée to the liquor, season with pepper and salt, put sufficient top of the milk to make quantity required, stir until it thickens; do not let it boil. Add the slices of mushrooms just before serving.

### MUSHROOM CASSEROLE

Take some large mushrooms, peel and stalk them. Quickly grill the mushrooms for a minute or two on both sides. Chop the stalks and any broken bits very finely, put in equal quantity of chopped ham and fine bread crumbs, a very small onion and some parsley chopped. Add a good squeeze of lemon juice and mix well together. Butter very well a casserole, lay in the grilled mushrooms. Cover with the mixture. Cover the casserole and bake until brown and serve very hot.

## MUTTON AND BEANS

This makes an economical dish for early dinner. Soak the haricot beans overnight and boil until tender but not to a mash. Cut up a scrag of mutton with only just enough water to cover, some salt and pepper, 2 large onions, cut up 2 bay leaves. Bring to the boil and let simmer for  $1\frac{1}{2}$  hours. Take all meat off the bone. Well grease a casserole with some dripping, put in some beans, then a layer of meat and repeat, having beans for the last layer. Put some little bits of dripping on the beans. Put in the oven until it is done.

## MEDAILLIONS OF MUTTON

Cut meat off cutlets and twist round into a good shape. Put on a plate, pour a little oil on and round them and turn these over from time to time. At the same time put to soak some French plums, have as many as there are medallions. About half-hour before you need these, slit the plums enough to slip the stones out, put them in a little saucepan with some margarine, cook slowly but thoroughly turning them about. Have some rounds of buttered toast, the same number again. They should be only just larger than the medaillions. Grill the meat in the ordinary way, put on the toasts and a plum on each. Serve with a purée of spinach round or a purée of carrots or little new carrots.

## MUSACCA

This is a Greek dish and will be found very good. Take 2oz. margarine, 1 small onion, 1 dessertspoonful of flour,  $\frac{1}{2}$  cup of milk, 2oz. of either mutton or beef, fresh or ready cooked, pepper, salt, a  $\frac{1}{2}$  eggspoonful spice, 12 slices boiled potatoes, some mushrooms if available, 1 bay leaf, a little grated cheese, 1 egg or its equivalent dried. Fry in the margarine the onion, meat, mushrooms and the condiments and let cook gently for half-hour. Grease a pie dish and arrange the potato slices round. Then add the contents of the frying pan. Now make a white sauce with the flour, milk, etc., When cool add the egg well beaten, pour over the meat and add the grated cheese. Put in the oven for 15 minutes ; send to table very hot.

## MUTTON BAKED ROLL.

An Economical and delicious dish.

Bone  $2\frac{1}{2}$ lb. of breast of mutton. Cut away if too much fat and put with the bones to make a good stock for Scotch broth. Lay the meat on a board, cover with about  $\frac{1}{2}$ lb. rashers of bacon,

a good layer of veal forcemeat. This should be very well flavoured with herbs and lemon peel chopped finely. Here and there put pieces of pickled walnuts. Now roll up very tightly and tie with string. Cover with greased paper, put into a baking tin in a moderate oven and baste from time to time. Serve with this a good gravy to which has been added some currant jelly, 1 tablespoonful chopped fresh parsley, 2 tablespoonfuls fine bread crumbs, pepper and salt. Bring all to the boil, stir well before putting in a sauceboat.

### MINT JELLY

Wash and quarter a pound of green unripe apples and put to them  $\frac{1}{2}$  pint of vinegar and let cook until all is soft. Pound with a wooden spoon to get the apple juice well out. Strain through a cloth all night and don't try to squeeze it out. Next day measure the liquer. To each pint allow 1lb. of sugar, put on the fire and cook slowly until all the sugar is dissolved. Then let it come to the boil and let gallop for 10 minutes. To every pint of jelly add 2 tablespoonfuls of finely chopped green mint. Stir this well in. Strain. Put into jars. Cover at once and store in a cold place. This is best made in double quantities.

### MUTTON PUDDING

Quite excellent for a winter's day dinner dish. Line a pudding basin with a suet crust as for beefsteak pudding. Cut up into fairly small pieces about 2-2 $\frac{1}{2}$ lb. of mutton taken from the clump end of the lion, trim off any superfluous fat. Cut up the kidneys from the loin and mix with the mutton; lay this in the basin, sprinkle in between 2 shallots cut very finely, some parsley, well season with pepper and salt, nearly but not quite fill the basin with water, cover with the suet crust, well pressing the edges together. Cover with cloth and tie very tightly and boil for 3 hours. Serve in the basin.

### MERINGUES MT. BLANC

Make meringues in the usual way, using 3oz. sugar to each white of egg. Best made in a round shape for the Mt. Blanc. Mix flour of chestnuts with 2 to 3 dessertspoonfuls of milk until it is soft, but not running. Carefully place the meringues on a glass or silver dish, round top up. Cover with the chestnut preparation. Now whip some cream so stiffly that it stands alone, and forms into "mountain tops" on the chestnut mixture. A very favourite sweet with young people.

## MACARON CREAM

2 dessertspoonfuls ( $\frac{1}{2}$ oz.) gelatine, 1 cup of hot milk,  $\frac{1}{2}$  cup hot water, 1 egg, 2 dessertspoonfuls sugar, 1 cup whipped cream, 1 cup macaroon crumbs, 1 teaspoonful vanilla. Dissolve gelatine in hot water. Beat the egg, add sugar, hot milk and flavouring. Heat, stirring all the time till mixture thickens on the spoon. Let it get cool, then add the gelatine. When the mixture is thickening, stir in the whipped cream and the macaroon crumbs and pour into a well wetted mould. Serve with cream and decorate with cherries or angelica.

## MUTTON MEDAILLIONS WITH ARTICHOKE

Cut the m $\acute{e}$ aty parts from 1 $\frac{1}{2}$  mutton cutlets, trim them into rounds. Have a tin or bottle of artichoke bottoms, drain them on a cloth and heat them in some butter. Grill the medaillions about 3-3 $\frac{1}{2}$  minutes each side, having well peppered them first. Into a very hot entr $\acute{e}$ e dish put the artichokes with a medaillion on each one. Garnish with a surround of spinach or grilled tomatoes cut into halves.

## MOUSSE. EITHER CHOCOLATE OR OTHER FLAVOURINGS.

Put 1 tin of evaporated milk to get hot in the oven. Open it first. Take 2 tablespoonfuls of cocoa, 2 tablespoonfuls of sugar, mix with a little of the top of the milk and let cook a little. Dissolve 3 dessertspoonfuls of gelatine in 2 tablespoonfuls of warm water, add to the evaporated milk in a basin and stir well. Put it into the Frigidaire and when about to set beat it up very well, then add the chocolate mixture and beat again and turn out on to a glass dish. Put into the Frigidaire. When about to serve beat up some cream, put over the mousse and decorate with glac $\acute{e}$  cherries. Different flavourings can be made with coffee, rum, lemon, orange, strawberry, etc. Can be made the day before using.

## MUSHROOM MERINGUES

Break up into small pieces some medium very fresh mushrooms and cook them very slowly in a little butter. Put in some salt and pepper, 1 yolk of egg and about 1 tablespoonful of cream. Let all cook until nice and thick. Fry some squares of bread, about 2 inches by 2, in some bacon fat or lard, do not let them get hard. Pour on each crouton some of the mushroom pur $\acute{e}$ e. Quickly beat up the white of the egg very very stiffly and com-



pletely cover the mushroom. Sprinkle with a little finely grated cheese mixed with paprika and put in the oven until it looks a good golden brown.

### MOCHA CREAM

$\frac{1}{2}$  oz. gelatine,  $\frac{3}{4}$  pint of milk,  $\frac{1}{2}$  cupful of hot water, 4 teaspoonfuls of coffee essence, 2 tablespoonfuls of sugar, 1 egg, 2 or 3 drops of vanilla.

Bring milk to boil, add the coffee and boil for 1 minute. Beat egg yolk and sugar, add to the coffee mixture and cook until the mixture coats the spoon. Leave to cool. Dissolve the gelatine in the hot water, then stir in, adding the few drops of vanilla. When beginning to set beat the egg white very stiffly and whisk into the mixture. Pour into a wet mould. Serve in the mould ; it should be a plain round one. Beat up some cream stiffly and pour on top. Decorate with chopped pistachio nuts or a few crisp flakes of malted wheat cereal.

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## NUT BISCUITS

4oz. ground almonds, 4oz. castor sugar, 4oz. margarine, 4oz. flour, a pinch of bi-carbonate of soda. Mix all the ingredients together with a wooden spoon until they are thoroughly kneaded together. Put on a slightly floured board and flatten and press with a rolling pin, then cut out into rounds and bake for a few minutes until a nice golden colour. Use as little flour on the board as you can.

## NICOISE SALAD WITH EGGS

4 eggs, 1 tablespoonful aspic,  $\frac{1}{2}$  teaspoonful gelatine, 1 big tomato, mayonnaise. Poach the eggs and let get quite cold, then trim them. Coat with mayonnaise to which add 1 tablespoonful of aspic and  $\frac{1}{2}$  teaspoonful gelatine; this wants doing carefully on a flat dish as they must be really well coated. Cut the large tomato into 4 slices, having first skinned it. For the salad take 6 cooked new potatoes, 3 medium tomatoes,  $\frac{1}{2}$  pint cooked runner beans, some French salad dressing. Cut the potatoes into dice, chop the tomatoes, chop the beans and mix well together with the French dressing. Put all this in the centre of a round glass dish, the 4 slices of tomato round and carefully place 1 egg on each piece of tomato. Sprinkle with chopped parsley

## NORMANDY FLAN

Make some good short pastry and line a flan dish with it, but do not cook it. Place on it some cold apple marmalade, then arrange some thin slices of cooking apple, overlapping each other and in a regular pattern. Put a shake of castor sugar on top and bake in a hot oven for  $\frac{1}{2}$  hour. Let it get cold, then glaze with some boiling apricot marmalade *i.e.*, apricot jam made warm and rubbed through a sieve, add a very little water and some sugar and let come to the boil. For the apple marmalade, cut up some cooking apples, about 1lb., add a piece of butter, the size of a walnut, 3oz. sugar and a little water. Bring to a boil and pulp well with a wooden spoon until quite smooth. This makes a very good pudding for a luncheon party.

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## ORANGE SALAD

4 oranges,  $\frac{1}{2}$  lemon, some raisins or sultanas, 1 tablespoonful each of salad oil, brandy, a little sugar, salt, cayenne, 1 teaspoonful each of chopped Tarragon and Chervil or parsley. Soak the raisins which must be split and stoned, in the brandy and oil. Peel the oranges so that there is no white pith left, take out the pips, divide into sections and put into a rather flat glass dish or bowl. Squeeze the lemon juice over. Cut a shallot very very finely and sprinkle over with the sugar, salt and pepper. Pour over the raisins brandy and oil, sprinkle the herbs on top. Make this about 1 hour before serving with wild duck, etc.

### ORANGE SALAD (RECIPE No. 2).

Peel and separate some oranges into sections, arrange in a bowl, sprinkle with a little sugar and finely chopped mint. Make a syrup by boiling some sugar in a teacup of water. Flavour well with lemon juices and sherry. When cold pour over the oranges. Decorate with mint leaves.

## OMELET: SPANISH WAY

The difference between a Spanish omelet and a French one is really that the Spanish one is served flat and not rolled or folded as is the French. So take four eggs, beat yolks and whites together, season with pepper and salt and when the pan in which you have put about 1 to 2 tablespoonfuls of olive oil is smoking hot, pour in the mixture. If you are not really an expert in tossing or turning an omelet, try this way: Hold an enamel plate over the omelet and turn it upside down over a dish. Now slip it back again the reverse way and put any boiling fat back as well. One minute after, the omelet should be ready. There are many different savoury fillings that may be used.

(1) Slice some onions, sprinkle with a mixture of flour and cheese crumbs, fry these together before making the omelet and put them very hot on half the omelet and just fold over.

(2) Cut 2 or 3 rashers of bacon up finely with a little grated onion or shallot, fry in a little butter and have this all hot and ready to serve on the one half of the omelet.

(3) Mince very finely any morsels of chicken or game. Crush a few potato chips, bought variety, a small tomato, a grating of onion, pepper and salt, 1 dessertspoonful of sherry (or white wine). Let these be mixed in a saucepan and get very hot. Serve as above on the omelet.

(4) Chicken livers with a little ham, onion, chopped parsley, pepper, salt. Proceed as above.

(5) Chopped up mushrooms cooked in a little wine and butter. Season with parsley.

(6) Chop up two lambs' kidneys, 1 rasher of bacon, parsley, and cook in butter. When done, add just enough sherry to thoroughly moisten.

(7) Young green peas, asparagus tips, tomatoes—all these added to a little fried onion, make good fillings.

### ORANGE CAKE

2oz. margarine, 4oz. flour, 2oz. sugar, 1 egg or 1 dried egg used dry, 2 teaspoonfuls of baking powder, the grated rind of 1 orange, the juice of same with 1 tablespoonful of water, 3 tablespoonfuls of milk. Beat the sugar and margarine until soft and creamy. Put in the well-beaten egg, juice and water. Continue to beat, sieve in the flour and baking powder mixed, then the peel and milk and beat until it looks very creamy. Grease 2 rather small cake tins, divide half the mixture into each, bake in a fairly hot oven for 20-25 minutes. When cold can be split and spread with orange jelly, or marmalade.

### ORANGE BRANDY

1 gall. pale brandy, juice of 2 lemons, 1½ pints juice of Seville oranges, the peel of 12 Seville oranges pared very thin, 2½lb. of sugar candy. Let this stand for 2 days and stir very frequently, well covering the pan with a thick cloth. Now strain through a jelly bag 3 or 4 times until quite clear, rub 3 or 4 oranges with a few lumps of sugar, put them in and let them stand 1 hour until dissolved; strain again and then bottle it. A piece of blotting paper put in the bottom of the jelly bag saves a lot of trouble in clearing. This is an old family recipe and then, Brett's British pale brandy was used. I do not know if this is now procurable.

### ORANGE PICKLE

6 oranges, 5oz. dates, 3 cupfuls of sugar, 2 cupfuls of white vinegar, 1 teaspoonful of cloves, cinnamon, lemon peel and mace tied up in a muslin bag. Peel the oranges removing all pith and pips. Cut into thick slices, put into a double saucepan. Cut up the dates, add them and let all cook until quite soft. Boil in a small pan the sugar, vinegar and spices for ½ hour. Take out the muslin of spices, add the spiced vinegar to the fruit, let all simmer for 1 hour. Bottle, and eat it especially with cheese.

## OYSTER SCALLOPS

Butter some scallop shells, lay in some breadcrumbs and then the oysters; tinned are very good. Make a very little buttery white sauce. Add any liquid from the oysters, a good squeeze of lemon and put with the oysters. Cover with breadcrumbs and dabs of butter. Bake 20 minutes until a golden brown.

## OYSTER SAVOURY

Cook the oysters in some butter with pepper and salt, add the liquor until they begin to swell up. Beat up 1 or 2 eggs, according to the numbers of oysters. Add some cream, stir all together until thick. Serve on very hot soft buttered toast.

## OYSTER SOUFFLE

Pound in the mortar the flesh of two whittings. Make a panada of 2oz. margarine, 1½oz. of flour and ½ pint of milk, the liquor of the oysters. Mix this and cook until done, beating it well. Now add some cream, about a gill. Keep on whipping. Cut the oysters; put in, pepper and salt, and a small grating of nutmeg. Now add one by one the yolks of 3 eggs, then the pounded fish and lastly the stiffly beaten whites of the eggs. Pour all into a well-buttered soufflé dish and steam for ¾ hour.

## OSWEGO CAKES

8oz. cornflour, 4oz. butter, 6oz. castor sugar, 3 eggs, 1 teaspoonful baking powder, pinch salt. Beat butter and sugar to a cream, whisk the eggs well with the salt and add, beat, then sieve the flour, beat again. Butter some patty pans (not too much butter), fill ¾-full. Bake in moderate oven for 20 minutes.

## ONION SOUFFLE

Melt 1 tablespoonful of butter in a saucepan, add 1 tablespoonful of flour, salt, a little paprika. Cook for a few minutes, then add 1 cup of milk. Let it come to the boil, stirring well. Now put in ½ cup stale fine breadcrumbs, teaspoonful chopped parsley, 1 cupful of cold cooked chopped onions and the yolks of 2 eggs, well beaten. Whisk up the whites of the eggs very stiffly, fold them into the mixture. Bake in a well greased soufflé dish for 15-20 minutes. Serve with a cream sauce.

## OXTAIL WITH CARROTS

Cut the tail into serviceable pieces, flour them and fry with a large onion cut up. Turn the pieces about several times. Have ready a good many carrots cooked; if too large divide them lengthwise. When they are done strain them but keep the water they were cooked in. Now put the oxtail into a large earthenware dish. Sprinkle 1 tablespoonful flour into the frying pan, rub well in, then add the carrot water and make a very good gravy. Add 2 cloves, 6 allspice, salt, pepper. When this has boiled some minutes, pour all over the oxtail, put the casserole into the oven and let it simmer 3 hours. Just before serving add some lemon juice and 1 wine glass of sherry. Heat up the carrots and return these to the casserole.

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## PINEAPPLE CAKE

Beat 6 eggs well in a basin, and sift in 6oz. sugar. Stand the basin in a saucepan of boiling water and keep on beating the mixture until it thickens. Sieve in gradually 6oz. flour with a pinch of salt and  $\frac{1}{2}$  teaspoonful of baking powder. Keep on beating. Now add 3oz. of chrystalised pineapple, finely chopped, and the grated rind of 1 lemon. Mix thoroughly and pour into a greased paper lined tin. Bake in a quick oven for half-an-hour.

## PEAR JAM

7lbs. pears, 3 oranges, 1 or 2 lemons, 6lb. sugar. Wash the fruit. Remove pips from oranges and lemons. Put all fruit unskinned through the mincer. Put into a preserving pan with the sugar. Stir until the liquid forms and the sugar dissolves. Cook until it all looks clear. Pot up. Try also plum and orange jam, and damson and orange. Make same way.

## PINEAPPLE MARMALADE

This should make about 12lbs. Open 3 large tins of pineapple chunks, drain off the juice, weigh the fruit. To 4lbs. of pineapple allow 1lb. of apples and cook to a pulp. Cut with a knife and fork each chunk across the grain, otherwise it might be tough. Measure the juice, *i.e.*, 1 pint weighs  $1\frac{1}{4}$ lb; take the weight of the fruit and juice and allow just under  $\frac{3}{4}$ lb. of sugar to each pound fruit and juice. Put juice and sugar on to boil and when sugar is dissolved, add fruit, pine and pulped apple. Finish the jam in the ordinary way, boil very fast towards the end. test in the usual way. The pineapple should be soft, but not broken.

## PRUNE MOULD

(1) Put to soak overnight 6oz. prunes. Cook in 1 pint of water, in which you have soaked the prunes; add a small piece of cinnamon and  $\frac{1}{2}$ oz. sugar. When cooked, take out stones, add  $\frac{1}{4}$ oz. of gelatine (see that it is properly dissolved), rub all this through the sieve. Mix 2oz. of currants washed and then soaked in 1 tablespoonful of sherry and add to the pulp. Pour into a well-wetted mould and let set. Serve with cream or custard.

(2) To 1lb. prunes, 3oz. castor sugar, 1oz. gelatine, juice and rind of 1 lemon, 1 glass brandy or sherry, 1 pint of water. Soak prunes in the water overnight, then boil with the sugar until soft, remove stones and crack the kernals, add with the wine, lemon and the gelatine that has been dissolved. Boil for 20 minutes. Put into a border mould. Serve with whipped cream in centre. The mixture is nicer if rubbed through a sieve after boiling.

### PEAS SCALLOPED

Melt 1oz. margarine in a saucepan, add  $\frac{1}{2}$ oz. flour. When cooked put  $\frac{1}{2}$  pint milk, making a thick white sauce; boil for 5 minutes. Add 2 tablespoonfuls grated cheese. Salt and pepper to taste. Put in the cooked peas. Grease 4 scallop shells and divide the mixture equally into them. Mix 1 tablespoonful cheese with 2 tablespoonfuls of fine bread crumbs. Cover the peas with this, dab a few bits of margarine over and brown in the oven.

### PEAS AND LETTUCE

Wash, dry and shred finely 2 or 3 lettuces according to size. Chop very finely 1 small onion or shallot, mix together. Put some margarine into a casserole, add half the lettuce and onion, pepper and salt and 1 teaspoonful of sugar. Then put in the peas. Cover with remainder of the lettuce, put on lid and bake  $\frac{1}{2}$  hour, or until done.

### PARTRIDGE HOT POT

Cut the partridges in two. Line a greased casserole with some pieces of bacon. Slice a kidney, lay on the bacon, then a layer of oysters. Put in the halves of the partridges, a few slices of new potato, more kidney in layer and again the oysters, season with pepper and salt and 1 shallot cut very finely, pour in 1 gill of stock. Slice a potato rather finely, dip in a little oiled margarine and cover the ingredients. Strew fine breadcrumbs over and bake in a moderate oven for 1 hour. Serve in the casserole.

### POTATOES, CREAMED

Two breakfast cupfuls of potatoes that have been boiled and cut into dice. Put these into 2 breakfastcupfuls, about 1 pint, of parsley sauce that has been well seasoned with salt and pepper. Make very hot before serving.



## PANCAKES FOR BREAKFAST

Make the usual pancake batter overnight ; 2 eggs, 6 table spoonfuls of flour, rather less than 1 pint of milk. Cut up 2 rashers of bacon into small pieces. Pepper, salt, 1 dessertspoonful of chives cut finely, 1 dessertspoonful of chopped parsley. After well beating the batter, add the other ingredients and at the last 1 teaspoonful of baking powder. Fry into 6 or 7 pancakes in boiling fat.

## PANCAKES OF CABBAGE AND BACON

Make a batter in the usual way. Shred a little white cabbage and boil it. Dry very well on a cloth. Cut up 3 rashers of bacon into matches, cook in a little saucepan, then add the cabbage with pepper and salt. Stir into the batter, add 1 teaspoonful of baking powder at the last, beat well up and fry into several pancakes. Must be kept very hot.

## PHEASANT AND SPAGHETTI

Boil the spaghetti for 15 minutes in salted water, drain very dry. Cut the cold pheasant into tidy pieces away from the bones. Cut up 1 tablespoonful of onion very finely and 2 rashers of bacon, put into a saucepan and cook for a few minutes, with 2 or 3 tomatoes peeled and cut up. Let cook for 10 minutes. Put the spaghetti into a casserole, pour on the onions and tomatoes ; keep very hot in the oven. About 10 minutes before serving, lay in the pieces of pheasant. Let all get very hot and serve with a purée of spinach.

## PHEASANT IN CASSEROLE

(1) Cut the pheasant into 6 or 8 pieces and put into a casserole with a little margarine and a bouquet garni. Cook for a few minutes, turning the pieces over. Now put just sufficient stock, made from the pheasant carcase, and let all simmer  $\frac{1}{2}$  hour. After coming to the boil, add a thickening of flour in milk and just before serving 1 tablespoonful of cream and garnish with rolls of fried bacon.

(2) Cut the pheasant into pieces. Lay in a casserole with some margarine ; let cook. Now add some small onions which have been cooked in margarine. Some small mushrooms and little new potatoes, or potatoes cut very small. When serving, lay pheasant neatly in the middle and make alternate groups of the vegetables round. Sprinkle chopped parsley over all.

## PHEASANT REGINA

This makes a most excellent dish for a small party. Cut the pheasant into neat servicable pieces and put into a casserole with 30 peeled and divided walnuts. Squeeze or pound and sieve 2lbs. grapes and also squeeze 4 oranges. Add this with a wine-glass of sherry and  $1\frac{1}{2}$ oz. of margarine to the pheasant. Add pepper and salt. Let all this cook in a hot oven for  $\frac{1}{2}$  to  $\frac{3}{4}$  hour. Lift out the pheasant, surround it with the walnuts and keep hot. Strain the liquor through a sieve into a small saucepan. Well flavour it with a little grated onion, 2 cloves, a grating of nutmeg, 1 tablespoonful of sherry; let all get very hot, thicken with a little Bisto or browned flour, reduce until it is sufficiently thick to coat the pheasant entirely. Garnish with chopped parsley and serve very hot.

## PHEASANT MOUSSE (COLD)

Take all the meat off a cooked pheasant before it is quite cold. Half the quantity of lean ham, mince it and then pound in a mortar separately. Add not quite  $\frac{1}{2}$  pint of good white sauce gradually whilst passing the meat through a sieve; as it helps the rubbing. Put all into a basin, pepper and salt it and mix it well for a few minutes. Melt 1 gill of aspic jelly, add by degrees, working it all the time, then put nearly  $\frac{1}{2}$  pint of beaten cream and fold in. Put into a basin or mould and let set in a cold place. Turn out on to a glass dish. Garnish with a little beaten aspic and serve a celery salad with it.

## PIE CRUST

This makes a change from pastry over the fruit and is much quicker to make. 4oz. flour, 3oz. margarine, 2oz. brown sugar. Mix flour and sugar, rub in the margarine till it becomes lumpy, add a very little milk if necessary. Put this on top of the fruit to take the place of the pastry and bake tart in the ordinary way. Best to put a piece of greased paper over, about half-time, to prevent burning.

## PEAS IN CASSEROLE—A VEGETARIAN LUNCH DISH

2 pints of peas. A good-sized round lettuce into which sprinkle some finely chopped mint and 1 small onion. Put all into a good-sized casserole with a very little water and  $\frac{1}{4}$ lb. butter; cook for 20 minutes. Take out the lettuce, cut across into four. Keep warm. Test the peas, if they are about done.

Add to the juice in the casserole 2 tablespoonfuls of cream, the beaten yolk of an egg, a little sugar, pepper and salt. Return lettuce to peas when all is ready to serve.

### PILAU

Boil a chicken with some cloves, allspice and peppercorns. When cooked take it up and put in a colander. Set this over the saucepan of boiling stock in which the chicken was cooked. Put in  $\frac{1}{2}$  lb. rice which has been well washed and 2 tablespoonfuls of sultanas in the stock and boil for 15-20 minutes; drain off any stock that may be left. This makes a good soup for next day. Drain and let the rice get dry in a warm oven. Have ready a large plateful of onion rings, fried in  $\frac{1}{4}$  lb. butter or margarine until golden brown. When ready to serve put chicken on dish. Mould the rice round it. Pour the onions and butter over the top and garnish with 2 hard-boiled eggs cut in long quarters.

### PEACH SOUFFLE

1 bottle of peaches, or 1 tin,  $\frac{1}{2}$  pint cream,  $\frac{1}{4}$  oz. gelatine. Rub peaches through a sieve, add the gelatine which has been dissolved in a little warm fruit juice, and put this into the cream which has been well whisked. Sweeten to taste. Mix in with the peach purée; do this very lightly. Turn into a soufflé dish and set to cool in a cold place.

### PEAS, SPANISH MODE

1 large tin of peas or  $\frac{1}{2}$  lb. dried peas soaked over night, 1 tablespoonful chopped parsley, 1 tablespoonful chopped leek, a little garlic, 1 oz. lard, 1 rasher bacon cooked,  $\frac{1}{4}$  lb. chopped cooked sausage, sprinkle of flour, pepper, salt. Put peas in saucepan with the parsley, garlic, leek, seasoning and flour and lard. A little water. Cook until all is soft. Place on very hot entrée dish and put cooked bacon and sausage—both to be chopped—on the top.

### PIGEONS STEWED WITH MACARONI

Cut the pigeons in quarters, put them into a stewpan with some margarine, pepper and salt; let all brown well, then add some stock, a little wine, a bouquet-garni. Bring to boil and simmer until cooked. They should do very slowly. Parboil 3 oz. of macaroni about 15 minutes, strain very dry, put to the pigeons about  $\frac{1}{2}$  hour before serving. Put some chopped parsley over.

### PIGEON STUFFED WITH SAUSAGE MEAT

Prepare the pigeons as for roasting, choosing nice young ones, then stuff the whole of the inside with sausage meat. Roast them 20 minutes to  $\frac{1}{2}$  hour, basting well. Serve them on a mattress of either well cooked and flavoured Savoy cabbage or on a bed of stewed red cabbage that has had a little vinegar added to it.

### PIGEONS CASSEROLED

Prepare pigeons in the ordinary way, then cut them in half and put them with some bacon fat on a tin; put them in the oven to get well browned, during which time make a sauce as follows: Into a saucepan put 1oz. margarine or bacon fat, 1 onion chopped up, let brown; then add 1 tablespoonful of flour, pepper and salt,  $\frac{1}{2}$  pint of stock. Put the pigeons into a casserole and cover with this sauce. Put in the oven, moderate heat, so that they do slowly. Garnish with croutons of fried bread and serve with a dish of boiled rice.

### PIGEON GRILLED WITH BACON

Cut the pigeons open down the back, but do not quite separate. Take a sharp knife and remove the breast bone, place on a board and with a rolling pin flatten as much as possible. Rub them well over with a piece of garlic, if this is liked, and then with a little oil. Grill them for about 10 minutes, first one side and then the other. Dish them on a very hot dish. Garnish with rolls of crisp bacon and watercress round, or a border of puréed spinach if no watercress.

### PIGEONS COLD IN ASPIC

Boil the pigeons (3), then remove the skins, place them flat on a dish, carving them in two. Make a very good white sauce, about 1 pint, adding to it a good teacupful of warmed aspic jelly. When cool, coat most completely and evenly each half of pigeon, put to set. When ready put into a silver dish, decorate with tomato slices, cut cucumber and cold slices hard-boiled egg, or what you will.

### PIGEONS IN CASSEROLE

Take young pigeons and truss them. Cut up some fat bacon and put inside each bird to keep them moist. Put on a tin with some margarine and brown them in the oven. Take them out, cut in two lengthwise. Put in a casserole, make a good gravy

in the tin in which they were browned and add a glass of claret and season to taste. Pour this in with the birds, adding a few shallots or very small onions and a few mushrooms. Put casserole into a moderate oven for  $1\frac{1}{2}$  hours as pigeons must be cooked very slowly if they are to be nice.

### PIGEON BRAISED WITH VEGETABLES

Braise some carrots, turnips, onion, pieces of celery, mushrooms, etc., enough to make a good bed in a large casserole. Put a good piece of margarine that has been rolled in a mixture of flour, pepper, salt and a grating of nutmeg, into each pigeon. Put them on a tin and brown well in the oven. Put these, cut in half, lengthwise on the bed of braised vegetables, make a gravy in the tin in which the birds were browned, pour over and let all simmer in the oven for 1 hour.

### PIGEON SOUFFLE

Stew 1 pigeon, not too much, mince the meat. Well season the gravy which should be a little thick. Melt 1oz. butter, add 2oz. flour, let cook together, stirring well, then by degrees add the gravy. Cook all for 5 minutes, take off the fire and add one at a time the beaten yolk of 2 eggs. Put in the minced pigeon. Beat the whites of the egg very stiffly and put with the rest. Put all into a well-buttered basin, cover and steam for  $\frac{3}{4}$  hour. Serve with a good gravy—some that may have been left over from the stewing—flavour with a little sherry and serve very hot in a sauce boat.

### PIGEONS ROAST WITH MUSHROOMS

Pigeons stuffed with chopped mushrooms and equal quantity of chopped bacon, herbs and parsley and quickly roasted are excellent. Serve bread sauce and a good thick brown gravy.

### PICKLE OF PEARS OR PLUMS

For those who like a sweet pickle this recipe may appeal ; it applies to either fruit.  $3\frac{1}{2}$ lb. of fruit, 2lb. sugar,  $\frac{1}{2}$  pint water,  $\frac{1}{2}$  pint vinegar, 3 cloves. Peel, divide and core the fruit and boil together with the water, vinegar and cloves until soft ; then add the sugar, stir well until dissolved, let it all come gently to the boil, then let it boil rapidly for 10 minutes. Bottle and tie down.

## PLUM TRIFLE

Cut some sponge cake up and put at the bottom of a glass dish. Stew the plums, when cooked take the stones out, crack the kernels and put them with the plums on to the cake. Dissolve 1 tablespoonful of gelatine into the hot plum juice and when it is cool and about to set, add  $\frac{1}{2}$  pint of custard and whip together very well. Decorate with some whipped cream.

## PORK FILLET WITH STUFFING

Soak the fillet in salted water for 2 hours, drain and wipe the meat, rub some margarine over and put it on a tin in the oven. As soon as it is well browned surround it with a number of raw potatoes, cut in quarters lengthways. About 20 minutes before serving, cut a slit in the pork lengthways and insert some apple sauce to which has been added some very finely chopped sage, pepper and salt. Return to oven to get very hot. The following dish may be served with it.

Cut some carrots into rounds, brown lightly in butter or margarine, sprinkle with a little flour, pepper and salt, add a little water and 1 tablespoonful of Burgundy (or any other wine). When nearly done add a handful of stoned grapes—the hard white ones would do—cook gently and serve very hot in a casserole.

## PORK FILLET WITH PEAS

Cook a piece of very young and tender pork in a casserole with some slices of bacon, little onions and a bouquet garni. When nearly done take out and slice it thinly. Cook some peas, when strained, add some very finely shredded lettuce, return to saucepan putting either a small piece of margarine or 1 tablespoonful of cream, let all just get thoroughly hot, now rub through a sieve to a puree. Reform the meat into a block and place on puree on dish and pour over so as to completely coat, it a thick highly-seasoned Bechamel sauce. Sprinkle some coarse bread-crumbs that have been browned in margarine. Make all very hot in the oven for a few minutes only, or the sauce will get spoilt.

Serve with this the following Salad Morrocaïn: Cut up 2 cooked cold potatoes, 2 peeled tomatoes and 3 bananas. Take the stones out of 3 dates and cut up, a few pieces of celery shredded, arrange all in a bowl and pour over  $\frac{1}{2}$  glass of white wine and a good squeeze of lemon juice. Decorate with a ring of shredded lettuce leaves or a little watercress and hand some mayonnaise sauce.

## PORK CUTLETS WITH VEGETABLES

Chop up 3 breakfast cupfuls of any vegetables that are in season. Well grease a casserole, put in the vegetables, together with 1 breakfastcupful of water or stock and put in a medium oven, having put a lid on the casserole. Into a pan put a little fat, lay in the pork cutlets and 1 large onion cut up and let cook very gently. Take the cutlets out carefully so as not to break, put on top of the vegetables. Add a little flour to the onions in the frying pan, rub together, put in just enough stock or water to make a gravy, pour into casserole. Just before serving add a wine glass of sherry.

## PORK, LEG OF, WITH VEGETABLES

Boil a small leg of pork, with carrots, turnips, etc ; time according to size, and when three-quarter done take it out and skin off the fatty part. Now rub the leg well over with some gin and sprinkle with coarse brown sugar. Put on a tin and bake to finish cooking. It is delicious and much more digestible than roast pork usually is. Serve with it the vegetables that were boiled.

## POTATO CHIPS

This is an economical way of doing them for either fish or game. Cut some raw potatoes into long strips, but not too thin. Lay them in a baking tin, sift a very little flour over them and put some small pieces of dripping or other fat with just a little water at the bottom of the tin ; put into a hot oven for  $\frac{1}{2}$  hour.

## POTATOES A LA GENOISE

Cut some potatoes into thin slices and boil them carefully so that they do not break. Now make a good white sauce of about  $\frac{1}{2}$  pint of milk, 1 oz. margarine and 1 tablespoonful of flour. Let it boil for 5 minutes, adding pepper, salt and a dash of cayenne pepper. Put into this sauce the potatoes, stir them very carefully, add a tin of prawns. Divide into as many scallop shells as you have persons, see that the potatoes are on top, put the shells in a tin and bake in the oven till they begin to brown. These make a very nice first course for luncheon.

## PUDDING A LA TURIN

Boil about  $\frac{3}{4}$  pint of milk. Carefully put in a few drops of vanilla. Clean 2 tablespoonfuls of sultanas and let them steep in a wine glass of rum. Break up into small pieces  $\frac{1}{4}$  lb. of sponge cake. To this add 4 eggs well beaten with 2 tablespoonfuls of marmalade, the sultanas and rum, and well beating the whole gradually add the milk. Butter well a pudding mould, pour in the mixture, set it in a steamer over boiling water and let it steam for 45 minutes. Turn out into a hot silver dish and pour over either a hot custard or a good sweet sauce flavoured with a little more rum.

## PRALINEÉ SOUFFLE (COLD)

Two tablespoonfuls of chocolate powder,  $\frac{1}{2}$  pint of cream,  $\frac{1}{2}$  teacup of new milk,  $\frac{1}{2}$  lb. French almond rock, 2 eggs,  $\frac{1}{2}$  oz. of gelatine, sugar to taste. Boil the milk and the chocolate together. Dissolve the gelatine, add slowly, then the yolks of the eggs well beaten. Whip the whites of the eggs very stiffly, also the cream and add to the mixture. Lastly put in the French almond rock that has been well crushed and mix all very lightly. Turn into an oiled soufflé dish and leave to set in a cold place.

## PUDDING THAT RESEMBLES ICE CREAM

1 heaped teaspoonful each of flour and castor sugar, margarine the size of a walnut,  $\frac{1}{2}$  pint milk, 1 egg. Mix flour and sugar with a little of the milk until quite smooth. Put the margarine into the rest of the milk, bring to the boil, add the sugar and flour, let it boil for 5 minutes, stirring all the while. Take off from the heat and add the yolk of the egg well beaten. Beat well the white of the egg, add it, beat well, then put the mixture on to heat again until just on to the boil. Flavour with a few drops of vanilla. Pour into a little bowl and put in the Frigidaire. Any other flavouring can be used for this as variation.

## PUDDING STEAMED

3oz. flour, 2 large apples,  $\frac{3}{4}$  teacupful sultanas, 1 tablespoonful brown sugar, 1 egg, gratings of orange and lemon peel, a little milk. Mix all ingredients well in a basin. Beat the egg, add the little drop of milk, beat well, put into a greased pudding basin and steam for 1 hour.



## PINE KERNELS

Put a little butter into a frying pan and when really hot put in the kernels, shake them well until they are a pale gold colour, then drain them on a sieve. They are excellent served hot with a dash of cayenne whilst hot, and when cold and dry put in a tin to eat cold with cocktails.

## PRAWNS IN ASPIC

1 pint of aspic jelly,  $\frac{1}{2}$  pint of shelled prawns, 2 hard-boiled eggs, watercress or lettuce. Pour a little liquid aspic into a mould to cover the bottom and when firm arrange some prawns on it, then a little more aspic; allow to set, add a layer of chopped egg, add more jelly, let it set and so on until the mould is full. Put in the Frigidaire until wanted. Turn out on glass dish and garnish with watercress, cucumber or tomatoes, whatever is in season. Can be served in little individual moulds, filling them in the same way and turning them out on to plates with salad round for each guest.

## PINEAPPLE MARSHMALLOW

$\frac{1}{2}$  oz. gelatine, 1 tin of pineapple, in slices, not cubes, some crystallised cherries, hot water, sugar, colouring. Dissolve the gelatine in  $\frac{1}{2}$  cup hot water. Drain off the juice from the pineapple, add the dissolved gelatine and make up with water to make 1 pint of juice. Sweeten to taste. Put a little of the liquid at the bottom of a plain mould and when set arrange a slice of pineapple with a cherry in the middle, pour on a little more liquid and allow to set. Then coat the sides of the mould with some of the jelly and standing up round the sides place slices of pineapple with cherries in position. Now cut up the remainder of the pineapple with a few cherries, add to the remainder of the jelly. Colour with a few drops of cochineal, beat it up very well and put in the middle. Allow to set in the Frigidaire. Serve with whipped cream.

## PARSNIP FRITTERS

Cook, drain and then mash 2 or 3 parsnips. Stir in 1 tablespoonful of margarine, pepper, salt, 2 eggs well beaten, 1 cup milk and enough flour to make a very stiff batter. Have a frying pan of boiling fat, drop 1 tablespoonful at a time of the batter and fry a golden brown. These are delicious served with bacon for breakfast or served as a vegetable with cold ham for lunch.

## PEAS AND CARROTS

Boil some new carrots, all to be about the same size, in a little salted water, until they are done. Drain them and put into a casserole with some margarine, a little sugar, pepper, salt, and some chopped parsley. Put into the oven to keep hot. Then drain off some cooked peas to which a sprig of mint has been added whilst cooking, and make a surround of these about the carrots. Serve with either roast or boiled chicken.

## PEAS, COOKED IN THE FRENCH WAY

Shell about 2 pints of young peas, the heart of a large lettuce, a few small onions, 1 tablespoonful of sugar, salt, pepper,  $\frac{1}{4}$  lb. margarine, 2 tablespoonfuls of water. Put the peas into a largish earthenware casserole that has a good close lid to it, add the lettuce, onions, sugar, the margarine, salt and pepper and water, cover with the lid, bring to boil and then let simmer until the peas are soft and all the liquid absorbed. Take out the lettuce, cut it and surround the peas with it and garnish with the onions.

## POTATO (POWDER) CHIPS

Measure in a tumbler the required quantity of boiling water, add half this quantity of potato powder, stir quickly all the time. This produces a sticky dough. Turn out on to a potato floured board. Roll out to about  $\frac{1}{2}$  in. thickness, cut into strips and then into chip size. Fry in boiling fat for exactly 1 minute, neither more or less. Lard is really best as the fat.

## PEACH GIULIA

Split some ripe peaches and stone them. Fill centres with a little pulp of peach, some macaroons crumbled, sugar, some grated citron peel and some liquer, 2 drops of almond essence. Put the halves together, moisten with wine. Beat the whites of 2 eggs with sugar, put over the peaches, put into a moderate oven until they glaze. Then set them on a base of sponge cake or shortbread moistened with a few drops of red wine. Will be found excellent.

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## QUEEN'S SOUP

Take the carcase of a boiled fowl, remove all pieces of meat. Crush the bones, put into a saucepan with some flavouring vegetables and cover with the stock in which the fowl was boiled, having removed all the fat possible and having let it come to the boil, allow it to simmer for some hours. Then strain off and again remove any fat. Chop all the meat very finely and chop the white of 1 hard-boiled egg, rubbing it very fine with a wooden spoon, add 1 teaspoonful ground almonds, 2 dessertspoonfuls of corn-flour, pepper and salt. Mix with  $\frac{1}{2}$  pint of milk till very smooth. Now put this to the soup, let it come to the boil and boil for 3 minutes ; let stand at side of stove, put in the meat and white of egg and when thoroughly hot, serve it. Do not let the soup boil again.

## QUENNELLES FOR SOUP

Cut some raw veal very finely and put through the mincer twice, then pound in the mortar and rub well down. Season with pepper, salt, a grating of nutmeg, a grating of lemon peel. Take sufficient of a beaten yolk of egg to bind the mixture. With 2 teaspoons form into little egg shapes, all one size, poach these very slowly in a little stock, which must not boil, turn them about until they are cooked, put one or two in each soup plate when serving.

## QUINCE JAM

To every 4lb. quinces, 6lb. sugar, 1-2 qts. of water and 1 lemon. Peel and core the quinces, just cover with water, add the juice of the lemon, let boil, cook all very slowly until tender, about  $\frac{1}{2}$  hour, after the boil. Now add the sugar and when dissolved let it come again to the boil ; keep stirring from time to time. Test it on a plate and when about to set bring it rapidly to the boil and let gallop for 10 minutes. Cover whilst hot.

## QUINCE JELLY

Use all the skins and cores of the quinces, cover with water just sufficient to float them and boil till soft. Then strain through a jelly bag or cloth and leave all night to drain. Measure the liquor and to every pint allow 1lb. sugar, boil together for about  $\frac{3}{4}$  hour and then test as for red currant jelly.

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## RABBIT IN CASSEROLE

Cut up a rabbit and 1lb. of either pickled pork or bacon. 2 breakfastcupfuls of breadcrumbs, 2 large onions chopped very fine, about 8-12 leaves of sage according to taste, pepper and salt. Put the cut pieces of bacon to line the bottom and sides of a casserole, then a layer of rabbit (these should be in small joints), than a sprinkling of the breadcrumbs mixed with the sage and onion, pepper and salt, and repeat these layers, but have bacon for the last one. Just cover with stock or hot water, put on the lid and cook in a moderate oven for 2-2½ hours.

## RABBIT SERVED AS POUSSIN

Put the rabbits, which must only be about 8 inches long, breast down on a board and chop down the spine into two. Rub these with oil and then grill them until just golden brown, 6-8 minutes. Keep hot whilst you grill the same number of rashers of bacon and mushrooms. Serve very hot and quite dry. Bread sauce may be handed .

## RABBIT FOR TWO

Take 2 legs of rabbit, lightly sauté them in a little margarine, put in about 6-7 little onions or shallots whole. When partly cooked put into a casserole. Cover with cut tomato, make a creamy white sauce, having put into the milk first of all, a bouquet garni of parsley, thyme and marjoram, pepper and salt. Pour this over the rabbit, onion and tomato. Cover with a lid, put into a moderate oven for ¾ hour.

## RABBIT MOULD

Cut up a rabbit into small pieces with ½lb. bacon cut into squares and a good seasoning of herbs and lemon peel and let all stew very gently until the meat will come off the bones. Hard boil 2 eggs and cut in rings. Well rinse a mould, having freed the rabbit from all bones. Lay in the mould some pieces of egg, then bacon, some sausage meat (½lb. will be wanted), rabbit, and repeat layers. Season with pepper and salt. When nearly full, strain the liquor and add to it ½oz. gelatine. Pour over until within ½in. of top of mould. Put to set in a very cold place until next day. Decorate with either chopped parsley, or some aspic jelly and serve with a salad.

### RABBIT CUTLETS

Having put the rabbit into well-salted water for about 1 hour, take it out and dry it and cut into joints. With a very sharp knife bone the pieces. Then on a plate put some ground ginger, pepper, salt and 2 allspice, ground up and well rub this into the pieces of rabbit. Put a piece of margarine into a small frying pan, put in the rabbit, turn them about, cook for about 12 minutes. See that they are cooked through, put on dish and keep hot. Into the frying pan put 3 tablespoonfuls of coarsley chopped parsley mixed with 3 chopped shallots; shake well until cooked. Put the cutlets into a very hot entrée dish, and the parsley, etc., round them. It must be served quite dry. Serve spinach and mashed potatoes separately with it.

### RABBIT PUDDING

Put rabbit to soak in salted water, dry well and cut into small joints. Make a good light suet crust and line a pudding basin with it. On a dish put 1 tablespoonful of flour, 1 teaspoonful of curry powder, salt, a little grating of nutmeg and rub each piece of rabbit well with this mixture and then carefully pack them into the basin. Mix a dessertspoonful of red currant jelly into some warm water and pour over the rabbit. Cover with a lid of the pastry and a cloth, and boil for  $2\frac{1}{2}$ -3 hours.

### RABBIT JELLIED

Soak the rabbit for 1 hour in water with plenty of salt. Dry and cut into joints. Put these with 1 onion, 2 rashers of bacon kept whole, a bunch of herbs and a piece of lemon peel, in 1 pint of water and let boil slowly. Skim carefully. Then take all meat off the bones, cut the bacon separately into little matches. Mix  $\frac{3}{4}$ oz. gelatine with some of the stock which has been strained. Put some peas (tinned ones will do), arrange nicely at the bottom of a glass casserole and just enough of the jelly to set them. When set, put in the rabbit meat, pepper, salt and bacon carefully. Fill up with the jelly and put to set in a cold place. Turn on to a glass dish, put the rest of the peas round and serve with a rather sharp salad.

### RABBIT CREAM

Cut up the rabbit, free it from all bone and with a little bacon put it twice through the mincer. Then put it into the mortar with the grated peel of  $\frac{1}{2}$  lemon, some pepper, salt and a grating of nutmeg. Well pound it, adding by degrees  $\frac{1}{2}$  pint of thick

creamy white sauce, to which add a little gelatine ; rub through the sieve. Beat up one egg, add to it some cream, about 1 gill, beat all up very well. Pour into a very well oiled mould, tie down with greaseproof paper and steam until it feels firm to the touch. Put into the Frigidaire. Do not turn out until quite cold. Boil down the rabbit bones and let this be the stock for making some aspic jelly. When ready to serve, use some of the latter broken up with a fork for decoration. Surround the dish with a ring of peas and hand a good salad finished with a French dressing, using lemon juice instead of vinegar if possible.

### RABBIT, WHITE DEVIL OF

Cut the rabbit into joints, poach these in a frying pan, drain and dry. Put neatly into a casserole with 1 medium-sized onion cut up very very finely. Now mix in a cup 3 tablespoonfuls of Worcester cause, 3 tablespoonfuls Harvey sauce, plenty of pepper, salt and a shaking of cayenne pepper. Add 1 gill of raw cream, pour over the rabbit. Cover the casserole and cook in the oven for about 20 minutes.

### RABBIT RISsoles

Put all meat from a cold rabbit through the mincer with some scraps of ham or bacon, a small piece of onion, 2 or 3 sprigs of parsley, thyme, marjoram and lemon peel. Beat up an egg to bind the mixture but do not use more than is necessary. Form into little cakes, egg and breadcrumb them and fry. Serve in a dish with a good lot of fried parsley. Any cold bits of game can be used in the same way.

### RABBIT RECIPE

Cut the rabbit into joints and also  $\frac{1}{2}$  lb. bacon into small bits and fry together until a nice brown. Take out and keep hot while you fry two sliced onions nicely browned ; add to the rabbit with pepper and salt. Now slice up into pieces rather longer than for Julienne strips, enough carrot to make  $\frac{1}{2}$  pint and the same of turnip. Put rabbit and vegetables into a casserole and add rather more than  $\frac{1}{2}$  pint of stock or water and let all cook in a moderate oven for  $1\frac{1}{2}$  hours. Just before serving thicken the gravy with some flour and  $\frac{1}{2}$  cup of capers or nasturtium seeds. This is a very delicious way of doing a rabbit.

## RABBIT AND PRUNES

Soak  $\frac{1}{2}$  lb. prunes over night and next day cook them until the stone can be slipped out. Soak the rabbit in well salted water for 1 hour, dry and joint it. Put into a stewpan a nice piece of margarine. Let each piece of rabbit brown. Season well with pepper and salt and pour over a cup of either beer or cyder, put in the prunes. Cover with lid and let all simmer on the stove for  $1\frac{1}{4}$  hours. Best served with a purée of some vegetable or mashed potatoes.

## RABBIT RISOTTO

Boil  $\frac{1}{4}$  lb. rice for 12 minutes, dry and put back into the pan to keep hot. Cut up very very finely 2 shallots and cook for a few minutes in some margarine. Now add any small bits of rabbit, sausage or game and put all this with the rice. Open a small tin of peas, heat it and surround the rice with them in a casserole. Make 1 gill of cream very hot, but not boiling, and pour over the rabbit risotto.

## RABBIT, GALANTINE OF

Cut two rabbits, after having boiled them with 1 lb. of knuckle of veal and a bouquet garni, into as large nice-shaped bits as possible, removing all bones. Put these into a mould in layers with hard boiled eggs (2) cut in rings and  $\frac{1}{2}$  lb. of ham or bacon. Season to taste. Reduce the stock that the rabbits were cooked in by boiling fast. Just nearly fill the mould with this, cover with greased paper and steam for  $1\frac{1}{2}$  hours. Do not turn out the galantine until it is quite cold. The knuckle of veal in the remaining stock can be made into a nice dish with some rice boiled with it. Add a small piece of mace for flavouring, make a good white sauce well flavoured with lemon, both peel and juice, and pour over the meat.

## RABBIT, SAVOURY BAKED

The rabbit for this must be young and well grown. Make the following mixture and put inside the rabbit. One teacupful of breadcrumbs, 1 teacupful of flour, 1 teacupful of parsley, sage and onion all chopped fine and mixed together, 1 teacupful of suet and the liver chopped finely. Season very well with pepper, salt and some grated lemonpeel. Now bind all together with an

egg beaten up, put inside the rabbit and stitch up the flap. Put into the oven with a good piece of dripping and baste well. It must not get dried up, but should be nicely browned. Serve with apple sauce and plenty of rich gravy.

### RASPBERRY JAM (FRESH)

Pick and weigh raspberries, crush them with a silver fork, set them in a pan on the fire, stir all the time until they are on the point of boiling, then take them off the fire and set on the table. Have ready the same weight of sugar, crushed and warm, put into the pan with the fruit and stir until on the point of boiling. Take it off and put it into the jars at once and cover whilst hot. It is liquid at first, but will keep for years and always retain colour and flavour of fresh raspberries. The whole point in this recipe is never to let the fruit come to the boil.

### RHUBARB JAM.

Pare and cut into small pieces 4lb. of rhubarb, add 3lbs. sugar and the rind and juice of  $1\frac{1}{2}$  lemons cut very fine. Put all into a pan and let it stand until next day. Then strain off the juice, put into pan and let it boil for  $\frac{3}{4}$  of an hour, add the rhubarb and let all boil together 10 minutes. Make this in July, when the rhubarb is ripe.

### RHUBARB CHUTNEY

Cut up 2lbs. rhubarb and 3 large onions with 1lb. sugar, boil until it looks like jam. Now add  $\frac{1}{2}$  pint vinegar, 1 tablespoonful of ginger, 1 tablespoonful mixed spice and boil gently together for 20 minutes. Tie down whilst hot..

### RHUBARB MOULD

Cook some rhubarb, sweeten to taste, add a piece of lemon peel. Melt some gelatine in the hot juice and add; the quantity is  $\frac{1}{2}$ oz. to 1 pint of pulp. Add a few drops of cochineal to colour, put into a well-wetted mould and put to set in a cold place. Blanche a few almonds and split and cut into lengths. Ornament the rhubarb mould with these and serve with cream.

### RICE, SAVOUREY

This makes a good breakfast dish. Boil rice from 12-15 minutes, dry it well and put it into a stewpan with a nice-sized bit of margarine; stir well. Season pepper and salt, 2 table-

spoonfuls of ham cut into small pieces, 1 dessertspoonful chopped parsley, 1 dessertspoonful onion cut very fine, 1 teaspoonful each of thyme and marjoram. Mix with 1 or 2 eggs according to amount of rice and serve very hot.

### RICE SOUFFLE

1oz. Caroline rice, 1 teaspoonful sugar,  $\frac{1}{2}$  pint milk, 1 egg. Put rice, sugar and milk into a double saucepan and when cooked let cool a little. Now beat up the yolk of the egg thoroughly, beat all together. Finally the stiffly beaten white of the egg. Pour into a soufflé dish, put into the oven until done, about 25-30 minutes; it should be just brown.

### RICE FLORENTINE

3oz. Patna rice,  $\frac{1}{4}$  pint picked shrimps or prawns, 3 gills stock made from shells and heads of shrimps, 2 teaspoonfuls curry powder, 1oz. butter or margarine, 1 tablespoonful grated cheese, 1 small onion chopped. Well wash the rice. Put it in the stock and when done, drain, and put in the curry powder, onion and butter. Keep stirring well. Just before ready to serve add the shrimps, cheese, and a little salt. It should be very hot but dry. Sprinkle chopped parsley over.

### RATAFIA ICE CREAM

To 1 pint of cream add a little milk mixed with 2 yolks of egg. Beat this and put to it  $\frac{1}{2}$  lb. sifted sugar. Crush 2oz. of ratafias and put all into a pan and let cook very gently, until it is a thin sort of custard. Carefully add the juice of  $\frac{1}{2}$  lemon. Put this to freeze, and when almost set add 2oz. of ratafias crushed and sifted with 1 glass of noyau. Beat in and then leave to get frozen.

### RATAFIA BISCUITS

Beat well together in a mortar 1oz. sweet almonds, 1oz. bitter almonds, add 1lb. sifted white sugar and the grated rinds of 2 lemons. Take 1 $\frac{1}{2}$  yolks of eggs and work this into the mixture. Then put a piece of paper on a flat baking tin, take little bits of the mixture, about the size of a shilling, flatten out and bake in a moderate oven. If they feel firm to the touch, they are done.

## RISSOTO

Boil down the giblets of a chicken, legs, neck, liver and gizzard in a very little water, until they are quite tender. Take out the giblets and boil  $\frac{1}{4}$  lb. well-washed rice in the stock for 15 minutes. Cut up 2 onions very finely in rings, fry in some margarine. They must be very crisp. Take off all scraps of meat from the chicken's neck, cut up the liver and the gizzard, keeping out all hard bits ; fry this for a few minutes in the same fat as the onions. Put the rice into a casserole with the bits of meat, mix well, then pour the onions over. Return to oven to get very hot.

## RICE CREAM SOUP

Make about 1 pint of thin white sauce, grating into it a small piece of onion. Boil 1 breakfastcupful of rice in salted water for 25 minutes. Drain very dry, putting it into a colander, stir with a fork and keep hot whilst doing so. Add this to the sauce. Make hot whilst you rub all through a sieve. Let all come once more to the boil. At the last moment before serving add 1 gill of good cream. Stir well and pour into soup plates. Add a good pinch of finely chopped parsley to each plate and hand some croutons of fried bread.

## RASPBERRY VINEGAR

Put to 1 quart of white vinegar, 1 lb. of raspberries. Let them stand 24 hours, then strain the juice from them and put this to another 1 lb. fruit. Let them stand the same time, strain, and then repeat once more, adding the third lb. of fruit. Put the weight of the juice in loaf sugar, bring to the boil, skim it well and then bottle it. Dilute with water to drink, according to taste. This was always considered a very refreshing drink in illness and made a change from lemonade.

## RAMEKINS OF CARROTS

1 cup of grated carrot,  $\frac{1}{2}$  cup breadcrumbs,  $\frac{1}{4}$  cup sugar,  $\frac{1}{2}$  cup milk, 2 eggs. Beat up the yolks of the eggs and add the sugar, carrots and breadcrumbs and put all into a double boiler with the milk. Let it come to the boil and stir until it becomes quite thick. Butter some ramekin dishes, pour some of the mixture in, nearly filling the ramekins. Bake 15 minutes. Whip up the whites stiffly mixed with 1 tablespoonful of castor sugar ; put on top and return to oven to get brown.

## RAGOUT OF GIBLETS WITH CURRY SAUCE

Well wash the giblets, put them into a saucepan with an onion cut up, 1 carrot also cut in slices and a bouquet of herbs and cover with water. After coming to the boil let them simmer until all is tender, about  $1\frac{1}{2}$  hours. Take out the giblets and keep hot. Make a good curry sauce, using the stock the giblets were cooked in; bring up to the quantity required by adding more stock or milk. Chop up some gherkins and a few pickled onions or shallots, add to the curry sauce. Boil some Patna rice 10-12 minutes. Keep it very dry. Over the giblets that you have kept hot pour the curry sauce and make a good border of the rice, or, serve this separately in another dish. Sets of giblets can usually be obtained from the poulterer or fishmonger.



## Notes

## Notes

### SALAD DRESSING WITHOUT OIL

This makes enough for 4 people. 4 tablespoonfuls of "cream" from the top of the milk, 1 teaspoonful of vinegar, Tarragon is nicest,  $\frac{1}{2}$  teaspoonful castor sugar, 1 small saltspoonful salt, a good pinch of pepper. Mix salt, pepper and sugar with vinegar till dissolved. Then add the cream and stir in. Some like a small  $\frac{1}{2}$  teaspoonful of made mustard; if so, add to the vinegar.

### VINANGRETTE DRESSING

Into a basin put  $\frac{1}{2}$  teaspoonful of dry mustard,  $\frac{1}{2}$  teaspoonful of castor sugar,  $\frac{1}{2}$  saltspoonful of salt and pepper each. Dissolve these in 1 tablespoonful of vinegar, beat in 2 tablespoonfuls of oil. Instead of vinegar, lemon juice can be used. Chopped chives, if liked, improves the dressing very much.

### SALAD CREAM

This cream, which is boiled, will keep quite a long time. Take 1 cupful of vinegar, 1 egg or 1 tablespoonful of dried egg,  $\frac{1}{2}$  cupful of sugar, 1 dessertspoonful of salt, margarine, the size of a walnut. Put the vinegar, margarine and sugar into a saucepan, stir all the time until nearly boiling. Now beat the egg well and put with the other ingredients into a basin. Mix thoroughly. Pour the contents of the saucepan into these by degrees, stirring well; return to saucepan and bring to the boil, stirring all the while. Bottle and use as required, and if found too thick, add a little cream, milk or vinegar.

### SALADS THAT CAN BE SERVED AT ANY TIME

(1) Sardines pounded with cayenne and margarine spread on little rounds of brown bread. Garnish with mustard and cress.

(2) Rub a glass dish with a piece of garlic, make a potato salad; cut the potatoes while they are warm. Mix with a good salad cream. Sprinkle with chopped chives and garnish with a very little grated carrot.

(3) Some rather thick rounds of brown bread and butter, lay on some strips of herring in oil. Garnish with capers and small bits of beetroot.

(4) Cut 2 or 3 apples into small cubes, same quantity of celery, 1 shallot cut very fine, a few chopped dates and walnuts. Mix with salad dressing and surround with shredded lettuce or watercress.

(5) Mix an equal quantity of cold boiled rice and corn, pile this on tomato slices, surround with shredded lettuce and cover with mayonnaise.

(6) 1 cup of cooked green peas, 1 cup of cold rice, some finely chopped celery, a grating of onion. Put some crisp lettuce leaves in a bowl, pour the ingredients on to them and put mayonnaise sauce over, or a simple salad dressing.

(7) Boil 3 tablespoonfuls of rice. When cold add 2 tablespoonfuls of diced beetroot, 1 tablespoonful of diced celery. Whip up some cream stiffly, seasoned with salt and pepper and pour over.

### SALMON JELLIES

To every 2 cups of cold flaked salmon add 1 of mayonnaise and mix well without breaking up too small the flakes. Now dissolve  $\frac{3}{4}$ oz. of gelatine in a little water, put into the mixture. Stir gently until it begins to set, pour into little dariole cases or cups that have been oiled, and put to set. When ready to serve, turn out on a silver entrée dish, garnish with cress and hand a seasonable salad with it.

### SALMON CREAMS (COLD)

3oz. cold salmon, 1 gill of calf's foot jelly or aspic that has been flavoured with some sherry,  $\frac{1}{2}$  gill cream, 2 teaspoonfuls lemon juice, sliced cucumber and paprika. Pound and sieve the salmon. Put it into a pan with the lemon juice and jelly and warm until it melts. Leave until nearly set. Whip the cream, add it to the rest and beat them together. Put into china ramekin cases and set on ice. Serve in the cases, decorate with cucumber slices.

### SALMON SHELLS

Rub some cold salmon through the sieve and a small cupful of very fine white breadcrumbs, some pepper, salt and chopped parsley. Whisk 2 eggs very lightly and put to the other ingredients. Well grease some scallop shells and pour the mixture in. Bake in oven and serve very hot.

### SALMON STEAKS

Well butter a glass casserole, put in the steaks, having first washed and dried them. Squeeze some lemon juice over, pepper and salt. Cover with greaseproof paper and bake in hot oven 15-20 minutes. Put some capers on top of each steak and a little knob of butter and serve in the casserole.

## SALMON WITH CUCUMBER ICE

Peel a large cucumber, cut into 2in. lengths and boil in some salted water. Drain it, and when soft and cool rub through a sieve, season with salt and paprika. When it is cold, mix it with a gill of cream that has been well whipped and put in the Frigidaire to get frozen. Take a good-sized slice of salmon and boil in the water that the cucumber was cooked in. When done, remove all skin and bone, dividing the fish into 4 pieces. Let it get very cold. When ready to serve turn out the frozen cucumber into the middle of a silver entrée dish, put the 4 pieces of salmon round and garnish with tiny hearts of lettuce and cut quarters of peeled tomatoes.

## SALMON FLAN

Line a flan dish with a good short pastry, prick it well over and then spread on it some pounded up cold salmon and a layer of cooked cut-up mushrooms. Shred over this 1oz. of butter and 2 tablespoonfuls of a good creamy white sauce. Then lay on neatly, in a round pattern slightly overlapping each other, some flakes of the cold salmon. Give a good squeeze of lemon juice, season with pepper, salt and some chopped fresh parsley. Cover the whole with a lid of the pastry, bake for 40 minutes, take the lid off carefully and with a spoon remove any fat that may have formed, and spread on top some cooked shrimps. Replace the lid and serve very hot.

## SALMON MOUSSE

1lb. salmon that has been cooked Take off the skin and beat it finely with a fork. Add  $\frac{1}{2}$  pint of white sauce, beat up  $\frac{1}{2}$  pint of cream, dissolve  $\frac{1}{2}$ oz. of gelatine in a little of the water that the salmon was boiled in and put this to the mixture. When it is beginning to set fold in lightly the well-beaten whites of 2 eggs. Put to set and turn out when required on a silver dish garnished with slices of cucumber and serve dressed cucumber with it.

## SALMON BAKED IN CREAM

Well wash and dry a steak of salmon, about 1in. to 1 $\frac{1}{2}$ ins. thick. Butter a fireproof dish, lay in the salmon, squeeze a little lemon juice over, a little seasoning, then pour on some cream. Cover with a grease-proof paper and cook for 20 minutes. Decorate with little pieces of parsley.

## SALMON SOUFFLE (COLD)

Flake  $\frac{1}{2}$  lb. cooked salmon, mix with  $\frac{1}{2}$  pint of white sauce. Whip in 1 gill of whipped cream and 1 gill of aspic jelly. A little cayenne, pepper and salt. Pour into a round glass casserole dish. When set, whip up a little more cream very stiffly and decorate the top of the soufflé and sprinkle some very finely grated horse radish. Serve with this.

## DEVILLED SHRIMP SAUCE

Melt 2 tablespoonfuls of butter, 1 tablespoonful Worcester sauce, 1 tablespoonful wine vinegar,  $\frac{1}{2}$  teaspoonful of made mustard, a little paprika and chopped fresh parsley. Put all these on to cook and when hot add 1 pint of shelled shrimps. Mix well and cook for a few minutes before serving in a sauceboat.

## SANDWICH FILLINGS

(1) Make buttered eggs (2) in the ordinary way, put in 2oz. grated cheese, 1 shallot cut very finely, 1 teaspoonful chopped parsley, 1 teaspoonful curry powder. Soften with a little mayonnaise or cream.

(2) Boil an egg for 5 minutes, peel and put on a plate with some margarine and crush together with a fork. Add salt, pepper,  $\frac{1}{2}$  teaspoonful of curry powder, a few drops of lemon or Tarragon vinegar. Spread this on bread and butter, but not too thinly.

(3) Pound a small piece of chicken, rabbit or any other white game with 4 anchovies, a little mustard, 3oz. margarine and some cayenne pepper. These put through sieve, add some finely chopped chervil and tarragon (no parsley). Sprinkle with parmesan or other cheese. It should look and have the consistency of cream cheese.

(4) Finely shredded celery, pepper and salt and moisten this down with some cream. Crush some cream cheese with a little good anchovy sauce, flavour with pepper, ground up in a mortar, and add to the celery.

## SEMOLINA DISH

This savoury semolina makes a good change from a pudding for lunch. Take  $\frac{1}{4}$  lb. of semolina and sprinkle into 1 pint of boiling slightly salted water; stir all the time until it is a very thick paste and all is thoroughly cooked. Now add some seasoning; a nice piece of margarine and 1 tablespoonful of grated cheese mix very well. Pour this on to a dish, keeping it

all the same depth, about  $\frac{1}{2}$  inch thick. Let it get quite cold. Then cut into squares about  $2\frac{1}{2}$  inches long, put these on to a greased fireproof dish, well sprinkle them with grated cheese, dot a little margarine on each, put in the oven to get piping hot ; they should be a good golden brown.

### SARDINE FRITTERS

Allow 1 tablespoonful of flour to 1 egg yolk, a little salt,  $\frac{1}{2}$  pint milk. Make into a batter and let it stand for 2 hours. When ready to make fritters, beat stiffly the white of the egg and 1 teaspoonful baking powder, add to the batter. Dip each sardine into this and fry in a mixture of boiling lard and dripping in a frying pan.

### SARDINE SURPRISE PIE

Line a tin plate with short pastry. Boil 2 eggs hard, 1 tablespoonful of cooked peas, tin of sardines. Now slice the eggs and lay on the pastry. Then lay the sardines on, sprinkle on the peas, season with salt and pepper, put on the covering of pastry and bake for 20 minutes till a golden brown.

### SLOE GIN (CHIGWELL HALL RECIPE)

Pour 1 gallon of gin and 1 gallon of whisky into a 3-gallon jar. Add 8 gallons of sloes which must be well pricked with a needle, 1oz. of bitter almonds blanched and 5lbs. of loaf sugar well cut up. Cork the jar well and shake it twice a week for 3 months. Then strain through a jelly bag and bottle and cork well or it will lose colour. Resin the mouths of the bottles.

### SLOE GIN (WAR-TIME RECIPE)

Beat a pint of sloes well in a mortar. Cover them with the same weight of crushed lump sugar, steam in a jug placed in a saucepan of boiling water. When they are soft and juicy add to the sloes 1 bottle of gin and a bottle of brandy. Cover well for 3 days, strain, bottle and cork well.

### SOLE A LA COLBERT

Take fillets of sole, or plaice, twist round the fingers into shapes that will stand up on a buttered casserole, sprinkle with salt and pepper and a good squeeze of lemon juice. Cover this with greased paper and bake in a very moderate oven. Now make some maitre d'hotel butter, grate a little shallot, chop

some fresh parsley very fine, put in a plate with some butter. Squeeze a little lemon juice with this and with a knife work all together, divide into as many pieces as there are fish and put one into each roll. Now cover the rolls with a very thick but creamy white sauce, so that each piece is thoroughly coated. Decorate with a few shelled shrimps and butterflies of lemon.

### SOLE FILLETS, COLD

Put the fillets into a flat buttered fireproof dish with 1 shallot grated, some quarters of skinned tomatoes, season with pepper and salt, add a little white wine and some fish stock made from the skin and bones of the sole. Bake in a very moderate oven and be very careful not to let it boil. When done take out fillets and lay them side by side in an entrée dish and put to get very cold. Reduce the stock they were baked in, when nearly cold add 1 tablespoonful of mayonnaise, 1 dessertspoonful of tomato ketchup. Mix very well together and when quite cold pour over the fillets. Sprinkle a little chopped Tarragon over. Serve very cold.

### SOLES WITH VEAL STUFFING

Make some well-flavoured veal stuffing, not omitting the grating and juice of  $\frac{1}{2}$  a lemon. Form these into little flat pieces and put one on to half of each fillet, double over and place on a well-greased glass casserole, salt and pepper, and cover well. Cook about 15-15 minutes in a moderate oven. Have ready a thick, rich and creamy white sauce and 5 minutes before serving put in little cubes of cucumber. Pour over and return to oven for a few minutes to slightly brown, but do not let it boil or you will spoil the sauce.

### SOLE AND HORSERADISH SAUCE

Steam some fillets of sole, drain on a cloth and when cold put these nicely arranged in a glass dish. Whip some cream very stiffly, add very finely grated horseradish, a few drops of lemon juice, salt and cayenne. Cover the fillets with this. Serve a crisp lettuce salad. Hand rolls of brown bread and butter.

### SOLE MONTE CRISTO

Butter a fireproof dish and lay on the fillets of sole, sprinkle with some finely chopped onion and parsley, put round a little veal stock. Cover all with a purée of tomato and bake in a moderate oven for 20-30 minutes.



## SOLE EN SURPRISE

Very carefully poach some fillets of sole. Take up when done, put on a cloth to drain dry. Now take half as many medium lobsters as there are fillets of sole. Take out the flesh of the lobsters and put it into the mortar, well pound with some well-seasoned cream. Into each half shell of lobster put a fillet of sole, cover completely with the lobster mixture which has been made very hot. Put these shells into the oven to colour just a little.

## SOLES BAKED WITH MUSHROOM SAUCE

Lightly steam the fillets of fish, then lay them on a hot cloth to drain. In the meantime cut up the mushrooms. Those that are too small or too big, keeping as many that are of even size, as there are fillets. Make a good cream sauce and thicken with some very fine white breadcrumbs. Lay the fillets in a fireproof dish, put the cut up mushrooms into the sauce and pour over the fillets and sprinkle with some breadcrumbs. On these place the whole mushrooms in a design, pouring over them the butter in which they were cooked. Put the dish in the oven only just long enough to let the crumbs get a golden brown and serve very hot.

## SOLE, COLD, WITH MAYONNAISE

Poach some fillets of soles, drain on a cloth and let get quite cold. On to a flat silver entrée dish put a salad made of lettuce, cucumber, cress, etc., and a hard-boiled egg cut in quarters. Lay the fillets of sole on this bed of salad, mask the fish completely with the mayonnaise. Garnish the dish with the slices of egg, quarters of tomatoes and sprinkle a little cress on top. Serve with rolls of brown bread and butter.

## SOLE, WITH CHEESE SAUCE

Make a good white sauce. When cooked add 3oz. of grated cheese. Twist the fillets into shapes and let them stand up on a flat fireproof dish. Cover with a piece of greased paper, bake for 15 minutes. Take out of the oven. Cover with the cheese sauce, rather thickly, sprinkle with some more grated cheese and put under the grill for a few minutes.

## SOLE A LA FERMIERE

Roll some fillets of sole, or plaice, put them in a well-buttered casserole. Sprinkle with lemon juice, pepper and salt. Pour round about 1 tablespoonful of cyder with a dessertspoonful of

mushroom ketchup. Cover the dish and bake in a moderate oven for 20 minutes. Do not let this boil or the fish will break. Garnish with little new carrots, or new potatoes. Sprinkle with chopped parsley.

### SAUCE FOR PUDDING

2 tablespoonfuls sherry, 1 cup castor sugar, 1 egg well beaten,  $\frac{1}{2}$  cup of margarine. Beat the margarine to a cream, slowly stir in the sugar, then the egg, beating all the time; now the wine. Now put the bowl standing in a saucepan of boiling water and beat until all is foamy. This can also be cooked in a double saucepan if preferred.

### SPAGHETTI WITH TONGUE

This luncheon dish can be equally good made with chopped cold ham, or some game. Cook some spaghetti in some rather highly seasoned stock. I use herbs and bacon rinds. Now cut up the tongue into small pieces and mix in. Put all into a casserole. Keep hot, whilst you fry some shallots, cut into rings, drain off the fat when the rings are a golden brown and cooked and let them have a few minutes longer frying, so as to get them very crisp. Place these over the spaghetti. Surround the casserole with little cooked carrots and sprinkle over with chopped fresh parsley.

### SPROUTS—A VEGETARIAN LUNCHEON DISH

Boil sprouts as usual, do not let them be overdone, and drain them very dry. Keep them as much of a size as possible. Butter a fireproof dish, lay in the sprouts, cover with a small quantity of white sauce that has been flavoured with nutmeg, salt and pepper. Now put a good thick sprinkling of grated cheese. Cover with bread crumbs, dab some pieces of margarine over and bake for about 15 minutes. Do not let the bread crumbs get dried up.

### SLOE WHISKEY

10lbs. sloes,  $7\frac{1}{2}$ lbs. white sugar,  $2\frac{1}{2}$  gallons best whiskey. Put into a 5 gallon jar, after pricking the sloes, well cork and shake daily for one month. Then strain and bottle.

## SPONGE CAKE

### THE REAL OLD-FASHIONED ONE

7 eggs,  $\frac{1}{2}$ lb. self-raising flour,  $\frac{3}{4}$ lb. lump sugar, 1 tablespoonful of orange flower water. Whisk the eggs to a froth, leaving out the whites of 3. Put the sugar into a saucepan with half a cupful of water, when dissolved add the orange flower water and put to the eggs and beat all together for 20 minutes. Now lightly stir in the sifted flour. Line a cake tin with paper that has been greased with butter and lightly sprinkled with castor sugar. Pour in the mixture. Bake in a slow oven for 1 hour.

You can make a smaller cake by using 5 eggs, leaving out the whites of 2, 6oz. of flour and  $\frac{1}{2}$ lb. sugar.

## SAVOURY PIE

Make 6oz. of very creamy mashed potato putting in 3oz. of margarine and enough flour to make a good dough. Turn out on to board and roll out as pastry. Line a pie dish. Take sufficient dried potatoes, cold boiled ones, make a layer of these, then a layer of grated cheese; repeat. Take 2 tablespoonfuls of dried egg, mix with 1 gill of milk, salt and pepper, or beat up two shell eggs. Chop up a shallot very finely and mix in. Pour over the potato, etc. Cover with a lid of the potato pastry and bake in at hot oven 20-30 minutes.

## SAVOURY DISH

Alternate layers of cooked macaroni and fried onions, pepper and salt. Repeat again, add some pieces of margarine and bake 15 minutes.

## STRAWBERRY JAM

7lbs. strawberries, 7lbs. sugar, the juice of 2 lemons. Make in the usual way, but just before it is finished add the lemon juice and boil another 5 minutes. This not only makes it keep better but preserves the colour and is most delicious.

## STRAWBERRY JUICE

This is for using in making strawberry ice. Take 4lbs. strawberries, 1 pint water, 4lbs. sugar. Boil like jam, then pass all through the sieve and bottle. This makes about 2 ordinary size wine bottles of juice.

## SUMMER PUDDING

Hang in a cloth 1 pint of thick sour milk until all the thin whey has dropped away. To the thick part add 1oz. sugar, 1oz. raspberry jam, or stewed raspberries. Beat all together with the whipped white of an egg and serve in a glass dish.

## SAUSAGE PILAU

Boil some rice in stock for 12-15 minutes, strain off and dry in the usual way. Keep the stock as foundation for soup. Cook some sausages in fat and when done, cut into rounds. Take a small tin of peas and make these hot. Mix sausage and peas with the rice and pile on a very hot dish and keep hot. Cut some onions into rather thin rings, fry them in the fat the sausages were cooked in ; when done pour them on the rice, etc., together.

## SAVOURY EGGS

Hard boil 2 eggs, shell and cut in round halves. Take out the yolks on to a plate, put to them 2 tablespoonfuls ground pine kernals, 2 peeled tomatoes, 1oz. margarine,  $\frac{1}{2}$  teaspoonful of marmite and with a fork work all these together. Fill the egg whites with this mixture. Into a dish have an interesting salad. Lay the eggs on top ; garnish with quarters of tomatoes.

## SAUSAGE VEGETARIAN DISH

Grate some carrots, mix with brown breadcrumbs, a grated small onion, some finely chopped sage leaves, pepper, salt and a nice medium piece of margarine, mix well together, then add 1 egg beaten up. Shape into small sausages. Bake on a tin in the oven with some dripping. Have ready a good purée of spinach, or similar vegetable. Put this into an entrée dish, place sausages on top and serve separately a good lemon cream sauce, *i.e.*, a Bechamel sauce, well flavoured with the rind and juice of a lemon.

## SAUSAGE TOASTS

Chop up some cooked sausages and put on squares of very hot buttered toast. Cover them with a good tomato purée, to which add a little cream and a good pinch of groundginger.

## SMOKED SALMON SAVOUREY

Cut some rectangular pieces of bread and fry in a little butter. When quite cold, chop some cress finely and mix with some butter and spread on the croutes. Sprinkle a little pepper and salt. Cut some smoked salmon the same size as the croutes and place a piece on each. Squeeze a few drops of lemon juice. Pipe a design on the salmon in whipped cream. If no smoked salmon, take a large and good raw kipper, very carefully remove the backbone, with a sharp knife, cut thin slices in a slanting manner.

This does make quite a good substitute

## SAVOUREY

On toast put 1 piece of bacon, 2 oysters, 1 piece of marrow. Put under the grill and serve piping hot.

## SOME SAVOURIES

(1) A small bottle of prawns put on little rounds of pastry. Dab on each a dessertspoonful of whipped cream and decorate.

(2) Dip some fillets of kippers (1 kipper makes 4 fillets). Dip these in some batter, fry a golden brown.

(3) Cut some fingers of short pastry that you may have over. Spread these with anchovy paste and cover with whipped cream. A sprinkle of paprika.

(4) Make some buttered eggs in the usual way. Add a mixture of  $\frac{1}{2}$  teaspoonful each of chopped parsley, Tarragon, marjoram, thyme and shallots. Put some into the bottom of some small fireproof cocottes, then the buttered egg and sprinkle the remainder of the herbs over. Must be sent in very hot indeed.

(5) Mix well together 4oz. finely grated cheese, 1 tablespoonful wholemeal breadcrumbs,  $\frac{1}{2}$  teaspoonful made mustard, a few drops of tomato or Worcester sauce and, if too stiff, a little very thick cream or a small piece of cream cheese. Take some equal short lengths of celery and stuff them with the paste, put on fingers of bread and butter and garnish with the tender green tips of the celery.

(6) Cut some slices of lean ham very thinly, about  $2\frac{1}{2}$  inches long. Warm a knife and spread these with some butter, place a fillet of anchovy on each and roll up tightly. Serve on squares of bread and butter.

(7) Pound some shelled prawns, fresh or tinned. Add very slowly some olive oil and when well thickened put on rounds of bread and butter. Squeeze a drop or two of lemon juice on each. Decorate with a dash of paprika.

(8) Pound the yolk of a hard-boiled egg with a little made mustard, 1 teaspoonful of grated shallot, the same of chopped parsley and butter. Make into 6 sausages, roll these up in a very thin piece of ham and place on fingers of bread and butter.

(9) On four small squares of toast, spread 50-50 of crab paste and butter. Whip a little cream with some whole pepper from the pepper mill to flavour it. Make a criss-cross of thinly filleted pieces of anchovy and a tiny pinch of chopped gherkins in between the criss-cross.

(10) Little cheese soufflés in individual cocottes. Beat up an egg with a gill of cream, add salt, pepper and 1 tablespoonful of grated cheese. Put a small piece of margarine into each cocotte and let melt. Beat up the mixture very well and divide into the cocottes. It will make four. Bake in a very hot oven for 10 minutes. Serve immediately or they will sink down.

(11) Whisk up the white of an egg, add 3 tablespoonfuls of finely grated cheese, add pepper and salt. Mix very lightly. Take a dessertspoon and drop small quantities in some boiling fat in a frying pan. Almost immediately they are done. Serve at once.

### SNOW QUEEN PUDDING

2oz. semolina, 1oz. sugar, a little flavouring, 1 pint milk, 1 egg and a little jam. Mix the semolina with a little of the milk, then put the rest of the milk on to boil with the sugar. When boiling, add the mixed semolina and whisk it until the semolina is cooked. Let it cool a little and then whisk in the yolk of the egg, add the flavouring. Spread a pie dish with the jam, beat the white of the egg very stiffly. Pour the semolina on to the jam, pile the beaten white on top and bake in a slow oven until a nice golden colour.

### SAVOURY SOUFFLE (HOT)

Make as for an ordinary soufflé, and then add one by one the yolks of 4 eggs, stir in 6oz. of grated cheese (Gruyère is best). Season with pepper and salt and let all dissolve over a low heat, stirring all the time. Grease well a soufflé dish with butter, sprinkle well with finely chopped ham. Whip up the whites of the eggs very stiffly, fold in to the mixture and pour into the dish. Cover with greased paper and steam slowly for 1½ hours. Turn out on to a very hot dish and coat with a good creamy white sauce, sprinkle a little chopped fresh parsley over to garnish. Serve at once.

## SWEETBREAD SOUFFLE

Parboil 1lb. of sweetbread, cut roughly and lay them with  $\frac{1}{2}$ lb small mushrooms in a soufflé dish. Now make a curry sauce as follows: 4 chopped onions, 1 grated apple, 1 tablespoonful of curry powder and fry in a pan with a little margarine for 15 minutes, then add sufficient of the stock in which the sweetbreads were cooked to form a good sauce. Sieve this over the sweetbreads. Take  $\frac{1}{2}$ lb. lean veal and  $\frac{1}{2}$ lb. lean gammon of bacon, mince finely, mix together and put over the rest. Cover with greased paper and steam for 1 hour. May be served with a border of rice, boiled in well-flavoured stock, drain well and quickly fork in a teaspoonful of dry curry powder and add a squeeze of lemon juice.

## SWEETBREAD MILANESE

Braise the sweetbread. Boil  $\frac{1}{2}$ lb. spaghetti in a little salted boiling water, let it drain very dry. Put it with 1oz. margarine into a deep casserole dish. Season with pepper and salt. Add 4oz. grated cheese, Parmesan if possible; mix well. Cook a few mushrooms in butter. When done cut them in suitable pieces. Add them and the sweetbreads also cut, to the spaghetti, decorate with some strips of cooked ham and a little chopped parsley. Serve very hot, with a large boat of tomato sauce served separately.

## SOUFFLE MILANAISE (COLD)

Put into a saucepan: 1 wineglassful of cold water,  $\frac{1}{2}$ lb. loaf sugar, 5 sheets of gelatine (equals a little more than  $\frac{1}{2}$ oz. of gelatine powder), yolks of 3 eggs, juice and grated rind of 3 lemons. Stir until it is quite hot; it must not boil. Strain into a basin and when the mixture is beginning to set, add the whites of the 3 eggs, beaten very stiffly. Now put  $\frac{1}{2}$  pint of thick cream and whisk all together. Put into a soufflé dish and set in an old place. Before sending to table sprinkle crushed ratafias biscuits over.

## “SOUP OF THE EVENING: BEAUTIFUL, BEAUTIFUL SOUP”

1 cupful of cut carrots, 1 cupful cut turnip, 1 cupful cut onions, 1 cupful cut lettuce, 1 cupful diced potato, 1 good sized sprig of balm, marjoram, thyme, 1 good dessertspoonful of chopped parsley, pepper, salt, 1 teaspoonful sugar. Fry vegetables very lightly in a little butter. When soft, add 3 breakfastcupfuls of water, and when all seems cooked, rub through the sieve. Put

back into a saucepan with 2 cups of milk. Thicken a little with some flour rubbed in a little margarine. Put a good pinch of the chopped parsley at the bottom of each soup plate and pour soup over. Serve with very small cubes of bread fried. This makes a very good summer soup and then the vegetables can be rather different, as peas, asparagus, ect., could be added.

#### SARDINE ARTICKOKE : A VEGETARIAN LUNCHEON DISH

Skin and bone the sardines, 1 for each person. Mash in an equal quantity of mashed cooked Jerusalem artichokes, season rather highly. Now add a sufficiency of rich creamy white sauce with a good dash of lemon juice. Mix all together very well and put into scallop shells. Cover with a few white breadcrumbs and put into the oven for 15 minutes. This makes a very delicious dish.

#### SAUSAGES IN PANCAKES

Cook gently  $\frac{1}{2}$  lb. chipolata sausages. Make  $\frac{1}{2}$  pint of good batter as for Yorkshire pudding. Make into very thin pancakes as nearly the lengths of the sausages as possible. As each is cooked, roll up one of the sausages in it. Serve with a very good thick tomato sauce, or a creamy horseradish sauce. This will be found an original and economical first course for luncheon.

#### SCALLOPS, CREAMED

Allow  $1\frac{1}{2}$  scallops for each person. Cook them for 5 minutes in their own liquor, flavour with a grating of nutmeg, salt and pepper. Make a good cream sauce. Put in the scallops, cut in quarters. Make very hot, put into a glass Pyrex dish and surround with fried triangles of bread round the dish.

#### SOUFFLE AS SWEET

Make a soufflé in the ordinary way, but mix in to it enough liquor "Grand-Marnier" to thoroughly flavour and a little sugar to taste. Bake in the usual way about  $\frac{1}{2}$  hour in a really hot oven. Serve with some very thick cream, cold, handed separately.



# Notes

## Notes

### TONGUES-LAMBS

Cut tongues in halves, lengthways, arrange them at the bottom of a small casserole that has been slightly oiled, press then well down and close together. Cover with tomato slices that have been peeled, a little finely chopped spring onion and some chopped fresh parsley, pepper and salt, a grating of lemon peel. Repeat this layer. Take  $\frac{1}{4}$ oz. of gelatine, melt it in a small quantity of well flavoured stock, pour over, only just enough to fill in between and just cover. Set in the Frigidaire. Turn out and serve with cold cooked peas round or a salad.

### TOAST CREAMS

Make  $\frac{1}{2}$  pint of very creamy white sauce. Into this dip slices of toasted bread, and put a little more on each slice. In the middle of each slice, just before serving, put a good teaspoon of some thick jam, such as plum.

### TREACLE TART

Make a very good short pastry and cover a slightly greased tin plate. Cover this with slices of a good cooking variety of apple. Pour over some golden syrup filling in between and over the apples. Strew on some fine breadcrumbs. Cover with a pastry lid, pinching the edges well together to ensure that the apple is cooked.

### RECHAUFFÉ OF TURKEY

Boil  $\frac{1}{2}$ lb. rice 12-15 minutes in some well-flavoured stock, drain and dry in the oven to keep very hot. Make a very rich white sauce, flavour with a little wine. Soak the night before some French plums. Cook these until the stones can be slipped out. Have a very hot flat casserole, lay in pieces of turkey with a piece of the stuffing on each bit. When these are quite hot in the oven, whip up 2 tablespoonfuls of cream with 2 beaten eggs, add to sauce, pour over the turkey and make a good border of the rice. Decorate with the plums.

### TURKEY IN CASSEROLE

This makes a good way of using up the turkey. Cut all the meat into neat pieces, lay some at the bottom of a fireproof casserole, then peel and cut up some mushrooms and put them in, also some bacon cut up small and 2 shallots cut in fine rings, pepper and salt. Make a good buttery white sauce of half milk and half white stock. Pour this over. Put on a lid and cook very slowly in a medium oven for 1 hour. Just before serving add a little cream.

## TURKEY STUFFING

$\frac{1}{2}$ lb. lean ham,  $\frac{1}{2}$ lb. chestnuts cooked,  $\frac{1}{2}$ lb. suet,  $\frac{1}{2}$ lb. bread-crumbs, 2 tablespoonfuls of chopped fresh parsley, 2 tablespoonfuls of thyme and marjoram, chopped and mixed, 1 tablespoonful of finely chopped lemon peel,  $\frac{1}{2}$ lb. pork sausage meat, salt, pepper and cayenne. Mix up with 2 or 3 eggs. Sufficient for turkey up to 10lbs.

## TONGUE, DEVILLED

Cut some slices from the tongue, not too thin. Spread these with made mustard and a sprinkle of cayenne pepper. Pour on each a little salad oil. Now place the slices together in one pile let them stand for about 1 hour. Then brown them in hot butter and serve, still keeping them very hot, with slices of brown bread and butter.

## TRIPES A LA MODE DE CAEN

Cut the tripe into pieces about 3 inches in length. The tripe must have already been dressed and of the best quality. Take a fairly large casserole that has a lid and line the bottom with strips of bacon, 1 or 2 carrots cut in rounds, 2 large onions cut in rings, 2 cloves of garlic, 1 bay leaf, 2 cloves and a bouquet of mixed herbs, 2 tomatoes cut up—if in season—pepper and salt. Repeat the layers until all the tripe is used up. Now cover all with cider, or  $\frac{1}{2}$  bottle of white wine. Cover closely, bring to the boil and then let it simmer in a medium oven for 5 hours. When done, take out the pieces of tripe and lay them in another casserole in which they are to be served. Strain the sauce over, put the casserole back in the oven to get piping hot before serving. If the sauce appears thin, enrich it with a little beef essence, or thicken with "Bisto."

## TRIBE WITH VEAL STUFFING

Make some very well seasoned veal stuffing using chopped parsley, thyme, marjoram, grating  $\frac{1}{2}$  lemon and using the juice, to the fine breadcrumbs and suet, bind with the yolk of an egg. Now cut your prepared tripe into pieces, 5ins. by 3ins., and spread the veal stuffing on one half only. Fold over and skewer well. Put into a well-greased casserole dish. Cover with about a breakfastcupful of good gravy or liquor and let it cook in a moderate oven for 2 hours.

## TOMATO COCKTAIL

To a tin of tomato juice add the juice of half a lemon, a small teaspoonful of Worcester or other similar sauce, and the same of tomato ketchup. Stand in the Frigidaire and shake well in a shaker before pouring out.

## TIMBALE OF SPAGHETTI AND TOMATOES

A very nice Vegetarian luncheon dish.

Well butter a plain mould, line it with long lengths of spaghetti going round and round. This should be par-boiled and well strained. Then fill up with the following mixture. Beat up 3 eggs with 2 tablespoonfuls of cream, 1 tablespoonful of grated cheese, some finely chopped parsley and put all into a saucepan with a piece of margarine. Stir well over the fire until setting; put into the mould. Cover with a greased paper and steam for 20 minutes. Turn out and put round a very hot and good purée of tomatoes. Serve a little grated cheese with this.

## TOMATO BISQUE

$\frac{1}{2}$  pint milk,  $\frac{1}{2}$  pint water,  $\frac{1}{2}$  cup of fine bread crumbs, 1 small onion, 2 cloves, parsley, 1 bayleaf,  $\frac{1}{2}$  lb. tomatoes, 1 teaspoonful sugar, a small pinch of bi-carbonate of soda, 1oz. margarine. Put milk and water into pan with the breadcrumbs, onion stuck with the cloves, parsley and bay leaf, and heat until the milk tastes very well flavoured. Then put it through a sieve, taking out the cloves and bay leaf. Cut up the tomatoes and cook with the sugar for 15 minutes, add the soda and rub through the sieve. Add this to the milk mixture. Put margarine into the plates in little pieces. Make the soup very hot and then pour over.

## TOMATO SOUP

Cut up 1 onion very finely and fry in a little butter, add a little chopped parsley, a little thyme, 1 bay leaf, and when the onion is cooked, pour on 1 pint of chicken stock and let it simmer. Then rub through a sieve. Slice up some tomatoes about 1lb., a little lean ham or bacon cut up. Let them cook together until soft. Rub this, too, through a sieve and add to the stock, bring to the boil and let simmer for  $\frac{1}{2}$  hour. Crush up very finely a little tapioca, sprinkle in with  $\frac{1}{2}$  teaspoonful sugar, some salt and pepper. Let all cook and just before serving add a little milk and make very hot. Put into each soup plate 1 teaspoonful of cream, pour the soup over, sprinkle a little chopped parsley and serve with very small fried croutons of bread.

### TOMATO RAREBIT

$\frac{1}{4}$  pint tomato pulp, 1 tablespoonful of flour,  $\frac{1}{4}$  lb. grated cheese, salt and pepper, 1 egg. Pulp the skinned tomato, make a white sauce in the ordinary way using 1 tablespoonful of flour to 1 gill of milk and 1 oz. margarine and let it thoroughly cook, add the tomato pulp and the cheese with seasoning and stir all the time until the cheese is quite dissolved. Then add the beaten egg and when done pour on pieces of buttered toast.

### TOMATO AND FISH PASTY

5oz. flaky pastry, 3oz. flaked cold fish, 3 medium-sized tomatoes,  $\frac{1}{2}$  oz. cold cooked rice or cold cooked chopped macaroni,  $\frac{1}{2}$  oz. margarine, 1 teaspoonful curry powder. Make the pastry and roll into an oblong shape, put in a baking tin. Skin and cut the tomatoes in a basin, add the fish, rice and curry powder and cut the margarine into little bits. Season and put the mixture into the middle of the pastry. Wet the edges, fold over and bake 25 minutes in hot oven.

### TONGUE SHAPE

$\frac{1}{2}$  oz. gelatine, 3 sheep's tongues or 1 tin, 1 pint of stock, nutmeg, seasoning. Boil tongues until cooked, skin them and slice neatly. Arrange these in a small soufflé mould or cake tin. Dissolve the gelatine in the hot stock, that must be well flavoured by putting in a bunch of mixed herbs, a slice of onion, piece of lemon peel, or a good pinch of curry powder, salt, pepper and a grating of nutmeg. Boil for a few minutes, then strain over the tongues. Turn out when quite cold and set and garnish with shredded lettuce, slices of tomato, cucumber and hard-boiled egg, or any seasonable salad.

### TOMATO AND RICE RING

4oz. rice, 8 good-sized tomatoes,  $\frac{1}{2}$  onion cut fine, 1 $\frac{1}{2}$  oz. margarine, some beaten egg, breadcrumbs, seasoning, stock. Well wash the rice and boil from 12-15 minutes in boiling water slightly salted. Drain very well, then put back into the saucepan and just cover with some good stock and cook until the stock is absorbed. Keep on stirring. Add the margarine and seasoning. Take a fireproof dish and arrange the rice as a border, smooth it very nicely and then brush over with a little beaten egg and put in a cool oven with a piece of greased paper over. It should harden a little but not get burnt. Cook the tomatoes and then pass through a sieve, add the onion, margarine, salt and pepper. Cook for 10 minutes, add enough breadcrumbs to make a soft paste, pour into the centre of the rice border and hand some grated cheese with it.

## TOMATO PICKLE—GREEN

1 pint vinegar, 2lb. sliced green tomatoes, 2lb. apples,  $\frac{1}{2}$ lb. sliced onions,  $\frac{1}{2}$ lb. brown sugar, salt and pepper, a few chillies, 1 teaspoonful of ground ginger. Simmer all together in a very slow oven for 3 hours. Look at it from time to time and stir well. Put into bottles and cover very well.

## TOMATO CHUTNEY MADE WITH GREEN TOMATOES

6lbs. green tomatoes,  $1\frac{1}{2}$ lb. sugar,  $\frac{1}{2}$ oz. mustard seed, 1lb. shallots or onions,  $\frac{1}{2}$ oz. ground ginger,  $\frac{1}{2}$  dozen red chillies, 2 tablespoonfuls salt, 1 teaspoonful cayenne pepper, 1lb. cooking apples,  $1\frac{1}{2}$  pints of vinegar. Peel and mince apples and shallots and cut up the tomatoes. Put all into the preserving pan and cook slowly for 2 hours, pulping the mixture with a wooden spoon. Add the rest of the ingredients and vinegar and stir from time to time, about another hour, but be sure and cook slowly and fill the jars well up to the top and cover first with waxed paper before tying down.

## TOMATOES AND ASPARAGUS SALAD

Take 8 large tomatoes, all the same size, and peel them. Then scoop out the insides and lay them on a dish. Put in the Frigidaire until ready for filling. Cut 1 pint of asparagus tips and boil gently in a little salted water. When done drain, put in a basin with a little grated nutmeg, a dash of cayenne, pinch of paprika, sugar and salt. Mix these, but do not break up, with enough tartare sauce to sharply flavour them. Then fill the tomato cases, top up with some mayonnaise sauce. Garnish with slices of cucumber and slices of gherkin and serve up. Garnish dish with cress or finely shredded lettuce.

## TOMATO, PEAS AND CHICKEN

Take some even-sized ripe tomatoes, skin them and cut out the middles. Prepare a mixture of small cooked green peas and some finely chopped cold cooked chicken and season well with mayonnaise. Fill the tomato cases with these. Whip up a small quantity of cream, cover the tops with a little mound of this and sprinkle with either a dash of paprika or some finely chopped green mint. Serve on lettuce leaves that must be very crisp.

## TOMATOES AND BATTER—VEGETARIAN DISH

Fry 2 or 3 onions that have been cut very thinly. When cooked add some sliced tomatoes. Season rather highly. Pour into an earthen fireproof dish. Make 1 pint of good batter and pour over. Bake in a medium oven for  $\frac{1}{2}$  hour. Serve in the same dish.

## TOMATO PUDDING

Peel 8 medium-sized tomatoes, cut them into slices, not too thinly. Take pudding basin, well butter it, press against the bottom and sides slices of bread off which you have cut the crusts. Cut up some bacon, make a layer of this, then a layer of tomato slices, a good sprinkle of freshly chopped parsley, thyme, marjoram, pepper and salt, and repeat these layers. Melt 1oz. margarine and pour over. Cover with slices of bread that have been dipped in either melted margarine, bacon fat or oil. Cover with greaseproof paper and steam for 2 hours. Turn out into a very hot dish and pour some good and well-flavoured tomato sauce over and around.

## TOMATOES BAKED WITH RICE

1 breakfast cupful of cooked rice, 6 good-sized tomatoes, 1 onion thinly sliced, 4oz. grated cheese, seasoning, some brown crumbs. Skin and slice the tomatoes, add the onion, pepper and salt and stew gently in a little good stock. Now put in the rice and half the cheese, mixing well. Lay all this in a greased fireproof china dish. Cover with the rest of the grated cheese mixed with a few bread crumbs. Put in the oven and bake  $\frac{1}{2}$  hour.

## TOMATO TOASTS

Cut an onion very finely to make 1 teaspoonful, peel and cut into pieces 2 tomatoes and let this cook well in a nice piece of margarine, a little salt, pepper and cayenne. Have some small squares of buttered toast, place the mixture on top and serve very hot.

## TOMATOES AND MUSHROOMS

1 $\frac{1}{2}$  lbs. ripe tomatoes, peel and slice them. Into a pan fry 2 finely chopped shallots with 1oz. margarine and 2 rashers of chopped streaky bacon. Let this cook until the shallots are a light brown colour. Now put in the tomato slices, pepper, salt and a pinch of sugar. Stir for a few minutes and then sprinkle in 1



dessertspoonful of flour ; add gradually 1 gill of flavoured stock and cook for 10 minutes. Keep this hot while you peel and slice  $\frac{1}{2}$ lb. mushrooms ; do these rather thinly and cook for a few minutes in a little salad oil and some seasoning. Make a border of this on a round fireproof dish and fill up the middle with the cooked tomato mixture. Garnish with some chopped parsley and serve very hot.

### TOMATOES IN CASSEROLE

Into a buttered casserole, peel and cut some tomatoes in slices, about 4 ; 2 rashers of bacon cut into thin strips, pepper, salt and some finely cut onions, thyme, marjoram, a grating of lemon peel and 2 tablespoonfuls of white breadcrumbs. Repeat the layers of bacon and tomatoes. Cover again with the breadcrumbs, flake some margarine over and bake for  $\frac{1}{2}$  hour in a medium oven.

### TOMATO SALAD TO SERVE WITH COLD MEAT, ETC.

Peel and cut tomatoes fairly thinly, lay in a glass dish, slightly sprinkle with salt pepper and a pinch of sugar. Cut a piece of onion or a shallot very finely and strew over. Mix 1 tablespoonful of salad oil with 1 dessertspoonful of vinegar and 1 dessertspoonful of lemon juice ; pour over. Just before serving garnish with some very finely chopped parsley.

### TOMATO JAM

To every 4 tablespoonfuls of tomato pulp made by pressing the tomatoes through a sieve, allow 4 tablespoonfuls of sugar and 1 tablespoonful of rum or brandy. Put the pulp into a pan and when it is about to boil stir in the sugar, and proceed as for jam. Just before it is done add the rum, or brandy. Put into jars and cover at once whilst hot.

### TONGUE (OX) WITH RAISIN SAUCE

Wash the tongue and put to boil in cold water with 2 onions, carrots, bouquet garni, 1 bay leaf, a little salt, 3 cloves, 6 allspice, 12 peppercorns. Let it boil gently for 3-4 hours according to size. When done put on dish and skin it. Make a sauce in the usual way ; no milk, but using some of the stock with 1 cup of white wine. Add  $2\frac{1}{2}$ oz. of raisins,  $2\frac{1}{2}$ oz. currants, a little chopped lemon peel, 1 teaspoonful of vinegar, 1 teaspoonful sugar, 6 chopped almonds, a squeeze of lemon juice. Serve in a sauceboat.

### TIMBALE MILANESE

This can be made with either well-flavoured cold and minced veal, chicken, lobster or white fish. Well butter a pudding basin and line with par-boiled spaghetti, going round and round. Make a very thick creamy sauce, chop up some mushrooms and when they are cooked add whatever you are wanting to use, together with several spoonfuls of tomato purée. Do not let the mixture become too liquid. Cover with greaseproof paper and steam for 1 hour.

### TARTLETS CHANTILLY

A very quickly made sweet and a good way of using up any puff pastry. Line some patty pans with the pastry and bake in a hot oven for 20 minutes. Then whip up some cream with a little sugar until it will stand alone. When the pastry is quite cold pour in the cream and place a glacé cherry in the middle.

### TANGERINE MARMALADE

8 Seville oranges, 8 pints of water, 7lbs. sugar, 3 tangerines, 1½ lemons. First squeeze the juice of the lemons and put aside. Then cut all the fruit very thinly, putting the pips into a basin just covered with water and put in oven for 1 hour. Soak the fruit for 24 hours in 8 pints of water. Next day boil slowly for 3 hours until soft, add the juice from the pips and leave for another 24 hours. Boil up quickly with the sugar for about 1½ hours until well jellied ; add the lemon juice just before taking off, to clear it.

### TARRAGON CREAM

This is good with either cold fish or cold asparagus. Whip some cream very stiffly, season with pepper, salt cayenne and a good pinch of curry powder. Put in about 1 teaspoonful of Tarragon vinegar, beat again. Put in Frigidaire. Put in a sauceboat and garnish with a few leaves of tarragon.

## Notes

## Notes

## VEAL CREAM

$\frac{3}{4}$ lb. veal, 2oz. butter, 2oz. flour,  $\frac{1}{2}$  pint milk, 2 eggs, pepper, salt and nutmeg. Lightly poach the veal, cut in thin strips, in a little milk. When it is soft strain and put first through the mincer or pound it in a mortar, and then sieve it and mix with the sauce made by using the butter, flour and  $\frac{1}{2}$  pint of milk; see that this is well cooked. Beat up the eggs and add, put in the seasoning. Pour into a ring mould that has been oiled, and steam for  $\frac{1}{2}$  hour. Have ready in a little saucepan any of the following mixtures: Chopped mushrooms and bacon, oysters and bacon, lobster and shrimps, tongue and egg, etc. Fill the centre of the veal cream with this and serve with a surround of young green peas.

## VEAL CUTLETS IN CASSEROLE

$\frac{1}{2}$ lb. rashers of bacon, 1lb. fillet of veal, 2 tomatoes, 2 carrots, some brown breadcrumbs. Cut the veal into diamonds about 2 inches long and let them just fry for 5 minutes in a little boiling salad oil. Have ready in a casserole 2 tablespoonfuls of breadcrumbs mixed with grated carrot, chopped parsley, the bacon cut up finely, the tomatoes peeled and sliced, pepper and salt, and the grated peel of  $\frac{1}{2}$  lemon and the juice of  $\frac{1}{2}$  lemon; lay the pieces of veal on this bed. Pour a cup of good stock into the frying pan and well rub all the little pieces from the fried veal; let it come to the boil and then pour into the casserole. Cover closely and let it cook in a moderate oven for  $1\frac{1}{2}$  hours. Serve with rolls of crisp bacon.

## VEAL CUTLETS

Lightly steam the veal, then chop it finely with 3 rashers of bacon. Make a panada as if for soufflé, add chopped parsley, thyme, grated rind of  $\frac{1}{2}$  lemon, pepper and salt and mix well. Now add the meat, beat up an egg and mix in. Put on to a floured board, divide and shape into cutlets. When quite cold, they are ready to fry in some boiling lard. Take them out carefully, put a piece of macaroni at the end to look like the bone, place on a fireproof dish and keep hot whilst you are frying some parsley which is to surround the cutlets. Wash and dry very well a good double handful of parsley, remove stalks. Let the lard come once more to the boil, throw in the parsley for 1 minute, strain and put round cutlets. Serve with green peas, new potatoes and little new carrots.

## VEAL CUTLETS, MUSHROOMS AND TOMATOES

Cut these from the fillet, 1 inch thick and in rounds about  $1\frac{1}{2}$  inches across. Have on a paper some fine white breadcrumbs, about 3 tablespoonfuls, mixed with a heaped teaspoonful of finely chopped parsley, the same of thyme and marjoram,  $\frac{1}{2}$  teaspoonful of grated lemon peel. Beat up an egg lightly on a plate, dip the cutlets in one by one, place them on the paper and let them get well covered with the savoury breadcrumbs. Leave them for a time and then fry in boiling butter. Turn carefully. They must do very slowly. Cook in a little saucepan some small mushrooms, peel and cut some tomatoes in another pan, both in butter. Put the cutlets on a flat mattress of mashed potatoes, on a silver dish. Put the mushrooms at one end of the dish, the tomatoes at the other end. Place a butterfly of cut lemon on each cutlet. Decorate with bits of parsley, serve with a sauce piquante in a boat.

## VOL AU VENT

Line a vol au vent mould with good puff pastry. Mark out with a sharp knife dipped in flour where the lid is to be, and then bake for  $\frac{1}{2}$  to  $\frac{3}{4}$  hour in a very hot oven. Cover with paper and watch carefully that it does not burn. Have ready cooked for filling the following: Stewed pigeons, allowing half for each person (do not use the legs); same number of lambs' kidneys stewed, and  $\frac{1}{2}$  lb mushrooms (cut, if too big). With the legs of the pigeon and pieces of mushroom make a very good gravy, slightly thickened with flour rubbed in butter. Season well and add  $\frac{1}{2}$  glass of sherry. Lay inside the pastry case, the quarters of pigeons, the kidneys and fill up with the mushrooms, pour in the gravy, put the lid on and return to a medium oven to get very hot.

## VEAL, CHICKEN OR RABBIT

Pass the cooked meat twice through the mincer with 2 rashers of lean ham or bacon. Cut very finely some shallots, to make 1 tablespoonful, put into a small saucepan and let cook with a little margarine, without frying, stirring often. Then put 1 dessertspoonful of flour, allow this to cook about 3 minutes and gradually add, stirring well, a very little white stock. Cook for 15 minutes until quite smooth, add the minced meat, pepper and salt, let it get thoroughly hot without boiling. At the last moment almost, put in some cream and a good squeeze of lemon. Serve in a very hot dish and garnish with quarters of hard-boiled egg and little fried diamonds of bread.

## VEAL FILLET IN CASSEROLE

1 fillet weighing about  $1\frac{1}{2}$  lbs. ; it should be quite 1 inch thick. Fry this in a little lard until golden brown, slice thinly 2 large onions, 2 carrots,  $\frac{1}{2}$  lb. ham or bacon in small pieces, 4 medium-sized potatoes cut in cubes, 1 clove of garlic minced finely, and let all get brown and then put into a large casserole and keep hot. Put 1 tablespoonful of flour into the frying pan with 6 sliced and peeled tomatoes, 1 teaspoonful vinegar, a bouquet garni, pepper and salt. Cover with a pint of stock or water and let all come to the boil, stirring well. Pour this over and round the fillet in the casserole and let simmer for 2 hours in a moderate oven.

## VEAL OLIVES WITH MUSHROOMS

Cut some slices of lean veal, about 4 inches long and 2 wide and with the back of the knife thin them out. On each one put a layer of the following: Chop up finely some mushrooms, a little bacon, some breadcrumbs, season with pepper, salt, squeeze of lemon juice and enough thick cream (not having any, use the yolk of an egg), roll up very tightly, lightly fry and serve on a bed of either French beans cut up and cooked, or some spinach which has also had a little lemon juice put with it.

## VEAL OLIVES "MOCKPIGEONS"

Cut the veal as above, lay on some sausage meat, roll up very tightly and lightly fry. Then put them in a casserole, make a thick well-flavoured gravy, adding a little sherry and let them simmer for 45 minutes in a medium oven.

## VEAL CUTLETS WITH PEAS

Take some pieces of veal fillet, about  $\frac{1}{2}$  inch thick and  $2\frac{1}{2}$  inches long. Egg and breadcrumb them and fry in a little butter for a few minutes. Roll up some small rashers of bacon and put these in the frying pan. Put cutlets and rolls of bacon alternatively on a flat earthenware dish and make a good surround of freshly boiled peas. Sprinkle with a very little finely chopped mint.

## VEAL CUTLETS, ITALIAN WAY.

The meat is left on the bone. Flatten the cutlets, which must be very thin, with the rolling pin. Egg and breadcrumb them and fry in butter. Have ready cooked some macaroni or spaghetti to which has been added little bits of tongue, ham, mushrooms, a nice-sized bit of butter and a good tomato sauce. Put this on a very hot dish and lay the cutlets on top. Serve very hot.

## VEGETABLE MARROW JAM

Cut the marrow, which must be quite ripe and sound hollow when rapped, into pieces about 1 to 1½ inches thick. To every lb. allow 1lb. sugar. Lay on a rather flat dish. Cover the marrow with sugar in layers and leave for 24 hours. Next day strain and let syrup boil with ¼lb. root ginger, well bruised, to every lb. fruit. Boil until reduced to nearly half quantity. Add the marrow and boil until tender. Do not boil too fast. Add ½ grated rind and juice of a lemon to every lb. marrow. If no lemon a little citric acid is excellent. Add this to individual taste.

## VEGETARIAN DISH FOR LUNCHEON

Take a good-sized pie dish and make layers of cooked spaghetti, breadcrumbs, fried onions, hard-boiled eggs, tomatoes peeled and sliced, well season with salt and pepper. Now another layer of spaghetti and breadcrumbs. Make a very good gravy, pour over and bake in oven for ½ hour.

## VIENNESE PUDDING

4oz. stale bread, 3oz. sultanas, 4oz. castor sugar, 2 eggs, 2oz. peel, 1 lemon rind, 1oz. loaf sugar, ½ pint milk, 1 gill cream, wineglass of sherry. Cut the bread into small dice, put with the lemon rind, peel, castor sugar and sultanas into a basin. With the loaf sugar, brown it as for a caramel and dissolve in the hot milk. It should be a really good coffee colour. Pour over dry ingredients. When cool add the well-beaten eggs and pour over and allow to stand. Then add the cream and wine, beat up, pour into a greased mould and steam for 1½ hours. Serve with a good wine sauce.

## VEAL ROLLS

Have about 2lbs fillet of veal cut into slices by the butcher, put these on a board, take a knife and with the back of it, flatten them out. Take 2 tablespoonfuls of chopped parsley and 3 tablespoonfuls of margarine, salt and pepper. Work this together and squeeze some lemon juice and grate the peel of ½ lemon. Divide this into the same number as you have slices of veal and spread one on each piece; roll up tightly and tie securely. Brown the meat in butter, add a little stock and let simmer till the meat is tender. Remove the strings, put the rolls on to a very hot dish, put about 1 gill of cream to the gravy in the pan, rub well and then pour over the rolls



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### WINTER SALAD

equal parts of celery, apple and beetroot. T  
fuls of cream, some pepper, salt, a little sugar.  
together with 1 tablespoonful of vinegar, or 1

## WHITINGS, BAKED

Well wash and dry some whittings, lay them in a flat earthenware casserole, put on some butter, some chopped parsley and squeeze  $\frac{1}{2}$  a lemon over them, pepper and salt. Bake until done, about 20 minutes, and serve thinish slices of bread and butter; made into rolls.

## WATER PUDDING (COLD)

2oz. butter, 2oz. castor sugar, 2 eggs, 1 large lemon, 4 tablespoonfuls of cold water. Beat butter and sugar together to a cream. Then add yolks of eggs well beaten. Next add the lemon juice and the water slowly. Beat up the whites of the eggs to a stiff froth, add to the rest. Put in a greased pie-dish and bake in a slow oven.

## WILD DUCK WITH RED CABBAGE

Braise the duck with vegetables in the ordinary way and serve it with red cabbage cooked as follows: Shred the cabbage rather finely, put into a basin of cold water to wash it. Take out a double handful at a time and well shake it and put into a good-sized iron pot; put a piece of lard about the size of a walnut in the pot first and let it melt. Do this until you have finished cutting up the cabbage. Put on the fire and for a little while keep on turning the cabbage about; it will soon make its own liquid. Let it simmer until done, about 2 hours. Strain any liquid off, add 1 tablespoonful of brown sugar and 1 tablespoonful of vinegar, stir well and taste if you have put enough vinegar, salt and pepper. Put the duck on a dish and make a good surround of the red cabbage.

## WHITE CURRANT CORDIAL

Strip the fruit and prepare it in a jar as for jelly. Strain the juice, of which put 2 quarts to 1 gallon of rum and 2lb. lump sugar. Strain through a jelly bag.

### SECOND RECIPE.

To 1 gallon of rum put 2 quarts of white currant juice which has been strained. Add 1 $\frac{1}{2}$ lbs. sugar. Stir them well together and let stand in a pan, closely covered all night. Stir it very well in the morning, seeing that the sugar is well dissolved; strain through a sieve or coarse cloth and then through a clean jelly bag a second time. Then bottle it for use. Best kept for some months before drinking.

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