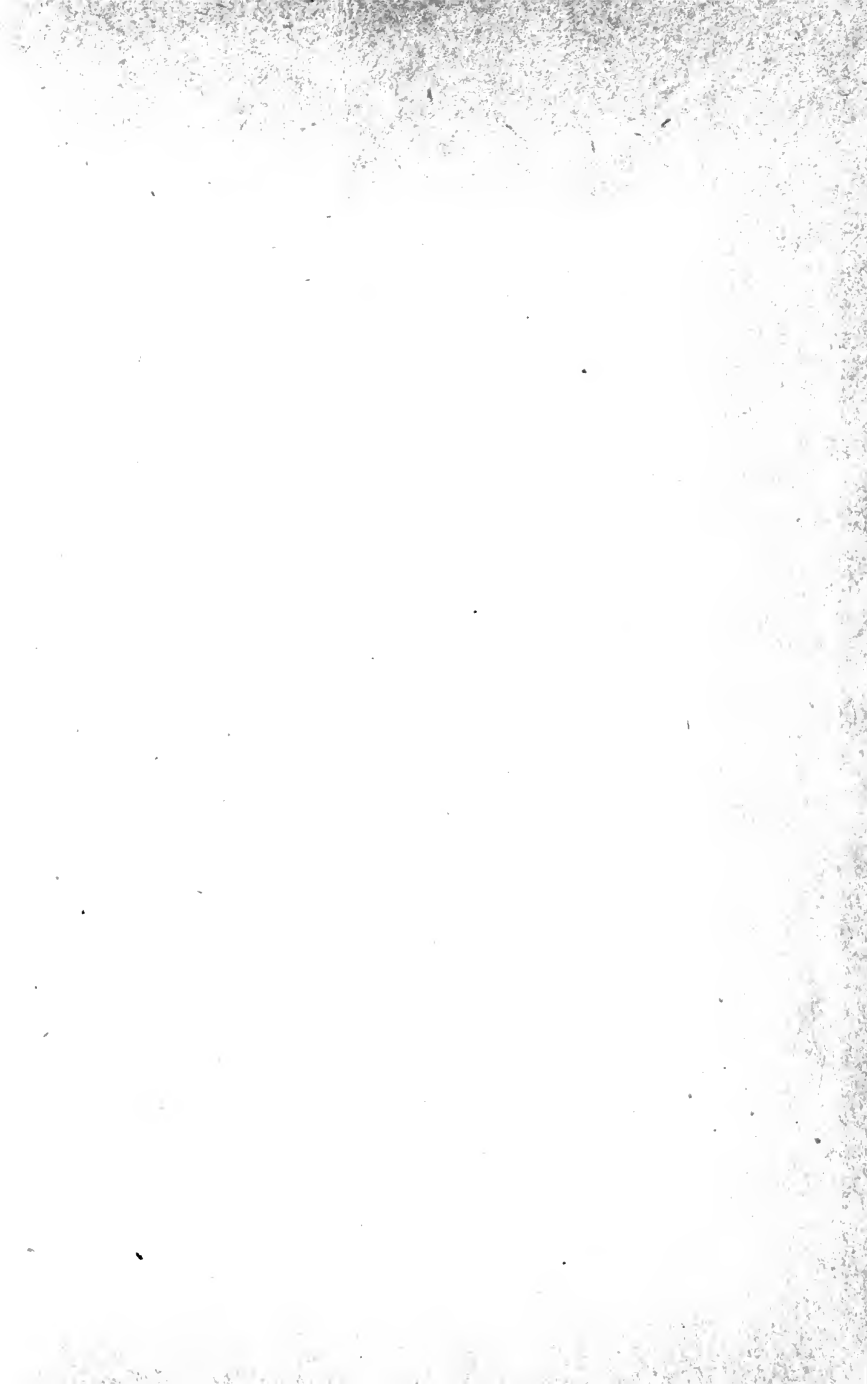


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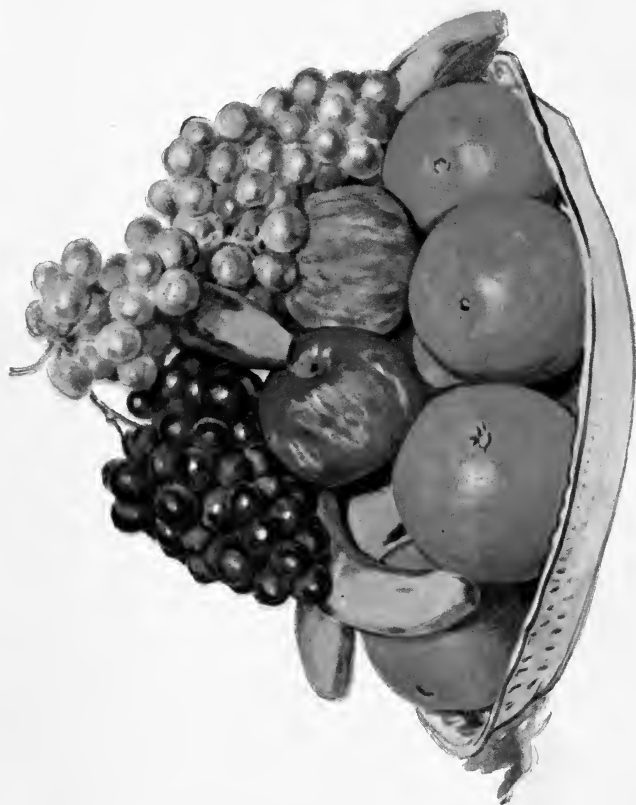
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A SIMPLE DISH OF DESSERT.

**SOYER'S STANDARD COOKERY**

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## INTRODUCTION.

There was a saying, current many years ago, that "the French have a hundred sauces and one religion, while the English are a nation of a hundred religions and one sauce."

This friendly gibe has lost its point, for while the French have retained their hundred sauces, and even added to the number, they have come near to losing — if they have not lost — their one religion; while the English, with their tale of religions undiminished, have, thanks to their French neighbors, given kindly welcome to more than ten times one hundred sauces, and made it difficult to trace the one which used to reign in solitary state.

And this remarkable change dates from that significant period — the early days last century — when, balked of our subjugation by the sword, the gallant Frenchmen came, saw and conquered us with a force comprised of but two enterprising chefs, armed with nothing more warlike than their toasting-forks and brains-marie!

Louis Eustache Ude and Alexis Soyer were the names of the doughty ones, and while both achieved fame in their day, it was given only to Alexis Soyer to have his name lastingly engraved on the Scroll of Fame.

"The impression grows on us," said *The Globe*, in a burst of enthusiasm, "that the man of the age is neither Sir Robert Peel, nor Lord John Russell, nor even Ibrahim Pacha, but Alexis Soyer."

"Soyer has taught us to eat not to appease hunger, but to elevate the soul," said *The Times* in 1847, whilst George Augustus Sala, with a magnanimity the more remarkable because he so seldom praised, wrote of his one-time patron:—

"He was, in more than one sense, a public benefactor, and won the respect of all by a great capacity for organization, and by the manliness, simplicity, and uprightness of his character."

Born in 1809 at Miaux-en-Brie, Soyer was destined by his parents for the service of the Church, but the life ecclesiastical proved not to his taste, so in 1820 he went to Paris, and was apprenticed to a cook at Grignon. He quickly rose to be

head of the kitchen, but coquetted with the idea of qualifying as an actor on the comic stage. But steady promotion and his brother's entreaties taught him that as chef he might combine his fancies, tickling the wit of his patrons while he tickled their palate; and so in 1821, he was appointed second-in-command of the Foreign Office Kitchen in Paris, an appointment not without danger, for during the same year the Revolutionaries forced their way into the apartment of pots and pans, butchering the staff, and it was only by promptly and ostentatiously chanting the Marseillaise that young Soyer escaped unhurt though frightened.

He discovered that Paris was too warm, even for a chef, so came to London, joining his brother in the kitchens of the Duke of Cambridge, followed by appointments with the Duke of Sutherland and the Marquis of Waterford; after which he took service with Mr. Lloyd, of Aston Hall, Oswestry, a generous patron who was subsequently instrumental in installing the young Frenchman as chef of the Reform Club.

The Coronation Breakfast, given at the Club to two thousand notable guests, proved the stuff of which the young chef was made, and from that moment he was famous.

The kitchens at the Reform Club—designed by Soyer—excited the wonder of the world, and brought a constant stream of visitors, who departed marveling at the completeness of detail displayed and chuckling over the witticisms of the chef.

His fame increased until scarcely any gastronomic function of importance was projected without first consulting him.

This is no place to write at length of his romantic marriage with Emma Jones, the young Welsh artist—the “English Murillo,” as she was called—although the manner of his wooing and the fashionable wedding at St. George's, Hanover Square, are tempting themes; nor may we dwell on the loss sustained by her husband and the artistic world when Madame Soyer died in 1842. It is sufficient to say that while her life was an inspiration to her husband, her death marked the turning-point in his career.

He realized that basking in the smiles of high-born dames was not the *summum-bonum* of existence; and with the idea that the wealthy might well be left to take care of themselves, he began to devote his attention to the cookery methods of the multitudes, and resigned his position at the Reform Club because, said he:—“through the stone walls of that edifice I could not gain the slightest knowledge of cottage life.”

The terrible Irish Potato Famine gave him an opportunity to put his philanthropic ideas into practice, and just when the peasants were dying by hundreds, he went over to Ireland and personally superintended schemes which he had formulated for the immediate alleviation of distress and want.

Public soup-kitchens were erected—the whole plan of which was the product of Soyer's fertile brain, as was also the elaborate system whereby thousands of the poor were marshalled, fed and dismissed in a few hours. At this juncture he published *Charitable Cookery*, at the price of 6d., part of the proceeds of the sale going to a fund which had been opened for the relief of the poor.

The Great Exhibition in Hyde Park gave him a further opportunity for the display of his peculiar talents. He took Gore House, late the residence of the Countess of Flessington, and turned it into a vast restaurant which he called "Soyer's Symposium, a Restaurant for all Nations," providing thousands of meals per day at popular prices, the menus ranging from those suited to modest purses to those which cost many guineas. It was at this time that he commissioned the young G. A. Sala to paint on the grand staircase a panorama which was entitled "The Grand Macédoine of all Nations; being a Demisemitragicomipanodicosmopolytolyofanofunniosymposiorama, or Suchagettingupstairstothe great exhibition of 1851," much to the artist's annoyance, who was, even in those early days, of a somewhat irascible temperament. Soyer spent a fortune on this project, and came out of it "with exactly £100 in the whole world," a reversal of fortune for which he was not prepared, and which was, in a measure, due to grandmotherly and high-handed interference from the authorities.

Nothing daunted, however, he next turned his attention seriously to the production of books on cookery, and from the sales of these he repeated a rich harvest.

News of the distress in the Hospital Camps at Scutari fired his brain to the formulation of a great project, and on February 2, 1855, London was electrified with a letter from Soyer in *The Times* of that date, offering to go to the Barrack Hospital, at Scutari, at his own expense, and to give his services in the work of organizing and regulating the kitchen operations there.

He was the hero of the day; his offer was accepted by the Government, and in a remarkably short period of time he had caused special stoves to be constructed which, together with the necessary stores, he took with him to the field of battle.

His *Culinary Campaign*, published in 1857, is not only illuminating as to the man and his methods, while working hand in hand with Florence Nightingale, but also affords an interesting sidelight on the history of that memorable period.

Volatile to a degree, he never spared himself either in the kitchen or study. His *Pantrophéon, or History of Food and its Preparation from the Earliest Ages of the World*, is the most remarkable book of its kind in our language, representing a compilation at once stupendous and masterly.

His success in the Crimea naturally turned the eyes of the authorities to the man who had worked such wonders, and the whole system of cookery for the Army and Navy was, as a consequence, completely reorganized by Soyer. It was really the outcome of a lecture which he delivered on March 18, 1858, before the United Service Institution, and was followed by an instruction from the Barracks and Hospitals Commissioners to revise and reform the dietary of Military Hospitals.

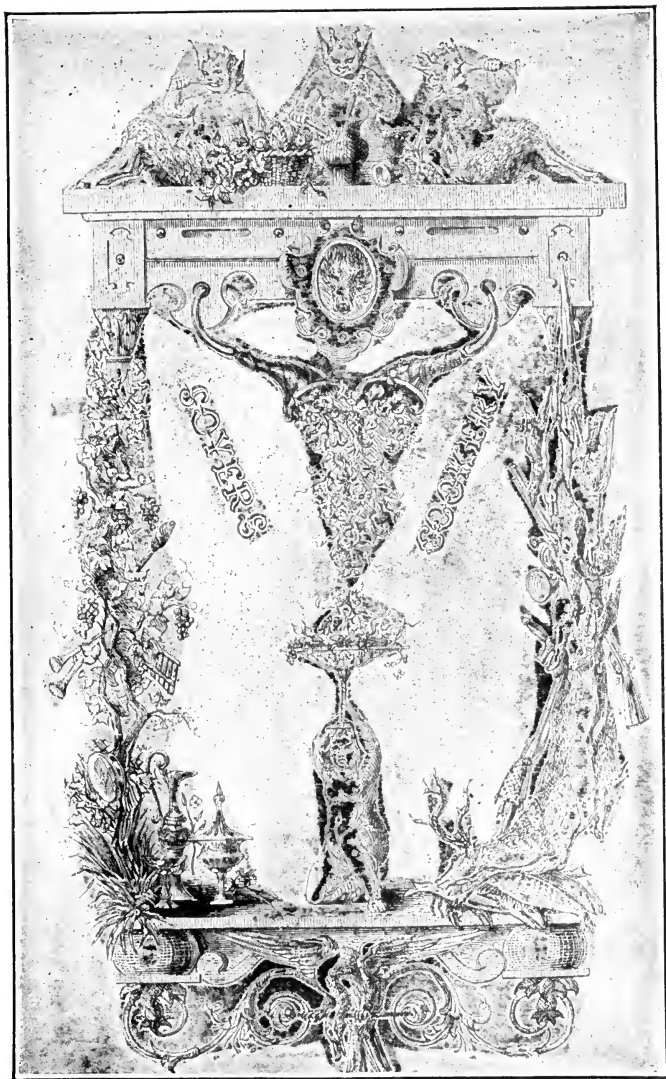
His ideas and most of his special menus were embodied in the famous *Army Regulations and Orders—II—Cookery*, issued in 1860, and these, together with his *Field Kitchen for the Army*, have been scarcely altered since his day.

He died August 5, 1858, at the early age of forty-nine, universally regretted; worn out in the service of his adopted country.

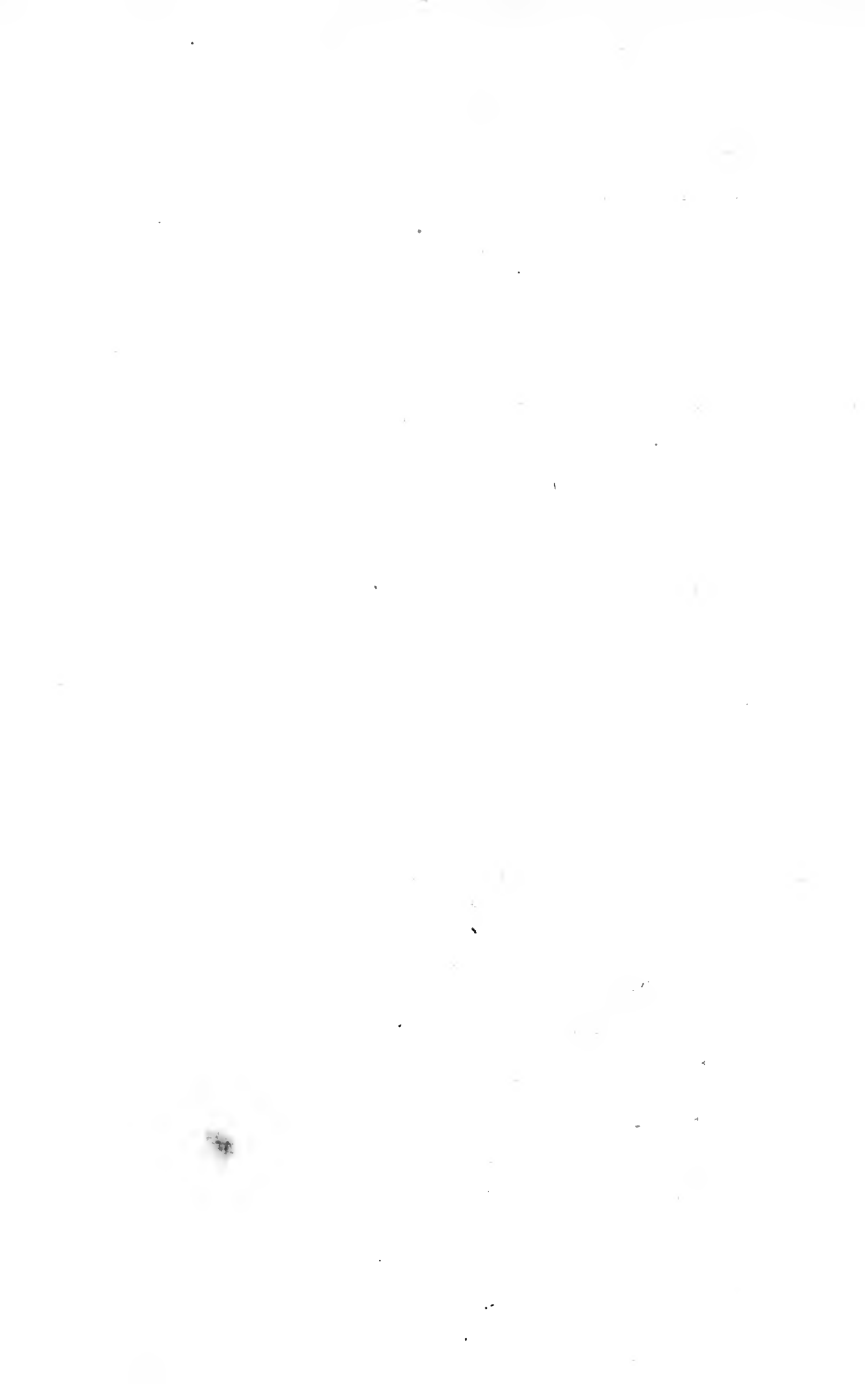
And now, after the passing of half a century, during which time Soyer's name has been spoken and written about by epicures and gourmets, in terms which leave no doubt in our minds as to the influence the man and his methods exerted on English cookery, his grandson, Nicolas Soyer, comes before the public in a dramatic fashion. Leaving a lucrative appointment as chef to a great and exclusive London Club, he has devoted his attention and energies to the question of Cookery for the People, thus carrying on the good work started by his grandfather and giving additional luster to the family name.

Those who know Nicolas Soyer intimately have quite easily discovered how much of the grandfather there is in the grandson. The same high appreciation of his art; the same inventive genius; the same passion for organization; the same magnetic personality which characterized Alexis Soyer are typical of Nicolas.

Originally destined for the Church, he, like his grandfather, left the Church for the kitchen, taking service under Papon, a famed confectioner of Clermont-Ferrand.



FACSIMILE TITLE-PAGE from an early cookery book published by the famous Chef, Alexis Soyer—the author's grandfather.





Like his illustrious ancestor, he came to London, and, after preliminary appointments in various large kitchens, became in turn chef to the Dowager Duchess of Newcastle, and Sir Herbert Naylor-Leyland, followed by a period of eight or nine years, during which he speculated with varying success in certain large enterprises, until at last he returned to his old love and became chef to Lord Suffolk, a post which he relinquished to become head of the kitchen to that exclusive coterie known as Brooks's Club.

Whilst at Brooks's he tickled the noble palates of those upstairs with dishes, the flavor and perfect cooking of which excited wonder and comment. The situation was truly comic, for Soyer was at this time nearing perfection in a series of experiments towards Cookery Reformation intended to benefit the masses, and was concluding his experiments by practicing on the delicate digestions of the most select of the "Upper Ten Thousand."

Nothing remained but to wait for a favorable opportunity to bring his scheme before the world, and this came at last in an indirect fashion by reason of a challenge from a German rival, who claimed great and lasting benefits from the use of a special stove which he had invented.

Soyer accepted the challenge and launched his sensational *Paper-Bag Cookery*, a system of economical cookery which took the public by storm, and is now, one year after its introduction, practiced by delighted housewives in many kitchens throughout the world. Praise, criticism and controversy have been lavished on Soyer's *Paper-Bag Cookery*, and they have combined in making the name of Soyer to-day equal, if not excel, the popularity accorded the family name in the days of an older generation.

Once a chef, always a chef, and Nicolas Soyer is no exception to the rule. He looks upon his Paper-Bag System as a mere interlude in his life—important and beneficent to mankind though it may be—and since, in the hundreds of popular demonstrations which he has personally conducted in both Europe and America, he has been urged to give to the world a book of General Cookery, he has felt it incumbent upon him to accede to these insistent requests and the result is this present volume.

As its title indicates, it is a complete guide to the art of cooking dainty, varied and economical dishes for the household.

Within these pages is embodied the experience of a life-

time as chef in many of the great homes of England, and every one of the recipes is thoroughly recommended by Monsieur Soyer as worthy of careful consideration and equally careful preparation.

It is not a household guide. M. Soyer has too great a respect for the housewife to presume to teach her how to manage her household, a task which she has reduced to a fine art.

With a view to making the work as complete as possible, the bulk of the recipes contained in the brochure, *Paper Bag Cookery*, have been incorporated, thus bringing within the scope of a handy volume as complete a guide to present day cookery as could be conceived.

W. J. R.

## CONSOMMÉS — SOUPS.

### Clear Soup.

Procure five pounds of shin of beef, one pound of knuckle of veal, and soak for six hours in plenty of cold water.

Procure vegetables as follows:—three medium-sized carrots, two turnips, two leeks, four onions, all of which should be blanched.

Into a stock-pot place the meat and vegetables and two gallons of water, into which drop a teaspoonful of peppercorns and two cloves; bring to boil and after they have boiled together for one hour, carefully remove vegetables for use with your soup, after being cut into fancy shapes.

Continue boiling the meat for a further three hours, occasionally skimming off fat, and taking care to fill up the stock-pot with **BOILING WATER** should the liquor show signs of diminishing. The fat skimmed off should be dropped into a bowl and, after clarifying, can be used for frying. The meat should be removed from the stock and placed on a flat dish.

**CLARIFYING SECOND STOCK.**—If you have any cold meat you desire to be used up, place it on a dish and leave in oven until a light brown. Place this in a stock-pot with the meat left from stock-pot (see above) on top. Fill up with cold water and bring to boil, skimming thoroughly and always replenishing the liquor by addition of **BOILING WATER**. Add two onions, two carrots, one leek, one turnip and a sprig of parsley, all previously blanched; to these add a teaspoonful of peppercorns and salt to taste. Boil for five hours, after which strain through a muslin into a large bowl and leave until next day, when skim off fat which may have collected.

Now pass through a meat chopper three pounds of lean gravy beef. Place this in a large bowl, adding whites of two eggs, squeezing together so as to compact. Add two quarts of water, glass by glass, squeezing the mass all the while. Now add the stock as above, place in a very clean stock-pot, and bring to boil, continually stirring. When boiling, place stock-pot on side of stove and let simmer slowly for one hour.

Now strain the liquor through a double fold of muslin into a bowl and set on a shelf in the pantry, *raising it on small blocks so that air may pass beneath, thus allowing to cool rapidly and prevent fermentation.*

The carcase of a chicken, broken small and slightly browned in the oven, is a valuable addition to the above when simmering by the stove-side.

#### Stock for Brown Sauce.

INGREDIENTS.—Three pounds knuckle of beef; two pounds knuckle of veal, one ham-bone or half-pound of ham fat. The carcase of a chicken. *Mutton or duck should never be used.*

Into a stock-pot place three onions, shredded, one carrot, blanched and thinly sliced, six tomatoes, without seeds (half a can of tomato purée, with teaspoonful of castor sugar, will do if fresh tomato is unobtainable); add the ham fat and a little dripping. Allow to simmer, but not to take color, for a quarter of an hour. Now add the meat and fill up with two gallons of water, also adding a bouquet garni (two bay leaves, sprig each of thyme and parsley, tied in a bunch), half stick of celery and teaspoonful of peppercorn. Boil for five hours, occasionally skimming off fat, but always filling up to two gallons with boiling water. Now strain through a coarse strainer and allow liquor to stand until next day, when remove fat which has risen.

Place liquor in a clean stock-pot and bring to boil.

Take in a bowl two ounces of fecule flour, or arrowroot, well dissolve it in two wine glasses full of Sherry or Madeira or mushroom juice (or water, if economy be desired). Now keep stirring boiling stock and while stirring, add slowly the foregoing liquid until stock thickens. Now remove from fire and allow to boil quietly for two or three minutes. Add coloring matter until a light brown. Strain through fine muslin and the result is a Brown Sauce. Place this in a large basin and stir occasionally until cold, thus preventing fermentation. By boiling this mixture and putting into a clean bowl every second day this sauce will keep until all used up.

#### White Thick Stock for Soup and Sauces.

This recipe is known only to Chefs of great repute and is one of the leading white sauces in all cooking.

METHOD.—Make the same stock as for Brown Sauce but omit tomato and coloring and anything which would tend to color. Also be sure to add no game.

Blanch and chop finely one onion and one carrot. Dry these and place in a frying pan with one ounce of butter and a teaspoonful of castor sugar. Fry until vegetables are just soft but not colored.

Melt in a stewpan half pound of butter to which add sufficient flour to make a paste. Fill up slowly with two gallons of stock, well mixing, and add the vegetables as above with the addition of a bouquet garni. Place on fire, stirring continually, until boiled. Then allow to simmer gently for one hour, occasionally skimming off fat and adding boiling water as required.

#### **Chicken Consommé.**

This is prepared exactly as the other, but after clarifying, you take off the breast of a chicken or fowl, put the carcase in oven until light brown. Drop this free of grease into consommé and allow to simmer for one hour or one and a half hours.

#### **Clear Game Soup.**

Exactly the same process. Take any game, grouse, hare, partridge, etc., etc. In serving game soup a wineglassful of Madeira is a great improvement.

#### **Fish Consommé.**

Fillet three soles of whiting. Take the bones and place in a stewpan into which has previously been dropped butter about size of an egg. Half a chopped onion, half a carrot minced (both previously blanched), one bayleaf, sprig of thyme, little parsley, teaspoonful of peppercorn. Allow this to simmer quietly for twenty minutes, then strain through muslin into a vessel and allow to cool, which permits the butter to be separated from it. This method is the only one for soup and the formation of all fish sauces, which is generally called in large kitchens by the name of Fumée.

For clarifying the above it is necessary to add two quarts of water. Place two whites of eggs in a basin, whisk slightly, add a glass of water gradually; place egg, water and fumée in a stewpan and stir continually until boiling. Draw to side of stove and allow to simmer for twenty minutes. Pass all through muslin and store in a cool place. If not used, must be brought to the boil every day.

#### **Clear Fish Soup.**

Is made with the above. Four yolks of eggs; place in a stewpan, two teaspoonfuls of arrowroot, three tablespoonfuls cream, salt and pepper at discretion, one glass of Madeira, stir well together, pouring into stock of clarified fumée and bring to boil, whisking continually. Strain into soup-tureen, and it is ready to serve with bread cut into small squares and fried in butter until light brown, or toast would do.

This soup can be made by using the fish stock before clarifying, but the use of the clarified stock is preferable.

#### **Thick Fish Soup.**

For Thick Fish Soup, composed of any fish.

Place two ounces of butter in a stewpan to hold four quarts of stock, add two large tablespoonfuls of chopped onions, stand on fire for two or three minutes but do not allow to color. Take off stewpan from fire, add three tablespoonfuls of flour well mixed. Add two quarts of fish stock and bring to boil, continually stirring. Add one bay leaf, little thyme and parsley tied together. One teaspoonful of peppercorn, little salt, two or three drops of Tabasco. Let this boil for half an hour, skimming at intervals.

\* Prepare in a saucepan four yolks of eggs, four tablespoonfuls of cream. Take some of boiling mixture and pour over these, stirring quickly. Pour all back into the stewpan, stirring briskly. Whisking is preferable to stirring with a spoon. Bring to boil, stirring constantly, strain into soup-tureen adding one glass of Madeira or sherry. Serve with croûtons.

#### **Vegetables Prepared for Soup, Stew, or Garnishing.**

All Carrots, Turnips, Celery, Onions, must be blanched.

Blanching means to put these vegetables in cold water (but see that the water covers them), and boil for three minutes; then strain at once. This is the only way to secure a good flavor in soup, the vegetables helping to modify and not spoil the flavor of the meat or chicken; also securing tenderness in the vegetables themselves. Of course, these vegetables are cut up in different shapes before being blanched. This method will be found the most perfect in existence.

#### **Clear Vegetable Soup.**

Peel a medium-sized carrot and turnip, which cut first into slices, then into small square pieces about the size of dice; peel also eighteen button onions; wash the whole in cold water and drain them upon a sieve; when dry put them into a stewpan with two ounces of butter and a teaspoonful of powdered sugar; set them upon a very sharp fire for ten minutes, tossing them over every now and then until the vegetables become covered with a thin shiny glaze, which may take rather more than the before-mentioned time; care, however, must be taken, for should you let them get brown, the flavor of the

\* This not to be done until dinner is just about to be served, as it is more satisfactory when prepared at the last moment.

soup would be spoiled; whilst, upon the other hand, if put in whilst surrounded with a whitish liquid, your soup would look white and unsightly. With a little attention, however, success is certain; and, once accomplished, there would be no difficulty in making any vegetable soups or sauce; therefore it is very desirable to know how to do it properly. When done, pour two quarts of clear broth over them, set it upon the fire, and when upon the point of boiling, place it at the corner to simmer, until the vegetables are 'quite tender (the onions especially), carefully skimming off all the butter as it rises to the surface; it will require about half an hour's simmering, and there should be half a pound of vegetables to two quarts of stock; taste if properly seasoned, which it ought to be with the above proportions, but use your own judgment accordingly.

The only difference to be made in these descriptions of soup is in the way the vegetables are cut; cutters for the purpose may be purchased at most hardware shops at a trifling expense.

#### **Printanière Soup.**

Cut a small quantity of vegetables, as in the last, but rather less carrot and turnip, introducing a little celery, leek, and young spring onions, instead of the button onions; proceed exactly as before, but ten minutes before taking it from the fire, wash a few leaves of sorrel, which cut small and put into the soup, with six sprigs of chervil; in summer, a few fresh-boiled peas or French beans served in it is an improvement.

In whatever shape you may cut the vegetables for soup, always be cautious not to cut some pieces larger than others, and the whole of them rather small than large; for if some pieces should be small and others large, the smaller pieces would quite be in purée, whilst the larger ones would still be quite hard, which would cause your soup not only to eat badly, but give it an unsightly appearance, for the vegetable boiled to a purée would make the soup thick. The above remark, although simple, is still very important.

#### **Consommé Printanier.**

Have ready one quart of consommé, also cut one carrot and one turnip into roundels one-half inch thick. With a tubular cutter, cut these roundels into little rods, making a sufficient number to fill one tablespoon with each vegetable. Cook these little rods in consommé.

Put the carrot and turnip rods into the soup-tureen with

one tablespoonful of small peas, the same quantity of small French beans and asparagus-heads, the former cut into lozenges, ten roundels of sorrel leaves, and as many of lettuce leaves, the latter being poached in some consommé. When about to serve, pour the boiling consommé over these garnishes and add a large pinch of small chervil pluches.

#### **Consommé Printanier Aux Quenelles.**

Prepare the printanier as directed above, but lessen the quantities of the vegetables.

Make some small quenelles of chicken forcemeat and poach them before dishing up.

Drain them, put them into the soup-tureen with the other garnishes, and pour thereon the boiling consommé.

#### **Consommé Demidoff.**

With the small spoon-cutter, pick out a good tablespoonful of carrot, and the same quantity of turnip pearls. Cook these vegetables in the customary way, and put them in the soup-tureen, the same quantity of peas, and small, poached, chicken forcemeat quenelles with herbs. Pour one quart of boiling chicken consommé over this garnish and add a pinch of chervil pluches.

#### **Consommé Deslignac.**

Prepare two small, stuffed lettuces, rolled into sausage form and poached; two babamolds of royale with cream. Cut the royale into small dice; trim the lettuce and cut into slices; put this garnish into the soup-tureen and pour thereon one quart of boiling consommé, thickened with two tablespoonfuls of poached tapioca. Add a pinch of chervil pluches.

#### **Croûte Au Pot.**

Prepare a freshly-cooked vegetable garnish for a stock-pot — carrots and turnips cut into small sticks and trimmed; a few heads of leeks, and cabbage, parboiled, minced, and cooked in consommé.

Also prepare seven or eight crusts of French soup "flutes" and dry them in the oven. Put the vegetable garnish into the soup-tureen; pour on two quarts of consommé and add the dried crusts in soup-tureen.

#### **Maigre Soup.**

Cut two onions into very small dice, and put them into a stewpan, with two ounces of butter; fry them a short time, but not to discolor them; have ready three or four handful



of well-washed sorrel, which cut into ribands and put into the stewpan with the onions, add one tablespoon of flour, then mix well a pint of milk and a quart of water; boil altogether twenty minutes, keeping it stirred; season with a teaspoonful of sugar and salt, take it from the fire, and stir in quickly a liaison \* of two yolks of eggs mixed with a gill of cream or milk (it must not boil afterwards), put the crust of a French roll, cut into strips, in the tureen, pour the soup over, and serve very hot.

#### **Onion Soup Maigre.**

Peel and cut six large onions into small dice, put them into a stewpan, with a quarter of a pound of butter, place them over the fire until well fried, then mix in well a tablespoonful of flour, and rather more than a quart of water; boil until the onions are quite tender, season with a spoonful of salt and a little sugar; finish with a liaison, and serve as in the last.

#### **French Cabbage Soup.**

This is a soup very much in vogue amongst the middle classes of the French people. It is very economical, and will satisfy a numerous family at a trifling expense. Put a gallon of water into a saucepan with two pounds of streaky salt pork or bacon, to which add a couple of pounds of white cabbage, cut in strips (using every part but the stalk, and previously well washed), two large onions, a carrot, a turnip, and a head of celery; let the whole boil three or four hours, until the pork is tender, skimming off all the fat, season with a little black pepper, brown sugar, and salt, if required; lay slices of bread (about one pound) in your tureen, pour the soup over; keep the tureen covered ten minutes, until the bread is soaked, when it is ready to serve. The pork or bacon may be either served separate or cut into small square pieces, and served in the soup. A few mealy potatoes are sometimes introduced, or a quart of large green peas, or a pint of dry split peas.

It is also frequently made by omitting the pork or bacon, adding more vegetables of all kinds, and a quarter of a pound of butter, and frequently where they have nothing else but cabbage, they make it only of that. I have known strong, healthy men make a hearty meal of it, preferring it to meat, of which they scarcely ever partake.

#### **Purée of Vegetable Soup.**

Peel and cut up very finely three onions, three turnips, one

\* See page 62.

carrot, and four potatoes, which put into a stewpan, with a quarter of a pound of butter, the same of lean ham, and a bunch of parsley; pass them ten minutes over a sharp fire, then add a good spoonful of flour, which mix well in, add two quarts of stock, and a pint of boiling milk; stir it until boiling; season with a little salt and sugar, rub it through a sieve, put it in another stewpan, boil again, skim, and serve with croûtons of fried bread, as for Palestine Soup.\* It ought to be thickish.

#### Autumn Soup.

Cut up four cabbage-lettuces, one cos ditto, a handful of sorrel, and a little tarragon and chervil; when well washed and drained put them into a stewpan, with two cucumbers finely sliced, and two ounces of butter, place them over a brisk fire, stirring occasionally, until very little liquid remains; then add two tablespoonfuls of flour, stirring it well in; then pour over three quarts of stock, adding a quart of young and fresh green peas; half an hour's boiling will suffice for this delicious soup, and the flavor of the vegetables will be fully preserved; season with a teaspoonful of salt, and two of sugar.

#### Scotch Cock-a-Leekie.

Trim two or three bunches of fine winter leeks, cutting off the roots and part of the heads, then split each in halves lengthwise, and each half into three, which wash well in two or three waters, then put them into a stewpan, with a stock previously made, and a fowl trussed as for boiling; let the whole simmer very gently for three hours, keeping it well skimmed, seasoning a little if required; half an hour before serving add two dozen French plums, without breaking them; when ready to serve, take out the fowl, which cut into neat pieces, place them in a tureen, and pour the leeks and broth over, the leeks being then partly in purée; if too thick, however, add a drop more broth or water. Should the leeks happen to be old and strong, it would be better to blanch them five minutes in a gallon of boiling water previous to putting them in the stock.

Although an old cock is usually used in Scotland for the above purpose, I prefer a young fowl; but should an old one be most handy, stew it a long time in the stock. This soup will keep good several days, and would improve by warming a second time.

#### Julienne Soup.

This soup is entirely the hereditary property of France, and

\* See page 11.

is supposed to be so called from the months of June and July, when all vegetables are in full season; and to make it as originally made, a small quantity of every description of vegetables should be used, including lettuce, sorrel, and tarragon; however, some few sorts of vegetables, mixed together, make a most estimable soup. Weigh half a pound of the vegetables in fair proportions to each other; that is, carrots, turnips, onions, celery, and leeks, which cut into small fillets an inch in length and of the thickness of a trussing-needle; when done, wash, dry, and pass them in butter and sugar as before, add two parts of clear soup, adding, just before it is done, a little sorrel, cabbage-lettuce, and chervil or peas, if handy, but it will be excellent without either.

#### **Consommé Alexandra.**

Have a quart of excellent consommé ready; add, in order to thicken slightly, three tablespoonfuls of poached tapioca, very clear.

Put the following garnish in the soup tureen; one tablespoonful of white chicken meat cut in fine julienne-fashion, one tablespoonful of small chicken quenelles, and one tablespoonful of lettuce, blanched. Over this pour the boiling consommé and serve at once.

#### **Tomato Soup (commonly called Portugaise).**

Take two pounds of tomatoes, remove stalks and wipe well. Get a large bowl full of boiling water, and drop four tomatoes at a time therein, leaving for twenty seconds; remove quickly. Do this until all the tomatoes have been dealt with. This is done in order to remove the skins easily.

Peel tomatoes and cut in two; remove seeds. Take a stewpan to hold four quarts of liquid, put therein two ounces of butter, one onion finely chopped and melt together for three minutes to heat only but not to color, otherwise the soup will be spoiled, adding one teaspoonful of castor sugar, and a little salt; remove from the fire and add large tablespoonful of flour. Drop all the tomatoes into the mixture, mix well together with two tablespoonfuls of Mirepoix. Then add two quarts of meat stock (not clarified), boil briskly, stirring all the while, then allow to boil gently for one hour. Skim off grease from time to time and then pass through very fine sieve, return to stewpan, season with pepper and salt or Tabasco, and if not thick enough a little arrow-root or fecule diluted in a little cold water will slightly thicken and add to the smoothness.

If color not rich enough, add cochineal, drop by drop, until deep enough, bring to boil and serve.

This may be improved by adding the crushed carcass of a chicken to the soup ten minutes before serving, enriching the flavor to a remarkable degree.

### **Artichoke Soup (commonly called Crème d'Artichoke or Palestine Soup).**

**METHOD OF COOKING ARTICHOKEs.**—Peel eighteen good-sized Jerusalem Artichokes, previously well-washed. Place one tablespoon of salt into a stewpan holding four quarts. Add one good tablespoonful of flour, juice of one lemon or a tablespoonful of white vinegar, or both may be used. Gradually pour on three quarts of water, place artichokes into this and boil gently. A freshly-peeled artichoke usually takes thirty-five minutes to cook slowly. When they are soft they are cooked.

This is the best way to cook artichokes, whether required as a dressed vegetable or for soup. This method preserves the purity of color and flavor. If not all used keep in the liquor.

#### **TO PREPARE THE SOUP.**—

For ten persons: put two ounces of butter, one small onion chopped, fry together until soft but not colored. Remove from fire and add two tablespoonfuls of flour, two quarts of hot water, two tablespoonfuls of Mirepoix, and bring all to boil, briskly stirring all the while. Place the boiled artichokes in this mixture, allow to boil for a quarter of an hour, pass through very fine sieve and return liquor to clean stewpan, adding three yolks of eggs and three tablespoonfuls of cream, previously stirred together. One tablespoonful of sugar with salt and pepper to taste. A little Tabasco may be added instead of the pepper if preferred.

Serve with croûtons in usual way. This is a soup made under the superintendence of all the great Chefs, but the recipe for which is rarely published.

#### **Consommé Ambassadeur.**

Have one quart of boiling consommé ready. Take three different kinds of royale, cold, consisting of truffle purée, tomato purée, and purée of peas, each of which should have been poached in a dariole-mold. Cut the royales into regular dice and put them in the soup-tureen with one tablespoonful of chicken fillet. Pour the boiling consommé over these garnishes and serve at once.

**Palestine Soup or Purée of Artichokes (another method).**

Have a quarter of a pound of lean bacon or ham, as also an onion, a turnip, and a little celery, cut the whole into small thin slices, and put them into a stewpan, with two ounces of butter; place them over a sharp fire keeping them stirred, about twenty minutes, or until forming a whitish glaze at the bottom; then have ready washed, peeled, and cut into thin slices, about twelve artichokes, which put into the stewpan with a pint of broth or water, and stew until quite tender, then mix in two tablespoonfuls of flour quite smoothly, add two quarts of stock made as directed, and half a pint of milk; keep it constantly stirred until boiling; season with a teaspoonful of salt, and two of sugar, then rub it through a sieve, place it again in a stewpan; let it boil five minutes, keeping it well skimmed, and serve with very small croûtons of bread (fried in butter, and dried upon a cloth) in the tureen; a gill of cream, stirred in at the moment of serving, is a great improvement, although it may be omitted.

**Crecy Soup, or Purée of Carrots.**

Procure five or six large carrots, as red as possible, which scrape well, then shave them into very thin slices, taking off all the exterior red, but not using the center, then peel and slice a large onion, a turnip, a quarter of a pound of lean ham, a few sprigs of parsley, and two bay-leaves, put them into a stewpan, with four ounces of butter, fry the whole to a light yellowish color, then add the carrots, with a pint of water, and let them stew until perfectly tender, mix in two ounces of flour quite smoothly, and add five pints of stock; season with a little salt and sugar, and stir upon the fire until boiling, a quarter of an hour, when pass it through a sieve, and finish and serve as in the preceding; no cream, however, must be added. This soup ought to be of a red color. Boiled rice or fried croûtons may be served in it.

**Green Pea Soup.**

Put two quarts of green peas into a stewpan with a quarter of a pound of butter, a quarter of a pound of lean ham, cut into small dice, two onions in slices, and a few sprigs of parsley; add a quart of cold water, and with the hands rub all well together; then pour off the water, cover the stewpan close, and stand it over a sharp fire, stirring the contents round occasionally; when very tender, add two tablespoonfuls of flour, which mix in well, mashing the peas with your spoon against the

sides of the stewpan, add two quarts of stock, or broth from the Pot-au feu, a tablespoon of sugar, and a little pepper and salt, if required; boil all well together five minutes, when rub it through a hair sieve; then put it into another stewpan with a pint of boiling milk; boil five minutes, skim well, and pour it into your tureen. It must not be too thick; serve with croutons of bread as for Palestine Soup.

#### Winter Pea Soup.

Wash a quart of split peas, which put into a stewpan, with half a pound of streaked bacon, two onions in slices, two pounds of veal or beef, cut into small pieces, and a little parsley, thyme, and bay-leaf; add a gallon of water, with a little salt and sugar, place it upon the fire, and when boiling stand it at the side until the peas are boiled to a purée and the water has reduced to half; then take out the meat, which put upon a dish, to be eaten with the bacon, keeping it hot; rub the soup through a hair sieve. Put it into another stewpan, and when boiling, serve. The meat may also be served in the tureen if preferred. Maigre pea-soup may also be made by omitting the meat, adding half a pound of butter, one quart of milk, and omitting a quart of water.

#### Consommé Andalusien.

Prepare a mold of royale made from tomato purée. When quite cold cut into dice and put in the tureen with one tablespoonful of boiled rice.

Pour one quart of boiling clear chicken consommé over the garnish and serve at once.

#### Consommé Salburg.

Cut a tablespoonful of carrot pellets and the same quantity of turnip. Cook these vegetables by boiling them in water, taking care not to overcook them, a tablespoonful of royale made from asparagus heads, and a dozen small chicken-forcemeat quenelles, in the shape of large pearls.

Poach the quenelles, cut the royales up into slices and put the whole into the soup-tureen with the carrot and turnip pellets, and one tablespoonful of green peas. Pour a quart of boiling consommé over the garnish and serve.

#### Consommé Bohême.

Prepare a dariole-mold of foie-gras purée, and a few profiterolles the size of hazelnuts, the latter being made very crisp.

When the royale is cold, cut into regular dice and put in the tureen.

Pour over the garnish a quart of consommé thickened by three tablespoonfuls of poached tapioca, and serve. Send the profiterolles, very hot, to the table separately.

#### **Consommé Bouquetière.**

Prepare a garnish of carrots and turnips cut with a tubular cutter; French beans cut into lozenges, and green peas, all of which vegetables should be fresh and young. Cook each separately and then put into the soup-tureen.

Over this garnish pour one quart of consommé thickened with two tablespoonfuls of perles du Japon, poached and strained through linen, then serve at once.

#### **Green Pea Soup.**

For six persons take one pint of freshly-shelled peas and three pints of water, boil in usual way and when cooked retain the liquor. Take a small onion, chopped fine, and put into stewpan with two ounces of butter. When butter is dissolved add one large tablespoonful of flour and pour the peas and liquor into same. Add three large tablespoonfuls of Mirepoix, allow to simmer for half an hour. Then pass through very fine strainer or hair-sieve, place back into stewpan, add half a leaf of fresh mint, one tablespoonful of sugar, small piece of fresh butter, bring to boil quickly, stirring briskly the while, otherwise the mixture will burn. This produces a nice smooth full-flavored soup, commonly called St. Germain.

#### **Common and Cheap Vegetable Soups in Variety.**

A delicacy for households where economy has to be studied.

#### **Farmer's Soup (known in France as Fermière).**

Take two ounces of butter, chop finely a large onion, slice thinly two leeks, shred finely six clean cabbage leaves, fry these slowly for five minutes to heat but not to color. Now add one branch of celery if in season. Take stewpan off fire and put one large tablespoonful of flour therein. Pour on this four quarts of water, place on fire and bring quickly to boil. Skim and add four large raw potatoes sliced. Boil for one hour slowly. Pass through strainer or sieve as for thick soup, salt, pepper and sugar to taste. Put back into stewpan and bring to boil quickly and serve. Any available scraps of ham added to the above while cooking much improve the flavor.

It can be further improved by the addition of two yolks of eggs and two tablespoonfuls of cream as explained in Cereal Soup.

#### **Purée Bonne Femme.**

To make above, prepare Farmer's Soup, and when ready to serve, take one handful of sorrel leaves, well washed, dried and finely chopped, place in a stewpan with one ounce of butter and melt together gently; stir well into soup-tureen just before serving. The flavor is delicious and refreshing and the soup a great favorite.

#### **Consommé Fermière. (Another Method.)**

Mince finely, one small carrot, one small turnip, the heads of two leeks, and one onion. Slightly stew these vegetables in one and one-half ounce of butter; moisten with one and one-half pints of white consommé; add two ounces of parboiled cabbage, cut into a julienne, and complete the cooking gently, taking care to remove all grease, with the view of obtaining a very clear consommé. Add a few thin slices of French bread cut thinly and dried.

#### **Garbure Soup.**

This soup may be made with all kinds of vegetables.

PROCEDURE.—Take a five quart stewpan, fill with water and bring to boil. Meanwhile clean a small cabbage, cutting away all stalk, and divide into four. Slice six good-sized potatoes, clean two leeks, and cut into half-inch lengths, slice one turnip and one carrot, and finely chop one large onion. Wash well all these vegetables and place in the stewpan when water boils. Into this put half a pint of haricot beans, which should have been soaking from the day before.

To give strength and flavor add either one and a half pounds of knuckle of beef or veal, or half-pound of streaky bacon (previously blanched for three minutes in boiling water), or the remains of a ham; either of these according to taste. Boil all together slowly for one-and-a-half hours. Now withdraw the meat which may be served as a separate dish. Prepare croûtons cut very thin and bake until a light brown, when serve with the soup. Before the soup is put into the tureen, the fat floating on top should be skimmed off, after which add salt and pepper to taste.

In ordinary French households this inexpensive dish is concocted every day and given to the children either at breakfast or supper. Prepared during the day it can be served hot at



night and anything remaining is warmed up for use in the morning.

#### Consommé Bourdaloue.

Prepare a dariole-mold of each of the four following royales.

1. A purée of haricot-beans with a soupçon of tomato.
2. A chicken purée moistened with velouté.
3. A purée of asparagus-tops, with a few cooked spinach leaves, to give a color.
4. A purée of carrot.

Poach and cool the royales, then cut in fancy shapes.

Put all into a soup-tureen and pour over a quart of boiling and very clear chicken consommé. Serve at once.

#### Consommé Carmen.

Prepare one quart of consommé to which add, while clarifying, one quarter pint of raw tomato purée in order to give it a faint pink tinge.

Peel and press a small tomato; cut into dice and poach in a little of the consommé; put them into the soup-tureen with a tablespoonful of mild capsicum, cut in julienne-fashion, and one tablespoonful of plain boiled rice. Over this garnish pour the boiling consommé, adding a small pinch of chervil pluches, then serve at once.

#### Consommé Chartreuse.

Prepare six ravioles of spinach purée. Six of foie-gras purée, and six of chopped mushrooms, two small tablespoonfuls of tomato dice. Ten minutes before serving, poach the ravioles in boiling salted water and the tomato dice in some of the consommé.

Put the ravioles and the tomato dice (well-drained) into the soup-tureen, and pour over them one quart of consommé with a moderate addition of tapioca. Add a pinch of chervil pluches.

#### Onion Soup.

This soup, which is easily and cheaply prepared, is in great favor in the rural parts of France.

Cut four medium-sized onions into dice, put them into a stew-pan with two ounces of butter, and cook very gently for an hour, being careful that the onions do not become discolored. Next add half a pint of white stock, or water, a pint of milk, and one or two slices of bread reduced to crumbs, and simmer the whole gently for about three-quarters of an hour. Then

pass the whole through a fine sieve, return it to the stewpan, and make very hot.

Season with pepper and salt to taste, and sprinkle in two tablespoonfuls of grated cheese gradually, stirring briskly meanwhile. Serve as hot as possible.

#### **Chickory Soup.**

Trim four heads of chickory, boil until half cooked, then drain and mince very finely. Mix well with this two ounces each of flour and butter and a sprinkling of pepper, salt and mace. Next place the mixture in a saucepan with a quart of white stock and a cupful of boiling milk. Cook carefully for an hour. Now beat the yolks of two eggs in half a cupful of milk, add to the soup as soon it has gone off the boil, and strain the whole through a fine sieve. Serve as quickly as possible.

#### **Watercress Soup.**

Take two or three good handfuls of tender shoots of watercress, thoroughly wash and drain from all superfluous moisture. If the sprigs are at all long break them up. Place in an enameled saucepan with a quart of good white stock and simmer until the watercress is almost dissolved. Then thicken with a little flour and add a small cupful of good cream or a little butter and serve with sippets of toast.

#### **Onion Broth.**

Slice six parboiled onions and fry lightly in an ounce of butter with a little parsley and pepper and salt. Add them to a quart of white stock—chicken broth or fish stock is preferable—with one and a half tablespoonfuls of flour, and then stir in a pint of hot milk. Press the whole through a cloth or sieve and serve as hot as possible. Small slices of toast should be served with the soup.

#### **Onion and Cheese Soup.**

Fry four sliced onions in butter and add them to a quart of strong clear stock very hot. Pour this into an earthenware cooking pot and float on the surface some small rounds of toast, each thickly sprinkled with grated Parmesan cheese. Serve in the cooking pot as hot as possible.

In Italy this soup is usually served in small bowls instead of in soup plates.

#### **Leek Soup.**

Cut off the green tops from a large bunch of leeks and slice the rest. Fry in two ounces of butter, and add a pint of

white stock and a pint of hot milk, with which two ounces of flour have been mixed carefully. Season with pepper and salt and a little parsley. After cooking for three-quarters of an hour stir in the yolk of an egg, and serve with very small triangles of toast.

#### **Jackson Soup.**

Slice six parboiled potatoes and fry them lightly in two ounces of butter. Add two ounces of minced ham, a sliced onion, half-a-dozen hearts of celery, and a little parsley, nutmeg, pepper, and salt, with just sufficient stock to well moisten. After simmering for three-quarters of an hour pass the whole through a sieve into a pint of white stock to which has been added the same quantity of boiling milk with two ounces of butter and the yolk of an egg. After stirring thoroughly add a few tiny squares of toast and serve without delay.

#### **Piedmontese Soup.**

Slice eight large turnips into a quarter of a pound of melted butter, to which has been added a tablespoonful of sifted sugar. Fry briskly until the turnips are slightly browned, then add two quarts of strong stock, and let the whole simmer gently for three-quarters of an hour, after which strain carefully and add a large tablespoonful of stewed tomatoes.

Now pound four anchovies with a clove of garlic and a little butter into a smooth paste. Pass through a fine sieve and add to the soup.

Pour the soup into a tureen containing two dozen very small balls of mashed potatoes previously fried till the outsides are crisp, and add, if obtainable, some parboiled tarragon leaves.

Grated Parmesan cheese should be handed round separately and added to the soup at discretion.

#### **Cabbage Soup.**

Partly boil a head of cabbage and chop finely. Next fry it in a little butter, mix with a tablespoonful of flour, and add to one quart of veal broth, flavoring with pepper and salt. After simmering gently for an hour pass the soup through a sieve, add a pint of hot milk, and serve at once.

#### **Celery Purée.**

Wash some celery well, and remove all the outside parts; cut up half-a-pound, put it on in cold salted water, bring this to the boil, take out the celery and drain. Put the celery into a pan with one-and-a-half gills of milk, half a bay leaf, a

blade of mace, a slice of onion, and boil it all till tender, then rub the celery through a sieve and it is ready.

#### **Turnip Soup.**

Fry a quart and a half of sliced turnips with two ounces of butter, the same quantity of flour, and a tablespoonful of sugar. Add to these a pint of tomatoes with a little thyme, parsley, and bay leaf. After simmering for one hour, strain the whole through a sieve and add one cupful of hot beef soup and flavor with pepper, salt and grated cheese.

#### **Cucumber Soup.**

Peel and slice four large cucumbers, and after removing the seeds fry in one ounce of butter. Turn them into a quart of white stock to which has been added a pint of hot milk with a blade of mace and a little pepper and salt. Cook gently for one and a half hours, then thicken with flour and butter and pass the whole through a sieve.

#### **Tchi.**

This is a favorite soup in Russia, and is very easily prepared.

Take one pound of forcemeat, make into small balls, and fry a golden brown. Mince the heart of a cabbage and two large onions and fry in butter or suet. Add the vegetables to three pints of stock, thicken with two ounces of flour, and flavor with salt, pepper, and parsley. After cooking one hour add the balls of forcemeat and one small glass of tarragon vinegar before serving.

#### **Pepperpot.**

Take one pint of mixed vegetables cut small—any sorts that you happen to have—add three quarts of water, together with a pound of salt pork, mutton, and tripe fried in butter. Flavor with one clove, one bay leaf, and a small bunch of parsley, thyme, and sweet marjoram. Cover closely and cook for three hours. Let it cool thoroughly, then remove the fat, thicken with the yolk of an egg and a little butter and flour, add pepper and salt to taste and make very hot before serving.

#### **Potage Bortsch.**

Cut in julienne-fashion the heads of two leeks, one carrot, half an onion, four ounces of white cabbage leaves, previously blanched, half a root of parsley, the heart of a stick of celery and four ounces of beetroot; stew the whole gently in butter for ten minutes.

Moisten with six quarts of white consommé and two or three

tablespoonfuls of the juice of grated beetroot; add a sprig of sweet marjoram, two pounds of moderately fat breast of beef, and a half of a semi-roasted duck; set to cook gently for four hours.

When about to serve, cut the beef into large dice, and the duck into small slices. Put into the soup one quarter pint of beetroot juice extracted from grated beetroot pressed in linen, and a little blanched and chopped fennel and parsley. Now put in the beef and duck with twelve grilled and despumated chipolatas.

A sauceboat of sour cream should be served separately.

#### **Consommé A l'Écossaise.**

Prepare a mutton broth, and at the same time cook a piece of breast of mutton for the garnish.

For four quarts of broth, put into the soup-tureen, five tablespoonfuls of pearl-barley cooked beforehand; and the breast of mutton cut into regular dice of one-fifth of an inch, in the proportion of one tablespoonful for each person.

Pour the boiling mutton broth over this garnish.

#### **Consommé Divette.**

Prepare four baba-molds of royale made from crayfish velouté, thirty-six small quenelles of whiting forcemeat, molded to the shape of pearls, and one tablespoonful of small pearls of truffle.

Cut the royale into oval slices, and put these into the soup with the poached quenelles and the truffle pearls.

Pour two quarts of very clear, boiling consommé over the garnish.

#### **Consommé Gauloise.**

Prepare one mold of ham royale, and poach the latter in a small, well-buttered Charlotte mold. When quite cold, cut it into large lozenges, and put these into the soup-tureen, and six small cocks' kidneys cut in slices.

When about to serve, pour over this garnish one quart of consommé, thickened slightly with two tablespoonfuls of poached tapioca.

#### **Pot-au-feu.**

A soup which finds favor with all classes of society in France, rich and poor alike, as a tribute to its excellence and worth. It is to the French what roast beef and plum-pudding are to the English. No dinner in France is served without

soup, and no good soup is supposed to be made without the pot-au-feu.

The following is the recipe: Put in the pot-au-feu six pounds of beef, four quarts of water, set near the fire, skim; when nearly boiling, add a spoonful and a half of salt, half a pound of liver, two carrots, four turnips, eight young or two old leeks, one head of celery, two onions and one burnt, with a clove in each, and a piece of parsnip, skim again, and let simmer four or five hours, adding a little cold water now and then; take off part of the fat, put slices of bread into the tureen, lay half the vegetables over, and half the broth, and serve the meat separately with the vegetables around.

#### Hodge-Podge.

Cut two pounds of fresh scrag of mutton into small pieces, which put into a stewpan, with three quarts of cold water and a tablespoonful of salt, set it upon the fire, and when boiling, place it at the corner to simmer, keeping it well skimmed; let it simmer an hour, then add a good-sized carrot, two turnips, two large onions cut into small dice, and six cabbage-lettuces, if in season (the whole well washed), and let simmer until quite tender; skim off all the fat, and serve either with the meat in the soup or separately. If in season, a pint of green peas boiled in the soup is a great improvement.

#### Ox-Tail Soup.

Cut up two ox-tails, separating them at the joints, put a small piece of butter at the bottom of a stewpan, then put in the ox-tails, with a carrot, a turnip, three onions, a head of celery, a leek, and a bunch of parsley, thyme, and bay-leaf; add half a pint of water, and twelve grains of whole pepper, set over a sharp fire, stirring occasionally, until the bottom of the stewpan is covered with a thickish brown glaze, then add a quarter of a pound of flour, stir it in well, and fill up the stewpan with three quarts of water, add a tablespoonful of salt, and stir occasionally until boiling; then set it upon the corner of the stove, skim well, add a gill of good brown gravy, or a few drops of browning, and let simmer until the tails are stewed very tender, the flesh coming easily from the bones, then take them out immediately, and put them into your tureen; pass the soup through a hair sieve over them, add a head of celery, previously cut small and boiled in a little stock, and serve.

**Ox-Cheek Soup.**

Blanch in boiling water two ox-cheeks, cut off the beard, take away all the bone, which chop up, and cut the flesh into medium sized pieces, leaving the cheek part whole; put all together into a stewpan, with four quarts of water, a little salt, ten peppercorns, two carrots, two turnips, one leek, one head of celery, and a bunch of parsley, thyme, and bay-leaf; let it simmer for six hours, keeping it well skimmed; then take out the fleshy part of the cheeks, and pass the broth through a hair sieve into another stewpan; mix a quarter of a pound of flour with a pint of cold broth, which pour into it, and stir over the fire until boiling, when place it at the corner (adding two heads of celery, cut very fine, and a glass of sherry); when the celery is tender, cut the meat into small square pieces, keep them warm in the tureen, and when the soup is ready, pour over, and serve; give it a nice color with browning.

Sheep's or lamb's heads also make very good soup by following the above recipe, and adding two pounds of veal, mutton, or beef to the stock; two heads would be sufficient, and they would not require so long to stew.

**White Mock-Turtle Soup.**

Procure half a calf's head, (scalded, not skinned), bone it, then cut up a knuckle of veal, which put into a stewpan, well buttered at the bottom, with half a pound of lean ham, an ounce of salt, a carrot, a turnip, three onions, a head of celery, a leek, a bunch of parsley and a bay-leaf, add half a pint of water; set it upon the fire, moving it round occasionally, until the bottom of the stewpan is covered with a white glaze; then add six quarts of water, and put in the half head, let simmer gently for two hours and a half, or until the head is tender, then take it out, and press it between two dishes, and pass the stock through a hair sieve into a bowl; then in another stewpan have a quarter of a pound of butter, with a sprig of thyme, basil, marjoram and bay-leaf, let the butter get quite hot, then add six ounces of flour to form a roux, stir over a sharp fire a few minutes, keeping it quite white; stand it off the fire to cool, then add the stock, stir over the fire until boiling, then stand it at the corner, skim off all the fat, and pass it through a hair sieve into another stewpan; cut the head into pieces an inch square, but not too thick, and put them into the soup, which season with a little cayenne pepper; when

the pieces are hot, add a gill of cream and pour it into your tureen.

The above quantity would make two tureens of soup, and will keep good several days, but of course half the quantity could be made.

#### **Mutton Broth.**

Any description of trimmings of mutton may be used for broth, but the scrag ends of the neck are usually chosen. Put two scraggs into a stewpan (having previously jointed the bones), with three onions, three turnips, and one carrot; fill up the stewpan with a gallon of water, and place it upon the fire; when boiling, set it at the corner, where let it simmer for three hours, keeping it well skimmed; then cut a small carrot, two turnips, an onion, with a little leek and celery, into small square pieces, which put into another stewpan, with a wine-glassful of pearl-barley; skim every particle of fat from the broth, which pour through a hair sieve over them; let the whole boil gently at the corner of the fire until the barley is tender, when it is ready to serve; the meat may be trimmed into neat pieces, and served with the broth, or separately with melted butter and parsley, or onion sauce. Half or even a quarter of the above quantity can be made by reducing the ingredients in proportion.

#### **Irish Soup Made of Mutton Broth.**

This soup is made similar to the last, adding ten or twelve mealy potatoes cut into large dice, omitting the other vegetables, which being boiled to a purée thicken the broth; just before serving, throw in twenty heads of parsley, and at the same time add a few flowers of marigold, which will really give it a very pleasing flavor.

#### **Punchero.**

Take a pig's foot, half a pound of ham, three pounds of lean beef and the giblets of a fowl. Cut all into moderate-sized pieces and place in a saucepan with two handfuls of split peas. Add sufficient water to cover and simmer for two hours.

Now add half a cabbage, a head of lettuce, both coarsely cut, a sliced carrot, and a small bunch of mixed herbs. Let the whole simmer for an hour, then add six small sausages and boil until these are cooked,

Strain out the meat and vegetables, arrange them on a separate dish, then thicken the soup, if necessary, and serve at once.



**Mutton Broth.**

Take a shoulder or neck of mutton, remove the bones, slice the meat into two quarts of water. Add two tablespoonfuls of minced ham, an onion, a carrot, half a pint of split peas and a little parsley and any other herbs that are liked. After cooking well for three hours take away the bones and cut up the meat into smaller pieces. Now pass the soup through a cloth or sieve and replace the meat making the whole very hot before serving.

**Liver Soup.**

Slice half a pound of liver, sprinkle well with flour, and fry with one ounce of butter and a thinly sliced onion. Next pound it thoroughly, reduce three slices of stale bread to crumbs, and place the whole in three pints of brown stock with a little pepper and salt. After boiling twenty minutes pass the whole through a sieve, add the beaten yolk of one egg and a little chopped parsley, and serve at once.

**Cod Soup.**

Take the flesh of three moderate-sized cod-fish, cut into rather small pieces and place in a saucepan with three quarts of veal or other white stock. Add a medium-sized onion, a bay leaf and a little parsley, thyme, and marjoram. Let the whole cook steadily for two hours and then press through a fine sieve. Add a thickening of flour and butter, flavor with pepper and salt to taste, and next add a glass of white wine and a dozen bearded oysters.

Let the whole simmer very gently for ten minutes — or until the oysters are done — and serve hot.

**Frog Soup.**

Take a quart and a half of good white stock and add to it a small sliced onion, a pinch of parsley, one and a half ounces of flour with pepper and salt to taste. After simmering gently for an hour strain the soup and add to it a glass of dry sherry and about a dozen frogs' legs previously fried to a golden tint in butter. Let the whole simmer for another half-hour.

Blend the yolks of two eggs thoroughly in a cup of hot milk with a little butter, and add to the soup, which should be served as hot as possible.

**Fish Soup.**

Take about two pounds of any large fresh fish and cut it into moderate-sized pieces. Slice finely one small onion, a

small carrot, half a stick of celery, and half a dozen button mushrooms. Next take a large stewpan and put into it two ounces of butter and three tablespoonfuls of olive oil. As soon as these are blended, add a sliced onion and a tablespoonful of chopped parsley and fry them. Next add the other vegetables and the pieces of fish, being careful that they are quite dry. Sprinkle with pepper and salt, and fry till the fish is slightly browned. Now add three or four sliced tomatoes and about two quarts of boiling water, and let the whole simmer until the fish is thoroughly cooked, skimming carefully from time to time.

When the soup has cooled a little, strain it, and after removing the fish bones rub both the fish and vegetables through a sieve and put them back into the broth. Let the whole simmer for another ten minutes before serving.

Slice a small French roll and bake it in the oven till moderately brown. Put these slices into the tureen and pour the soup over them.

Grated Parmesan cheese is usually served with this soup.

#### **Fish Broth.**

Save the water in which any large fish has been boiled, add the scraps left from the fish, and simmer the whole until it is reduced to a quart. After straining, add six potatoes, a carrot and a leek, all sliced, some parsley, and a bay leaf. Let it simmer again for half an hour and then add twelve oysters, a tablespoonful of sherry, a pint of hot white stock, and a little pepper and salt. Cook gently for ten minutes more — or until the oysters are done — and serve as hot as possible.

#### **Lobster Soup.**

Fry an ounce of chopped ham, a minced onion, and a minced carrot with a little parsley and thyme in one ounce of butter. Place this in a quart and a half of white stock together with a pint of any white wine and three pounds of boiled lobster chopped up small. After simmering for an hour strain the whole, add a sliced hard-boiled egg, a little butter, and two cupfuls of boiled rice. Make very hot and serve with sippets of toast.

#### **Lenten Broth.**

This is a favorite dish in many of the Austrian convents.

Cut two pounds of any fish into pieces of moderate size and cook for two hours in a quart of water with a carrot,

onion, turnip, two sticks of celery, and a small bunch of any herbs that are liked.

Next take out the fish, and after removing the skin and bones replace the fish in the broth, adding a pint of boiling milk with which has been mixed the yolk of an egg, the juice of a small lemon, and a little pepper, salt, and nutmeg. Thicken with flour and butter, pass through a sieve, and serve very hot.

### Bouillabaisse.

This is one of the famous dishes of the South of France and can be prepared with comparatively little trouble.

Take three pounds of mixed fish—any kinds of fresh fish will do—and cut them into rather large pieces. Add a lobster or crayfish, also cut up, and, if liked, a couple of dozen mussels in their shells. Fry the whole lightly in half a pint of olive oil and then add two tomatoes, an onion, carrot, and a lemon, all sliced, together with a bay leaf, a little parsley, and as much saffron as will lie on a sixpence. A clove of garlic may be added if the flavor is not objected to. Stir the whole very carefully for ten minutes, adding a cupful or more of strong stock and a glass of white wine. Simmer for a quarter of an hour longer and add a few small triangles of toast.

This may be served together, or the fish may be arranged on a dish, and the soup served separately. It is an improvement to serve a sauce poulette with the bouillabaisse.

### Eel Soup.

Take two pounds of eels cut in pieces and cook them for twenty minutes in a pint of boiling water, to which has been added half a cupful of vinegar, a carrot, an onion, some parsley and a little pepper and salt. Then remove the eels and mix one-half of the eel broth with two quarts of white stock, adding a cupful of thinly sliced boiled carrot, the same quantity of cooked peas, and a little thyme and marjoram. Mix thoroughly, add a cupful of hot milk and the yolk of one egg, and pour the whole into a soup-tureen over the eels.

In Hamburg, a dish of stewed pears is always served with eel soup.

### Shrimp Cream.

Shell and chop fifty shrimps and fry them in two ounces of butter. Place them in two quarts of white stock, together with three anchovies, a sliced onion, four ounces of boiled rice, a piece of stale bread, and pepper and salt to taste. After cook-

ing slowly for two hours press through a sieve, add a table-spoonful of sherry, and serve as hot as possible.

#### Oyster Soup.

Put four dozen oysters into a stewpan with their liquor, place upon the fire; when upon the point of boiling, drain them upon a sieve catching the liquor in a bowl; take off the beards, which put into the liquor, and the oysters into a soup-tureen; then put a quarter of a pound of butter into another stewpan over the fire, and when melted add six ounces of flour, stir over a slow fire for a short time, but keeping it quite white; let it cool, then add the liquor and beards of the oysters, a quart of milk, and two quarts of stock, stir over the fire until boiling, then season with a teaspoonful of salt, half a saltspoonful of cayenne pepper, five peppercorns, half a blade of mace, a tablespoonful of Harvey sauce, half ditto of essence of anchovies; let boil quickly for ten minutes, skim it well, add a gill of cream, if handy, strain through a hair sieve over the oysters and serve.

#### The Fisherman's Soup.

Put a quarter of a pound of butter into a stewpan, and when melted add six ounces of flour, stir well together over a slow fire a few minutes; when cool, add one quart of milk, and two quarts of stock; stir over a fire until boiling; having previously filleted two soles, add the bones and trimmings to the soup, with four cloves, one blade of mace, two bayleaves, one spoonful of essence of anchovies, one ditto of Harvey sauce, half a saltspoonful of cayenne, a little sugar and salt if required; let the whole boil quickly for ten minutes, keeping it well skimmed, cut each fillet of sole into six pieces, put them into another stewpan, with half a handful of picked parsley, pass the soup through a hair sieve over the fillets, boil again ten minutes, add a gill of cream and it is ready to serve.

#### Game Soup.

Take any odds and ends of game, rabbit, or poultry, with a calf's foot cut small, two ounces of chopped ham, two carrots, one onion, a little mace, and herbs to taste, and cook the whole gently for three hours in two quarts of water. After straining, clarify the soup with white of egg. Add a glass of sherry, a sliced lemon, a sliced hard-boiled egg, and pepper and salt to taste.

**Consommé Castellane.**

Prepare a quart of game consommé, flavored with a fumet of woodcock; two baba-molds of royale, two-thirds of which consist of a purée of woodcock and one-third of lentils, with the half of the yolk of a hard-boiled egg chopped and thickened.

Cut into slices of one-inch in length and a half-inch in thickness. Put into the tureen, together with one tablespoonful of a julienne of roast woodcock fillets, then pour over the boiling game consommé.

**Hare Soup.**

Put half a pound of butter into a stewpan, and, when melted, add three quarters of a pound of flour, and half a pound of streaked bacon, cut into very small pieces; keep stirring over the fire until becoming lightly browned. You have previously cut up a hare into neat smallish pieces; put them into a stewpan, and keep stirring round over the fire until they are set; then fill it up with five quarts of water; add two onions, a head of celery, a bunch of parsley, thyme, and bay-leaves, a blade of mace, and four cloves; when boiling, season with one ounce of salt and a little pepper, and let it simmer until the pieces of hare are done, which would be in about an hour if a young hare, but double that time if a very old one; the better plan is to try a piece occasionally. When done, take out the best pieces, and the meat of the inferior ones pound in a mortar, remove the bones, put it back in the soup, and pass all through a sieve, and put it again into a stewpan, boil for ten minutes, and serve. The above quantity would be sufficient for two tureens. A glass of wine may be added. Rabbit, pheasant, grouse, partridge, and other game soups, may be made in the same way.

**Rabbit Soup.**

Take the bones and odds and ends of a good rabbit — or two if there is not much meat left — and fry them in one ounce of butter with a sliced carrot and turnip, three minced onions, two cloves, and spices to taste. Add the whole to a quart of beef stock and simmer for two hours, after which strain out the bones and pass the rest through a sieve. Just before serving add a tablespoonful of port wine and a dozen forcemeat balls previously poached in stock.

**Consommé Diplomate.**

Roll into small sausage-form six ounces of chicken force-

meat, finished with crayfish butter. Poach the sausages, cut them into thin roundels, and put them into the soup-tureen, with one dessertspoonful of black truffle, cut in julienne.

Pour over this garnish two quarts of boiling consommé, thickened with three tablespoonfuls of poached tapioca.

#### Consommé Florentine.

Make twenty-four small quenelles of chicken forcemeat. To the forcemeat of half of these quenelles add some very finely chopped tongue, and to the remaining add some very reduced spinach purée.

Poach the quenelles; put them in the soup-tureen with two tablespoonfuls of very green, cooked peas.

Pour one quart of very clear, boiling consommé over this garnish, and add a pinch of chervil pluches.

#### Jacqueline Soup.

Beat up the yolks of three eggs in a cupful of milk and blend with it an ounce of flour over the fire; but be careful that it does not become too thick. Next add about a quart and a half of boiling hot chicken broth and flavor with pepper and salt and a little minced parsley. After stirring well, strain the whole, and just before serving add a tablespoonful each of boiled rice, cooked green peas, sliced carrots, and chopped asparagus.

#### Pigeon Broth.

Remove the meat from four freshly roasted pigeons and put the bones and gravy with a quart of stock to simmer by the fire. Mince the meat of the pigeons with a medium-sized onion and blend thoroughly with an ounce of butter and one pound of breadcrumbs well moistened with milk. Add this to the stock and let the whole cook gently for an hour.

Press the whole through a sieve, add pepper and salt to taste, and a tablespoonful of either port or sherry. Slices of toasted bread should be served with this soup.

#### Duck Soup.

Take two cupfuls of the remains of cold roast duck and mince with an ounce of parsley, a bay leaf, and a little thyme. Fry these in an ounce of butter and then add a quart of beef stock thickened with an ounce of flour, and stir in half a pint of white wine. Cider may be substituted if not too sharp.

Simmer the soup for an hour and then rub the whole through a sieve. Next add a sliced green pepper fried in butter, a

cupful of boiled barley, a few pieces of duck meat, and pepper and salt to taste. Make the whole very hot before serving.

#### **Pigeon Soup.**

Thoroughly mix an ounce of butter with six ounces of flour, add one ounce of chopped ham and place in two quarts of clear soup together with three pigeons previously cut up and fried in butter. Flavor with thyme, parsley, celery, one leek, and a bay leaf. After cooking for one hour strain the soup, cut the meat into small dice, and replace. Add a cupful of cooked green peas, the same quantity of cooked and sliced carrots, a glass of white wine and a little pepper and salt.

#### **Pectoral Broth.**

This is a convent soup greatly in repute with invalid nuns.

Cut an old fowl into joints and put them, together with the heart, gizzard, and liver, into two quarts of water, to which add two cups of barley, three onions, a carrot, a small bunch of thyme, parsley, and marjoram, and—if obtainable—a small handful of marshmallow root. Let the whole simmer gently for three hours, after which strain the broth and press the barley through a sieve. Add pepper and salt to taste, the yolk of one egg, and a tablespoonful of brandy. The whole should be reduced to about a quart, and will be found very nourishing.

#### **Lentil Soup.**

Take half a pint of French beans, two onions, two turnips, two carrots, and a leek, all sliced, with a cupful of spinach, a little celery, and some parsley, and fry the whole with two ounces of butter. Add the vegetables to three pints of milk, with which an ounce of flour has been mixed, a pint of stewed tomatoes, a blade of mace, and a pinch of baking soda. After simmering for two hours pass the whole through a sieve, add a little butter, a teaspoonful of sugar, and two tablespoonfuls of cooked rice. Serve very hot.

#### **Lentil Soup. (Another Method.)**

Cut three onions, a turnip, and the half of a carrot into very thin slices, which put into a stewpan, with a quarter of a pound of butter, a few sprigs of parsley, a sprig of thyme, and two bay-leaves, add also two pounds of leg of beef, cut into small dice; set the stewpan upon the fire, stirring with a wooden spoon, until its contents are fried rather brown, when add one quart of lentils, and three quarts of water; let the

whole simmer until the lentils are very tender, when season with nearly an ounce of salt, and half that quantity of sugar; it is then ready to serve.

To make a purée of lentils: — When the soup is made, strain off the broth, add a good spoonful of flour to the lentils, which mash with a wooden spoon against the side of the stewpan; then again put in the broth, boil all up together, keeping it stirred with a spoon; rub it through a hair sieve, again boil and skim, and it is ready; serve with a few croûtons of bread, as directed for Palestine Soup.

#### **Haricot Soup.**

Boil until tender one pound of haricot beans, and then add one finely shredded cabbage, a slice of fat bacon, a red chili, and a little salt. Let the whole boil steadily for an hour, then add an onion sliced and fried in butter, with just a suspicion of garlic. The soup should be stirred frequently while cooking.

#### **Neapolitan Soup.**

Bring three pints of strong stock to the boil, and stir in two ounces of semolina and a little pepper and salt, letting the whole simmer for a quarter of an hour. Now beat the yolks of four eggs with a tablespoonful of grated Parmesan cheese and three teaspoonfuls of lemon juice. Add these to the soup and stir over the fire till the whole is blended; but be very careful that it does not boil, or the eggs will curdle.

If a little cream is added, just before serving, the soup will be improved.

#### **Macaroni Soup.**

Place ten ounces of macaroni, with two ounces of butter and a little pepper and salt, in two quarts of boiling water, and boil for half-an-hour. After draining the macaroni cut it into half-inch lengths, and boil for ten minutes more in two quarts of chicken broth. Let it cool a little and then add carefully half a pint of cream, the beaten yolks of six eggs, and two ounces of grated Parmesan cheese. Stir over the fire for three minutes longer and then serve.

#### **Barley Soup.**

Cook together two ounces of barley, two carrots, and two onions sliced, with a little parsley and any other herbs that are liked, in two quarts of white stock for three hours. Now



stir in carefully the yolks of two eggs and a cupful of hot milk, and press the whole through a sieve.

Before serving add a cupful of cooked green peas and a little pepper and salt.

#### **Consommé Brunoise.**

Cut into small dice the red part only of two carrots, one small turnip, the heads of two leeks, a small stick of celery and a third of an onion of medium size. Season the vegetables moderately with salt and a pinch of sugar and stew them in butter for thirty minutes slowly. Then moisten with half a pint of consommé, and finish cooking gently.

Five minutes before serving put in one quart of boiling ordinary consommé, and a tablespoonful of very green peas. Then pour into the soup-tureen, adding a pinch of fine chervil pluches.

#### **Consommé Rachel.**

Prepare one quart of consommé, and thicken it with three tablespoonfuls of poached tapioca strained through muslin. With a round cutter, stamp out a few roundels of crumbs of bread the size of pennies and one-half inch thick. Poach in consommé as many slices of very fresh beef-marrow as there are roundels of bread.

Six minutes before serving, fry the roundels of bread in clarified butter, hollow out their centers, and place on each a slice of poached beef-marrow suitably trimmed.

Put three tablespoonfuls of a julienne into the soup-tureen, pour thereon the thickened consommé. Serve separately the roundels of bread garnished with marrow.

#### **Consommé Aux Diablotins.**

Cut a French roll into twelve slices one-quarter inch thick. Reduce about one-quarter pint of Béchamel\* to a thick consistence; add two heaped tablespoonfuls of grated Gruyère cheese, and season with a little cayenne.

Garnish the slices of soup "flute" with this preparation, arranged upon a tray, and set it to glaze a few minutes before serving.

Pour one quart of consommé into the soup-tureen and add the diablotins.

#### **Vermicelli Soup.**

Put a quart of clear stock into a stewpan upon the fire, and

\* See page 38.

when boiling, add two ounces of vermicelli; boil gently ten minutes, and it is ready to serve.

#### Italian Paste Soup.

Procure some small Italian paste, in stars, rings, or any other shape, but small; put on a quart of stock, and when boiling, add two ounces of the paste; boil twenty minutes, or rather more, when it is ready to serve.

#### Semolina Soup.

Take one quart of stock, and when boiling add two tablespoonfuls of semolina; boil twenty minutes, and it is then done. Proceed the same also with tapioca and sago.

#### Macaroni Soup.

Boil a quarter of a pound of macaroni in a quart of water for ten minutes, then strain it off, and throw it into two quarts of boiling stock; let simmer gently for half an hour, when serve with grated cheese, separately.

#### Rice Soup.

Wash well two ounces of the best Patna rice, strain off the water, put the rice into a stewpan, with a quart of cold stock, place it upon the fire, and let simmer about half an hour, until the rice is very tender, but not in pulp.

#### Chestnut Soup.

Boil about a quart of large chestnuts for twenty minutes in salted water, then peel them and chop fine. Place them in a saucepan with a quart of water, the thinly pared rind of a lemon and a tablespoonful each of sugar and salt. Cook gently for half an hour and then rub the whole through a fine sieve.

Now put the soup back in the saucepan with two quarts of good white stock, and add a tablespoonful each of chopped parsley and pepper to taste. Simmer very gently for twenty minutes, stirring the soup constantly, and then pass it again through a sieve.

Sippets of dry toast should be served with this soup.

#### Chestnut Soup. (Another Method.)

Throw about fifty chestnuts into boiling water for a few minutes and then peel carefully. Put them in a saucepan with just sufficient veal or other stock to cover them, add two tablespoonfuls of breadcrumbs, pepper, salt, and nutmeg to taste, and cook for two hours. Now add hot milk in the proportion of a pint to each quart of the soup. Press the whole through

a sieve, stir in a tablespoonful of sherry and the yolk of an egg, and serve hot with croûtons of toasted or fried bread.

#### Chlodnik.

Boil a quantity of rhubarb in water without sugar so as to make a strong and very sour liquor. To one quart of the hot liquor add four cooked beetroots cut in thick slices, two small pickled cucumbers cut into dice, the meat of two small or one moderately large crab minced finely and three hard-boiled eggs cut in slices. Simmer the whole gently for half an hour, then let it cool, and beat into it a pint of good sour cream, after which rub the whole through a sieve and set it upon the ice and serve cold.

#### Pumpkin Soup.

For this is needed a large ripe pumpkin weighing about a pound and a half; but an excellent substitute can be made with a thoroughly ripe vegetable marrow, which should be of a deep golden color.

Peel and cut it into thick slices, carefully removing the seeds, and place in a stewpan, adding sufficient water to cover. Sprinkle with a little salt and let it boil gently for five minutes, after which pour away the water and pass the pumpkin through a sieve. Next add the pulp to two ounces of butter, previously melted in a stewpan, and stir for a few minutes before adding a pint of clear stock, boiling hot.

Now soak a quarter of a pound of stale bread-crumbs in a pint of milk, add a small sliced onion and a gill of water, bring the whole to boiling point and add it to the soup, which should now be allowed to simmer gently for twenty minutes. It will be necessary to stir it from time to time, and to remove any scum that may appear. A couple of bay leaves will improve the flavor.

After twenty minutes, strain the soup through a colander, add a pinch of sugar and a little pepper and salt, and let it boil gently for a few minutes longer. Now place in a soup-tureen the yolks of two eggs beaten moderately with a little milk, and into this pour the soup, stirring all the while.

Sippets of fried bread should be served with it.

#### Blackberry Soup.

Melt two ounces of butter in an enameled saucepan with a tablespoonful of flour, and stir until the mixture becomes slightly browned. Now pour in slowly two pints of water and

add one and a half pounds of carefully picked blackberries with four cloves. Simmer gently for half an hour, and then pass the whole through a fine sieve in order to remove the seeds from the blackberries. Now add a generous glass of port and a few fine blackberries. Heat the soup again till the blackberries are cooked, which will only take a few minutes, and then serve in a soup-tureen.

Fruit soups of this character are very popular in Germany, and care should be taken not to make them at all too sweet. If necessary, a little lemon juice can be added at the table, as most people prefer these soups a little sharp.

#### Lemon Soup.

This very attractive soup is made from a very old recipe, and has only to be tried to be appreciated.

Chop together a little cold chicken with some bread crumbs and herbs and make it into forcemeat balls with the yolk of an egg. Poach these in a quart and a half of chicken broth. Take them out and thicken the soup with half a cupful of cream or milk beaten up with three eggs, the juice of a lemon, a little nutmeg, and pepper and salt. Replace the forcemeat balls and serve with sippets of toast.

#### Consommé Colombine.

Prepare a good tablespoonful of carrot pearls and one of turnip pearls, keeping the latter very white. Cook them in the ordinary way, and put them in the soup-tureen with one tablespoonful of very green peas, one tablespoonful of a julienne of roast pigeon fillets, and six poached pigeons' eggs, which latter should be sent to the table in a timbale at the same time as the consommé.

Pour over the other garnish one quart of very clear boiling chicken consommé and serve at once.

This soup can only appear on menus when pigeon's eggs are in season.

#### Cheese Soup.

Fry a quarter of a pound of minced ham and six sliced onions in two ounces of butter. Mix with half a pound of bread crumbs and mix the whole in three pints of chicken broth or other white stock, flavoring with mace, pepper and salt. After cooking for half an hour stir in the yolks of two eggs and a quarter of a pound of good Parmesan cheese. Press through a sieve and serve as hot as possible.

**Egg Soup.**

Take six slices of stale bread and sprinkle them on both sides with sugar before placing them in the oven to brown. Mix the yolks of three eggs and one ounce of butter with a pint of boiling milk, and add it to a pint of white stock flavored with pepper, salt, nutmeg, and chopped parsley. Pour the whole over the slices of toast, and keep it hot for ten minutes before serving.

## SAUCES.

### The Roux.

Three kinds of roux are used—brown roux, for brown sauces; pale roux, for veloutes, or cream sauces; and white roux for white sauces and Béchamel.

### Brown Roux.

QUANTITIES FOR MAKING ABOUT ONE POUND.—Eight ounces of clarified butter, nine ounces of best quality flour.

PREPARATION.—Mix the flour and butter in a very thick stewpan, and put it on the side of the fire or in a moderate oven. Stir the mixture repeatedly so that the heat may be evenly distributed throughout the whole.

The time allowed for the cooking of brown roux cannot be precisely determined, as it depends upon the degree of heat employed. The more intense the latter, the speedier will be the cooking, while the stirring will of necessity be more rapid. Brown roux is known to be cooked when it has acquired a fine, light brown color, and when it exudes a scent resembling that of the hazel-nut, characteristic of baked flour.

### Pale Roux.

The quantities are the same as for brown roux, but cooking must cease as soon as the color of the roux begins to change, and before the appearance of any coloring whatsoever.

The observations made relative to brown roux, concerning the coloring element, apply also to pale roux.

### White Roux.

Use the same quantities as for brown and pale roux, but limit the time of cooking to a few minutes, as it is only necessary to do away with the disagreeable taste of raw flour which is typical of those sauces whose roux has not been sufficiently cooked.

### Brown Sauce or Espagnole.

TO MAKE FOUR QUARTS.—Take one pound of brown roux dissolved in a tall, thick saucepan with six quarts of brown

stock. Put the saucepan on the fire, and stir the sauce with a spatula or a whisk until it begins to boil. Then remove the spatula, and put the saucepan on a corner of the fire, letting it lean slightly to one side with the help of a wedge, so that boiling may only take place at one point, and the scum be easily removed as it collects.

During despumation change saucepans twice or even three times, straining every time, and adding a quart of brown stock to replace what has evaporated. At length, when the sauce begins to get lighter, and about two hours before finally straining it, add two pounds of fresh tomatoes, roughly cut up, or an equivalent quantity of preserved tomatoes, and about one pound of Mirepoix. The sauce is then reduced so as to measure four quarts when strained, after which it is poured into a wide tureen, and must be kept in motion until quite cool lest a skin should form on its surface. Remember:—

1. Only to use strong, clear stock with a decided taste, and
2. Be very careful of the roux, however it may be made. By following these two rules, a clear, brilliant, and consistent Espagnole will always be obtained in a fairly short time.

#### Half Glaze.

This is the Espagnole sauce, having reached the limit of perfection by final despumation. It is obtained by reducing one quart of Espagnole and one quart of first-class brown stock until its volume is reduced to nine-tenths of a quart, it is then put through a strainer into a *bain-marie* of convenient dimensions, and it is finished, away from the fire, with one-tenth of a quart of excellent sherry. Cover the *bain-marie*, or slightly butter the top to avoid the formation of a skin. This sauce is the base of all the smaller brown sauces.

#### Veloute Sauce.

QUANTITIES REQUIRED FOR FOUR QUARTS.—One pound of pale roux, five quarts of white veal stock.

Dissolve the roux in the cold veal stock and put the saucepan containing this mixture on the fire, stirring the sauce with a spatula or whisk, so as to avoid its burning at the bottom. Add one ounce of table-salt, a pinch of nutmeg and white powdered pepper, together with quarter pound of white mushroom parings, if available. Now boil and move to a corner of the fire to despumate slowly for one and a half hours, at the same time observing the precautions advised for ordinary Es-

pagnole. Strain through muslin into a smaller saucepan, add one pint of white stock, and despumate for another half hour. Strain it again through a sieve into a wide tureen, and keep moving it with a spatula until it is quite cold.

#### Veloute de Volaille.

This is identical with ordinary veloute, except that instead of having white veal stock for its liquor, it is diluted with white poultry stock. The mode of procedure and the time allowed for cooking are the same.

#### Fish Veloute.

Veloute is the base of various fish sauces.

Prepare it in precisely the same way as poultry veloute, but instead of using poultry stock, use very clear fish fumet, and let it despumate for twenty minutes only.

TO MAKE ONE QUART.—Procure the yolks of five eggs, one pint of cold white stock, one quart of veloute, well despumated, half the juice of a lemon, a quarter pint of mushroom liquor.

Put the various ingredients in a thick-bottomed saucepan and mix carefully. Put the pan on open fire, and stir the sauce with a metal spatula to prevent burning. When the sauce has been reduced to about one quart, add one-third pint of fresh cream and reduce further for a few minutes. Then pass through a fine strainer into a tureen and keep moving until quite cold.

#### Béchamel Sauce.

TO MAKE FOUR QUARTS.—Procure one pound of white roux, four and a half quarts of boiling milk, half pound of lean veal, two-thirds of an ounce of salt, one pinch of mignonette, and grated nutmeg, and one small sprig of thyme; one minced onion.

Pour the boiling milk on the roux, which should be almost cold, and whisk it well to avoid lumps. Let it boil, then cook at the side of the fire. Cut the lean veal into small cubes, and fry with butter in a saucepan, together with the minced onion. When the veal has stiffened, without becoming colored, it should be added to the Béchamel, together with salt and other seasonings. Let the sauce stew for about one hour in all, and then pass through a sieve into a tureen; butter the top, lest a crust should form.

When Béchamel is intended for Lenten preparations omit the veal.



### Tomato Sauce.

TO MAKE FOUR QUARTS.—Take five ounces of fat salted breast of pork, six ounces of carrots cut into cubes, six ounces of onions cut into cubes, one bouquet garni, five ounces of flour, two ounces of butter, half ounce of salt, one ounce of sugar, a pinch of pepper; ten pounds of raw tomatoes or four quarts of same mashed; two quarts of white stock.

Fry the pork together with the butter in a tall, thick-bottomed saucepan. When the pork is nearly melted, add the carrots, onions, and aromatics. Cook and stir the vegetables, then add the flour, which should cook until it begins to brown. Now put in the tomatoes and white stock, mix well, and set to boil on an open fire. Now add the seasoning and a crushed clove of garlic, cover the saucepan, and allow to simmer for one and one-half hours. At the end of this time pass the sauce through a sieve and bring to boil, continually stirring. Finally, pour it into a tureen, and butter its surface to avoid the formation of a skin.

### Sauce Hollandaise.

TO MAKE ONE QUART.—Procure one and one-half pounds of butter, and yolks of six eggs, one pinch of mignonette pepper and one-quarter ounce of salt, three tablespoonfuls of good vinegar.

Put the salt, the mignonette, the vinegar, and three tablespoonfuls of water in a small saucepan, and reduce by three-quarters on the fire. Move the saucepan to side of the fire and add a spoonful of fresh water and the yolks of eggs. Work the whole with a whisk until the yolks thicken and have the consistence of cream. Then remove the saucepan to a tepid place and gradually pour the butter on the yolks stirring briskly the while. When the butter is absorbed, the sauce should be thick and firm. It is brought to the correct consistence with a little water, which also lightens it slightly, but the addition of water is optional. The sauce is completed by a drop of lemon juice, and it is then rubbed through a sieve.

### Sauce Bordelaise.

Put into a vegetable-pan two ounces of very finely minced shallots, one-half pint of good red wine, a pinch of mignonette pepper, and bits of thyme and bay. Reduce the wine by three-quarters, and add one-half pint of half-glaze. Keep the sauce simmering for half an hour; remove the scum from time to time, and strain it through linen or a sieve. When dishing it

up, finish it with two tablespoonfuls of dissolved meat glaze, a few drops of lemon juice, and four ounces of beef-marrow, cut into slices or cubes and poached in slightly salted boiling water. Butter may be added to the extent of about three ounces per pint, which makes it smoother, but less clear. It is especially suitable for grilled butcher's meat.

#### Chasseur Sauce.

Peel and mince six medium-sized mushrooms. Heat one-half ounce of butter and as much olive oil in a vegetable-pan; put in the mushrooms, and fry until they are slightly browned. Now add a teaspoonful of minced shallots, and remove half the butter; pour one-half pint of white wine and one glass of liquor brandy into the stewpan; reduce this liquid to half, and finish the sauce with one half-pint of half-glaze, one-quarter pint of tomato sauce, and one tablespoonful of meat-glaze. Set to boil for five minutes more, and complete with a teaspoonful of chopped parsley.

#### Brown Chaud-Froid Sauce.

Put into a saucepan one quart of half-glaze and one-fifth pint of truffle essence. Put the pan on an open fire, and reduce its contents; while making same absorb one and one-half pints of jelly—the latter being added to the sauce in small quantities. Reduce the sauce by one-third and after the reduction, carefully taste, and rectify the seasoning if necessary; mix a little Madeira or port with the sauce, away from the fire, and strain through muslin or through a venetian-hair sieve. Stir the sauce now and then while it cools, until it is sufficiently liquid, and at the same time consistent enough to coat immersed solids evenly with a film of sauce.

#### Varieties of the Chaud-Froid Sauce.

FOR DUCKS.—Prepare the sauce as directed above, adding to it (for the prescribed quantity) one-half pint of duck fumet obtained from the carcasses and remains of roast duckling, and finish it, away from the fire, with the juice of four oranges and a heaped tablespoonful of orange rind, cut finely, julienne-fashion, and scalded for five minutes.

FOR FEATHERED GAME.—Prepare the sauce as directed, adding one-half pint of the fumet of the game in order to lend it that game's characteristic taste. Observe the same precaution for the cooling.

FOR FISH.—Proceed as before but substitute the Espagnole of fish for the half-glaze; intensify the first Espagnole with



VARIOUS COLD COLLATIONS.

POULARDE À LA NEVA.

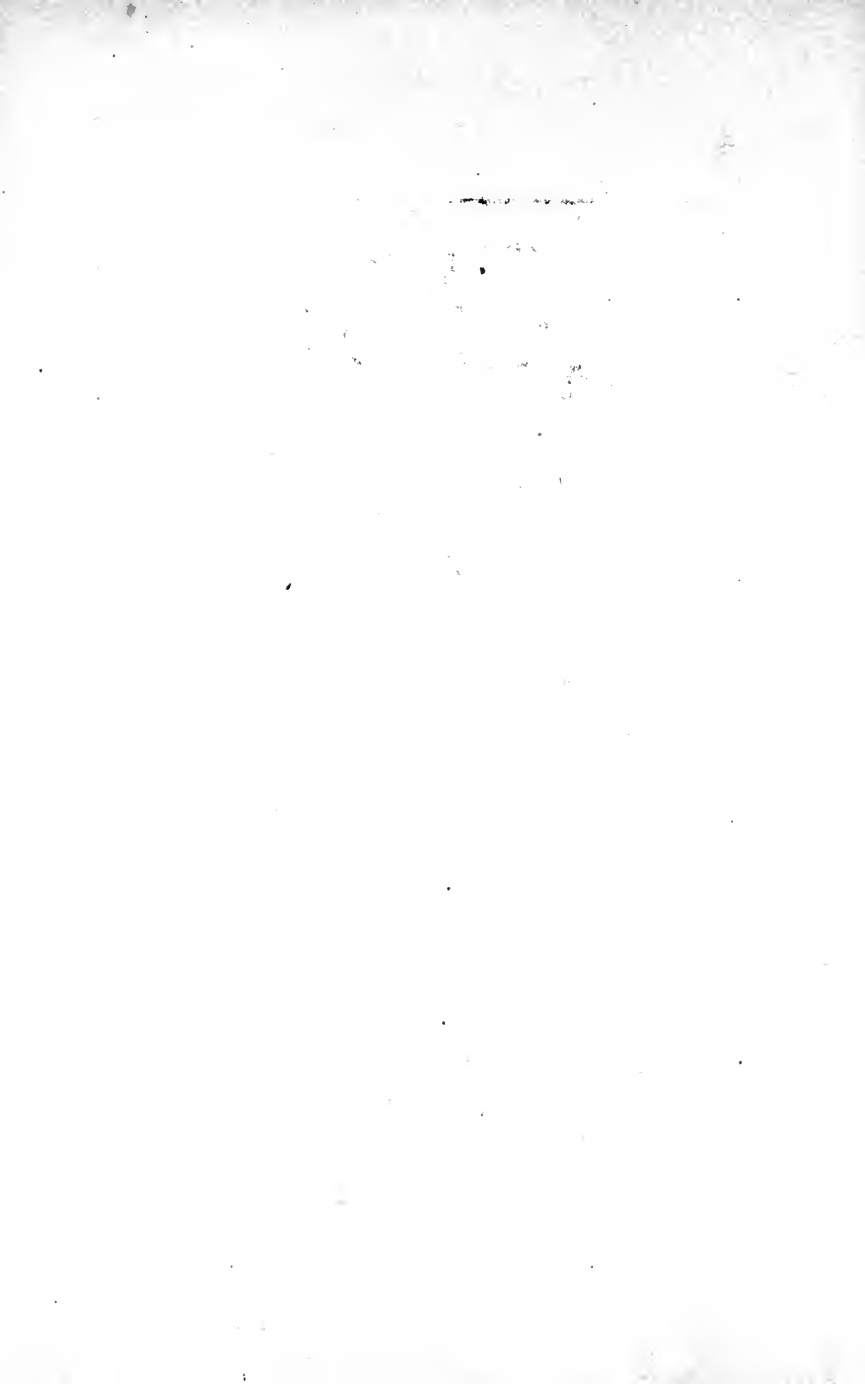
CHAUD-FROID PRÉSANTÉ.

FAISAN À LA SMATIEN.

LUCULLUS FOIE-GRAS.

SUPRÊME DE VOLAILLE.

CANARD SOUFFLÉ.



one-half pint of very clear fish essence; and use Lenten jelly instead of meat jelly.

#### Deviled Sauce.

Put in a vegetable-pan two ounces of sliced shallots and one-third pint of white wine. Reduce the latter to two-thirds, season strongly with cayenne pepper, and strain through muslin. This sauce may be served with grilled fowls or pigeons. It also forms an excellent accompaniment to re-dished meat.

#### Grand-Veneur Sauce.

Take one pint of Poivrade Sauce (see p. 42) and boil it, adding one pint of game stock; reduce the sauce by a third; remove it from the fire, and add four tablespoonfuls of red-currant jelly. When the latter is well dissolved, complete the sauce by addition of one-quarter pint of cream per pint of sauce.

This sauce is served with venison.

#### Italian Sauce.

Put into a stewpan six tablespoonfuls of Duxelles, two ounces of very lean, cooked ham, cut very finely, brunoise-fashion, and one pint of half-glaze tomatée. Boil for ten minutes, and complete at the moment of dishing up, with one teaspoonful of parsley, chervil, and tarragon, minced and mixed.

LENTEN ITALIAN SAUCE.—Prepare as above but omit the ham, and substitute Lent Espagnole (combined with fish fumet made from the fish for which the sauce is intended) for half-glaze with tomatoes.

#### Thickened Gravy.

Boil one pint of poultry or veal stock (according to the nature of the dish the gravy is intended for). Thicken by means of three-quarters ounce of fecule, diluted cold, with a little water or gravy, and pour this into the boiling gravy, being careful to stir briskly.

#### Veal Gravy Tomato.

Add to one pint of veal stock two ounces of purée and one-quarter pint of tomato juice, and reduce by a fifth. Strain the gravy through linen. This gravy is served with meat.

#### Lyonnais Sauce.

Finely mince two ounces of onions and brown them slightly in two ounces of butter. Moisten with one-quarter pint of white wine and the same quantity of vinegar; almost entirely reduce the liquid; add one and one-half pints of clear half-glaze,

and set to cook slowly for half-an-hour. Rub the sauce through a sieve.

The onion may be left in the sauce or not, according to taste.

#### **Madeira Sauce.**

Put one and a half pints of half-glaze into a saucepan and reduce on a brisk fire to a stiff consistence. Take it off the fire and add one-fifth pint of Madeira to it, bringing it back to its normal consistence. Rub through a sieve, and keep warm without allowing it to boil.

#### **Marrow Sauce.**

Follow the proportions as given for "Sauce Bordelaise," the Marrow Sauce being only a variety of Bordelaise. Finish it with six ounces per quart of beef marrow, cut into cubes, poached and well drained, and one teaspoonful of chopped parsley, blanched. If the sauce is to accompany vegetables finish it, away from the fire, with three ounces of butter, and then add the cubes of marrow and the parsley.

#### **Pignons Sauce.**

Take the necessary amount of Poivrade Sauce (see p. 43) and let it boil. To make one pint of sauce, prepare an infusion of juniper berries, with a gill of water and two ounces of concassed berries; one ounce of grilled fir-apple kernels, and one ounce of raisins, stoned, washed, and left to soak in tepid water for an hour. Finish the sauce, when dishing up, by adding the infusion of juniper berries strained through linen, the grilled kernels, the soaked raisins, and half a gill of Madeira wine.

This sauce is served with joints of venison.

#### **Perizueux Sauce.**

Prepare a Madeira Sauce as above, and add to the half-glaze, to be reduced, half its volume of very strong veal stock, and keep it a little thicker than usual. Finish this sauce by adding one-sixth of a pint of truffle essence and three ounces of chopped truffles per quart of Madeira Sauce. It may be served with small entrées, timbales, etc., etc.

#### **Sauce Piquante.**

Put into a stewpan two ounces of minced shallots, a gill each of vinegar and white wine. Reduce the liquid by half, and add one pint of half-glaze; set the sauce to boil, and remove scum for half an hour. Finish it, away from the fire, with two

ounces of gherkins, one ounce of capers, and a teaspoonful of chervil, parsley, and tarragon, mixed; all the ingredients to be finely chopped. This may be served with grilled or boiled pork, and cold meat re-dished and minced.

#### **Poivrade Sauce.**

Heat two ounces of butter in a stewpan and insert one pound of raw Mirepoix. Fry the vegetables until they are well browned; moisten with one-quarter pint of vinegar and one-half pint of Marinade, reduce to two-thirds; add one pint of Espagnole Sauce, and cook for three-quarters of an hour. Ten minutes before straining the sauce, but not before, put in a few crushed peppercorns.

Pass the sauce through a strainer, pressing the aromatics; add a further one-half pint of Marinade, and remove scum for quarter of an hour, simmering the while. Strain again through a sieve and finish the sauce, when ready for serving, with two ounces of butter.

This sauce is suitable for joints marinated or otherwise.

#### **Poivrade Sauce for Vension.**

Fry, with two ounces of butter and two ounces of oil, one pound of raw Mirepoix to which are added four pounds of well-broken bones and ground-game trimmings. When the whole is well browned, drain the grease away, and dilute with one pint each of vinegar and white wine. Reduce this liquid by three-quarters, then add three quarts of game stock and a quart of Espagnole Sauce. Boil, cover the saucepan, and put at side of fire for three hours. At the end of this time pour into a fine sieve placed over a tureen; press the remains so as to expel all the sauce they hold, and pour the sauce into a tall, thick saucepan. Add enough game stock and Marinade, mixed in equal parts to produce three quarts in all of sauce, and gently reduce the latter while removing scum. As it diminishes in volume, it should be passed through muslin into smaller saucepans, and the reduction should be stopped when only a quart of sauce remains.

#### **Provençale Sauce.**

Peel, remove the seeds, and squeeze twelve medium tomatoes. Heat in a saucepan one-fifth pint of oil, until it begins to smoke a little; insert the tomatoes seasoned with pepper and salt; add a crushed garlic clove, a pinch of powdered sugar, one teaspoonful of chopped parsley, and allow to melt gently for half an hour.

**Rouennaise Sauce.**

Prepare a "Bordelaise" Sauce as previously described. The diluent of this sauce must be an excellent red wine. For one pint of sauce, pass four raw duck's livers through a sieve; add the resulting purée to the Bordelaise and heat the latter for a few minutes in order to poach the liver. Be careful, however, not to heat the sauce too much or too long, lest the liver be cooked. Serve this sauce with duckling *à la Rouennaise*.

**Torture Sauce.**

Boil one-half pint of veal stock, adding a small sprig each of sage, sweet marjoram, rosemary, basil, thyme, and bay, two ounces of mushroom parings, and one ounce of parsley. Cover and infuse for half an hour. Two minutes before straining the infusion, add four crushed peppercorns.

After straining through fine linen, add one-half pint each of half-glaze and tomato sauce with four tablespoonfuls of sherry, a little truffle, essence, and a good pinch of cayenne.

**Venison Sauce.**

Prepare a Poivrade Sauce for game, as previously described. Finish this sauce with two tablespoonfuls of red-currant jelly, previously dissolved, and mixed with five tablespoonfuls of fresh cream per pint of sauce. The addition of cream and red-currants must be made away from the fire.

**Bearnaise Sauce.**

Put into a small stewpan one teaspoonful of chopped shallots, two ounces of chopped tarragon stalks, three ounces of chervil, each a pinch of mignonette pepper and salt, and four tablespoonfuls of vinegar. Reduce the vinegar by two-thirds, take off the fire, let the stewpan cool a little, and add the yolks of five eggs. Now put the stewpan on a slow fire and gradually combine with the yolks six ounces of melted butter. Whisk the sauce briskly, so as to ensure the cooking of the yolks, which alone, by gradual cooking, effect the liaison of the sauce.

When the butter is combined with the sauce, rub the latter through a sieve, and finish it with a teaspoonful of chervil parings and chopped tarragon leaves. Complete the seasoning with a suspicion of cayenne. This sauce should not be served very hot, as it is really a mayonnaise with butter. It need only be tepid, for it would probably turn if it were overheated. Serve with grilled butcher's meat and poultry.



**Valois Sauce.**

Prepare a Bearnaise Sauce as previously explained. Complete it with three tablespoonfuls of dissolved pale meat glaze, which may be added in small quantities at a time. Serve with butcher's meat.

**Bearnaise Tomatee Sauce or Choron Sauce.**

Proceed as for Bearnaise Sauce. When the sauce is made and rubbed through a sieve, finish it with one-third pint of red tomato purée, but do not add chervil and tarragon.

This may accompany grilled poultry and white butcher's meat.

**Sauce Bercy.**

Heat two ounces of chopped shallots. Moisten with one-half pint of white wine and as much fish fumet, or, when possible, the same quantity of fish liquor, the latter being that of a fish similar to the one which the sauce is to accompany. Reduce to a good third, add one-third pint of veloute, let the sauce boil some time, and finish it, away from the fire, with four ounces of butter (added slowly), a few drops of fish glaze, half the juice of a lemon, and one ounce of chopped parsley.

Serve with medium-sized poached fish.

**Butter Sauce.**

Mix two ounces of sifted flour with two ounces of melted butter. Dilute with one quart of boiling water, salted to the extent of one-quarter ounce per quart. Stir briskly to ensure a perfect liaison, and do not allow to boil. Add immediately the yolks of six eggs, mixed with one-quarter pint of cream and the juice of half a lemon. Rub through a sieve, and finish the sauce with five ounces of best fresh butter.

Be careful that the sauce does not boil after it has been thickened.

**White Bordelaise Sauce.**

Put in a stewpan two ounces of minced shallots, and one-half pint of Graves, Sauterne, or any other white Bordeaux. Reduce the wine almost entirely, add one-quarter pint of veloute, let simmer twenty minutes and rub through a sieve. Finish it, away from the fire, with six ounces of butter and a little chopped tarragon.

Serve with grilled fish and grilled white meat.

**Caper Sauce.**

This is a derivative of the Butter Sauce described previously,

and needs only the addition of two tablespoonfuls of capers per pint of sauce. It is served with boiled fish of all kinds.

#### Cardinal Sauce.

Boil one pint of Béchamel, to which add one-half pint of fish fumet and a little truffle essence, and reduce by a quarter. Finish the sauce, when dishing up, with three tablespoonfuls of cream and three ounces of red lobster butter.

This sauce is poured over the dish.

#### Mushroom Sauce.

If intended for poultry, add one-fifth pint of mushroom liquor and eight ounces of button-mushroom heads turned or channeled and cooked, to one pint of very stiff Allemande Sauce.

If it be intended for fish, take one pint of fish veloute thickened with the yolks of four eggs, and finish it with mushroom liquor, as above.

#### Chateaubriand Sauce.

Place in a stewpan one ounce of chopped shallots, a sprig of thyme and a bit of bay, one ounce of mushroom parings, and one-quarter pint of white wine. Reduce the wine almost entirely, add one-half pint of veal gravy, and reduce again until the liquid only measures a gill. Strain through muslin, and finish the sauce away from the fire with four ounces of butter "Maitre d'Hôtel," to which add a little chopped tarragon. Serve with grilled fillet of beef.

#### White Chaud-Froid Sauce.

Boil one pint of veloute in a stewpan, and add three-quarters pint of melted white poultry jelly. Put the stewpan on an open fire, reduce the sauce by a third, stirring constantly the while, and gradually add one-half pint of very fresh cream. When the sauce has reached the desired degree of consistency rub it through a sieve, and stir it frequently while it cools, to prevent a skin forming on the surface. When dishing up, this sauce should be cold, so that it may properly coat immersed solids and yet be liquid enough to admit of the latter being easily stepped in it.

#### Chaud-Froid Sauce, Au Vert-Pré.

Add to the veloute of the white Chaud-Froid Sauce, at the same time as the jelly, an infusion prepared thus:—Boil one gill of white wine, and add to it one pinch each of chervil stalks, tarragon leaves, chives, and parsley leaves. Cover, in-

fuse away from the fire for ten minutes and strain through linen.

Treat the sauce as explained and finish with spinach-green. Take care to keep the shade of the sauce a pale green, add the coloring principle with caution, until the correct shade is obtained. Use this sauce for Chaud-froids of fowl, particularly "*Printanier*."

#### **Lent Chaud-Froid Sauce.**

Proceed as for white Chaud-Froid, using the same quantities, but with the following modifications:—

Substitute fish veloute for ordinary veloute, and white fish jelly for poultry jelly.

#### **Chivry Sauce.**

In one-half pint of boiling poultry stock put a large pinch of chervil pluches, tarragon and parsley leaves, a head of young pimperl and a good pinch of chives. Cover up, and for ten or twelve minutes infuse; then add the liquid (strained through linen) to one pint of veloute. Boil, reduce by a quarter, and complete it with two ounces of Green Butter. Chivry Sauce may be served with boiled or poached poultry.

#### **Cream Sauce.**

Boil one pint of Béchamel Sauce, and add one gill of cream to it. Reduce on an open fire until the sauce has become very thick; then pass through a sieve. Bring to its normal degree of consistency by gradually adding, away from the fire, one-quarter pint of very fresh cream and a few drops of lemon-juice. Serve with boiled fish, poultry, eggs, and various vegetables.

#### **Shrimp Sauce.**

Boil one pint of fish veloute or, failing this, Béchamel Sauce, and add to it one-quarter pint of cream and one-quarter pint of very clear fish fumet. Reduce to one pint, and finish the sauce, away from the fire, with two ounces of Shrimp Butter and two ounces of shelled shrimps' tails.

#### **Curry Sauce.**

Slightly brown the following vegetables in butter:—Twelve ounces of minced onions, one-ounce of parsley roots, four ounces of minced celery, a small sprig of thyme, a bit of bay, and a little mace. Sprinkle with two ounces of flour and a teaspoonful of curry pepper. Cook the flour for some minutes without letting it acquire any color, and dilute with one and

one-half pints of white stock. Boil, cook gently for three-quarters of an hour, and rub through a sieve. Now heat the sauce, remove its grease, and keep it in the *bain-marie*. Serve with fish, shell-fish, poultry and various egg-preparations.

#### **Sauce Diplomate.**

Take one pint of Normande Sauce, and finish it with two ounces of lobster butter and three tablespoonfuls of lobster meat, and truffles cut into small, regular cubes.

#### **Herb Sauce.**

Prepare one pint of white wine sauce. Finish it away from the fire with three ounces of shallot butter, a tablespoonful of parsley, chervil, tarragon and chives, chopped and mixed. Serve with boiled or poached fish.

#### **Gooseberry Sauce.**

Prepare one pint of butter sauce. Meanwhile put one pound of green gooseberries into a small copper saucepan containing boiling water. Boil for five minutes, then drain the gooseberries, and put them in a little stewpan with one-half pint of white wine and three ounces of powdered sugar. Cook gently the gooseberries, rub them through a sieve, and add the resulting pulp to the butter sauce. Excellent with grilled mackerel and the poached fillets of that fish.

#### **Hungarian Sauce.**

Fry gently in butter, without coloring, two tablespoonfuls of chopped onions seasoned with table-salt and half a teaspoonful of paprika. Moisten with a gill of white wine, add a small faggot, reduce the wine by two-thirds, and remove the herbs.

Finish with one pint veloute, according to the use for which the sauce is intended, and boil moderately for five minutes. Then rub the sauce through a sieve, and complete it with two ounces of butter. Remember to keep the sauce a delicate pink shade.

#### **Oyster Sauce.**

Take one pint of Normande Sauce and complete it with a gill of reduced oyster liquor, strained through linen, and twelve poached and trimmed oysters.

#### **Sauce Albufera.**

Take the necessary quantity of Supreme Sauce, and add to this four tablespoonfuls of dissolved, pale meat glaze per

quart of sauce, to give it the ivory-white tint which characterizes it. Serve with poultry and poached sweet-bread.

#### Sauce Joinville.

Prepare a pint of Normande Sauce and complete it with two ounces of shrimp butter and two ounces of crayfish butter. If this sauce is to accompany a fish *à la Joinville*, which includes a special garnish, it is served as it stands. If it is served with a large, boiled, ungarnished fish, an ounce of black truffles cut *Julienne*-fashion should be added. Joinville Sauce differs from similar preparations in the final operation where crayfish and shrimp butter are combined.

#### Marinière Sauce.

Take the necessary quantity of Bercy Sauce and add, per pint of sauce, one gill of mussel liquor and a liaison composed of the yolks of three eggs.

Serve with small poached fish, particularly with mussels.

#### Mornay Sauce.

Boil one pint of Béchamel Sauce with one gill of the fumet of that fish. Reduce by a good quarter, and add two ounces of Gruyere and two ounces of grated Parmesan.

Put the sauce on the fire again for a few minutes, and melt the cheese by stirring with a small whisk. Finish the sauce away from the fire with two ounces of butter added slowly.

#### Mousseuse Sauce.

Scald and wipe dry a small vegetable-pan, and put into it one-half pound of stiffly-*manied* butter, properly softened. Season with tablesalt and a few drops of lemon-juice, and whisk while gradually adding one-third pint of cold water. Finish with two tablespoonfuls of very firm, whipped cream. This preparation is served with boiled fish. The heat of the fish alone suffices to melt it. It is much preferred to plain melted butter.

#### Mustard Sauce

Take the necessary quantity of butter sauce and complete it, away from the fire, with one tablespoonful of mustard per pint of sauce. It is served with small grilled fish, especially fresh herrings.

#### Nantua Sauce.

Boil one pint of Béchamel Sauce, add one-half pint of cream, and reduce by a third. Rub it through a sieve, and finish with a further addition of two tablespoonfuls of cream, three ounces

of very fine crayfish butter, and one tablespoonful of small shelled crayfishes' tails.

#### Noisette Sauce.

Prepare a Hollandaise Sauce and add two ounces of hazelnut butter at the last moment.

Serve with salmon, trout, and boiled fish generally.

#### Normande Sauce.

Put in a saucepan one pint of fish veloute, three tablespoonfuls each of mushroom liquor, oyster liquor and twice as much sole fumet, the yolks of three eggs, a few drops of lemon-juice, and a gill of cream. Reduce by a good third on an open fire, season with a little cayenne, rub through a sieve, and finish with two ounces of butter and four tablespoonfuls of good cream.

This sauce is proper for fillet of sole *à la Normande*, and is also used as the base of other small sauces.

#### Oriental Sauce.

Take one pint of American Sauce, season with curry, and reduce to a third. Then add, away from the fire, one gill of cream per pint of sauce.

Serve in the same way as American Sauce.

#### Poulette Sauce.

Boil for a few minutes one pint of Sauce Allemande, and add six tablespoonfuls of mushroom liquor. Finish, away from the fire, with two ounces of butter, a few drops of lemon-juice and one teaspoonful of chopped parsley.

#### Ravigotte Sauce.

Reduce by half, a gill of white wine with half as much vinegar. Add one pint of ordinary veloute, boil gently for a few minutes, and finish with one and one-half ounces of shallot butter and one teaspoonful of chervil, tarragon, and chopped chives. Usually served with boiled poultry.

#### Soubise Sauce.

Stew in butter two pounds of finely-minced onions. This stewing of the onions in butter increases their flavor. Now add one-half pint of thickened Béchamel; season with salt and a teaspoonful of powdered sugar. Cook gently for half an hour, rub through a sieve, and complete the sauce with a few tablespoonfuls of cream and two ounces of butter.

**Soubise Sauce Tomatee.**

Prepare a soubise as described above, and add to it one-third of its volume of very red tomato purée.

**Sauce Suprême.**

Put into a saucepan one and one-half pints of clear poultry stock and one gill of mushroom cooking liquor. Reduce to two-thirds; add one pint of "poultry veloute"; reduce again, stirring with a spatula the while, and combine half pint of cream with the sauce, this last being added by degrees.

When the sauce has reached the desired consistence, strain through a sieve, and add another gill of cream and two ounces of best butter. Stir with a spoon, from time to time.

**Venetian Sauce.**

Put into a stewpan one tablespoonful of chopped shallots, one tablespoonful of chervil, and one gill of white wine and tarragon vinegar, mixed in equal quantities. Reduce the vinegar by two-thirds; add one pint of white wine sauce; boil for a few minutes; rub through a sieve, and finish the sauce with sufficient herb juice and one teaspoonful of chopped chervil and tarragon. Served with various fish.

**Villeroy Sauce.**

Put into a saucepan one pint of Allemande Sauce to which has been added two tablespoonfuls of truffle essence and ham essence.

Reduce, and stir until the sauce is sufficiently stiff to coat immersed solids thickly.

**White Wine Sauce.**

May be made by three methods.

1. Add one-quarter pint of fish fumet to one pint of thickened veloute, and reduce by half. Finish the sauce, away from the fire, with four ounces of butter. Thus prepared it is suitable for glazed fish.

2. Almost entirely reduce a gill of fish fumet. To this reduction add the yolks of four eggs, mixing them well in it, and follow with one pound of butter, added by degrees.

3. Put the yolks of five eggs into a small stewpan and mix with them, one tablespoonful of cold fish-stock. Put the stewpan in a *bain-marie* and finish the sauce with one pound of butter, adding from time to time, and in small quantities six tablespoonfuls of fish fumet.

**Apple Sauce.**

Peel, quarter, core, and chip two pounds of medium-sized apples; place these in a stewpan with one tablespoonful of powdered sugar, a bit of cinnamon, and a few tablespoonfuls of water. Cook gently with lid on, and smooth the purée with a whisk when dishing up.

Serve lukewarm with duck, goose, roast hare, etc.

**Bread Sauce.**

Boil one pint of milk, and add three ounces of fresh, white bread-crumbs, a little salt, a small onion with a clove stuck in it, and one ounce of butter. Cook gently for a quarter of an hour, remove the onion, smooth the sauce with a whisk, and finish it with a few tablespoonfuls of cream.

Serve with roast fowl and roast feathered game.

**Celery Sauce.**

Clean six stalks of celery using only the hearts, put them in a saucepan, wholly immerse in consommé, add a faggot and one onion with a clove stuck in it, and cook gently. Drain the celery, pound it in a mortar, then rub it through a sieve and put the purée in stewpan. Now thin the purée with an equal quantity of cream sauce and a little reduced celery liquor. Heat it moderately, and if it has to wait, put it in a *bain-marie*.

Serve with boiled or braised poultry.

**Cranberry Sauce.**

Cook a pint of cranberries and a quart of water in a stewpan, and cover the stewpan. When the berries are cooked strain them through a fine sieve. To the purée thus obtained add the necessary quantity of their cooking liquor, so as to make a somewhat thick sauce. Sugar according to taste.

This sauce is mostly served with roast turkey.

**Fennel Sauce.**

Take one pint of butter sauce and finish it with two tablespoonfuls of chopped fennel, scald for a few seconds.

Serve principally with mackerel.

**Egg Sauce With Melted Butter.**

Dissolve one-quarter pound of butter, and add to it the necessary salt, a little pepper, half the juice of a lemon, and three hard-boiled eggs (hot and cut into large cubes); also a teaspoonful of chopped and scalded parsley.



**Horse-Radish Sauce.**

Rasp five ounces of horseradish and place in a stewpan with a gill of white consommé. Boil gently for twenty minutes and add a half pint of butter sauce and cream, and one-half ounce of breadcrumbs; thicken by reducing on a brisk fire and rub through sieve. Then thicken with the yolks of two eggs, and complete the seasoning with a pinch of salt and pepper, and a teaspoonful of mustard dissolved in a tablespoonful of vinegar.

Serve with braised or roast beef.

**Parsley Sauce.**

This is Butter Sauce, to which is added a heaped tablespoonful of freshly-chopped parsley to the pint.

**Reform Sauce.**

Put into a small stewpan and boil one pint of half-glaze sauce and one-half pint of ordinary Poivrade sauce. Complete with a garnish composed of half an ounce of gherkins, half an ounce of the hard-boiled white of an egg, one ounce of salted tongue, one ounce of truffles, and one ounce of mushrooms. All to be cut Julienne-fashion and short.

Served with mutton cutlets and designated *à la Réforme*.

**Genoa Sauce.**

Pound in a mortar, and make into a smooth, fine paste, one ounce of pistachios and one ounce of fir-apple kernels, or, if these are not available, one ounce of sweet almonds; add half a tablespoonful of cold Béchamel. Put paste into a bowl, add the yolks of six eggs, a little salt and pepper, and finish the sauce with one quart of oil, the juice of one lemon, and proceed as for Mayonnaise.

Complete with three tablespoonfuls of purée of herbs, prepared with equal quantities of chervil, parsley, tarragon, and fresh pimpernel, previously blanched. Cool quickly, expel the water, and pass through a fine sieve.

Serve with cold fish.

**Mayonnaise Sauce.**

Put in a bowl the yolks of six raw eggs, after having removed the cores. Season with half ounce of table salt and a little cayenne pepper. Gradually pour one-fifth pint of vinegar on the yolks while whisking them briskly. When the vinegar is absorbed add one quart of oil, very slowly, constantly stirring the sauce meanwhile. The sauce is finished by

the addition of the juice of a lemon and three tablespoonfuls of boiling water—the purpose of the latter being to ensure the coherence of the sauce and to prevent its turning.

Mayonnaise prepared in this way is rather liquid, but left to rest a few hours will thicken considerably. Unless it be exposed to too low a temperature, the Mayonnaise, prepared as above, never turns, and may be kept sweet for several days. Keep free from dust by covering.

#### **Cleared Mayonnaise Sauce.**

Take the necessary quantity of Mayonnaise and gradually add to it, per one and one-half pints of the sauce, one-half pint of cold and rather firm melting aspic jelly—Lenten or ordinary, according to the nature of the products for which the sauce is intended.

#### **Whisked Mayonnaise.**

Put into a copper saucepan or other bowl three-quarters pint of melted jelly, two-thirds pint of Mayonnaise, one tablespoonful of tarragon vinegar, and rasped finely-chopped horse-radish. Mix up the whole, place the utensil on ice, and whisk gently until the contents get very frothy. Stop whisking as soon as the sauce begins to solidify, for it must remain almost fluid so as to enable it to mix with the products for which it is intended.

Use principally for vegetable salads.

#### **Ravigote Sauce, or Vinaigrette.**

Put into a bowl one pint of oil, one-third pint of vinegar, a little salt and pepper, two ounces of small capers, three tablespoonfuls of fine herbs, comprising finely chopped onion, as much parsley, and half as much chervil, tarragon, and chives. Mix thoroughly. The Ravigote accompanies calf's head or foot, sheep's trotters, etc.

#### **Remoulade Sauce.**

To one pint of Mayonnaise add a large tablespoonful each of mustard, gherkins, chopped and pressed capers, one tablespoonful of fine herbs, parsley, chervil, and tarragon, all chopped and mixed, and a teaspoonful of anchovy essence.

This sauce is served with cold meat, poultry, and lobster.

#### **Cambridge Sauce.**

Pound together the yolks of six hard-boiled eggs, the washed and dried fillets of four anchovies, a teaspoonful of capers, a dessertspoonful of chervil, tarragon, and chives, mixed. When the whole forms a fine paste, add one tablespoonful of mustard,

one-fifth pint of oil, one tablespoonful of vinegar, and proceed as for a Mayonnaise. Season with a little cayenne; rub through sieve, pressed with a spoon, and put the sauce in a bowl. Stir awhile with a whisk to smooth it, and finish with one teaspoonful of chopped parsley.

Suited to cold meats in general.

#### **Cumberland Sauce.**

Dissolve four tablespoonfuls of red-currant jelly, to which are added one-fifth pint of port wine, one teaspoonful of finely-chopped shallots, scalded for a few seconds and pressed, one teaspoonful of small pieces of orange rind and as much lemon rind (cut finely, Julienne fashion, scalded for two minutes, well-drained, and cooled), the juice of an orange and that of half a lemon, one teaspoonful of mustard, a little cayenne pepper, and as much powdered ginger. Mix the whole well.

Serve with cold venison.

#### **Gloucester Sauce.**

Take one pint of very thick Mayonnaise and complete it with one-fifth pint of sour cream and the juice of a lemon and combine with the Mayonnaise by degrees one teaspoonful of chopped fennel and as much Worcester Sauce.

Serve with all cold meats.

#### **Oxford Sauce.**

Make a Cumberland Sauce as previously described but instead of the Julienne of orange and lemon rinds use rasped or finely-chopped rinds, and about two-thirds of a teaspoonful of each.

#### **Horse-Radish Sauce.**

Dilute one tablespoonful of mustard with two tablespoonfuls of vinegar in a bowl, add one pound of finely rasped horse-radish, two ounces of powdered sugar, a little salt, one pint of cream, and one pound of breadcrumbs steeped in milk and pressed.

Serve very cold with boiled and roast beef.

#### **Bercy Butter.**

Put into a small stewpan a gill of white wine and one ounce of finely-chopped shallots, previously blanched. Reduce the wine by one-half, and add half a pound of butter, softened into a cream; one teaspoonful of chopped parsley, two ounces of beef marrow cut into cubes, poached in slightly salted water

and drained, the necessary table-salt, and a little ground pepper and a few drops of lemon-juice.

This butter must not be completely melted, and is served with grilled beef.

#### **Ravigote Butter.**

Put into a small saucepan of salted, boiling water, six ounces of chervil, parsley, tarragon, fresh pimpernel, and chives, in equal quantities, and two ounces of chopped shallots. Boil quickly for two minutes, drain, cool in cold water, press in a towel to completely remove the water, and pound in a mortar. Now add one-half pound of half-melted butter, mix well with the purée of herbs, and pass through sieve.

#### **Chateaubriand Butter.**

Reduce, by two-thirds, four-fifths of a pint of white wine containing four chopped shallots, fragments of thyme and bay, and four ounces of mushroom parings. Add four-fifths pint of veal gravy, reduce the whole to half, rub it through sieve, and finish it away from the fire with eight ounces of Maître d'Hôtel butter and a dessertspoonful of chopped tarragon.

#### **Colbert Butter.**

Take one pound of Maître d'Hôtel butter, add six tablespoonfuls of dissolved, pale meat glaze and one teaspoonful of chopped tarragon.

Serve with fish prepared *à la Colbert*.

#### **Green Coloring Butter.**

Peel, wash and thoroughly shake free from water two pounds of spinach. Pound it raw and then press it in a strong towel, twisting the latter so as to extract all the green juice. Pour this into a saucepan, let it coagulate in a *bain-marie*, and pour it on to a serviette stretched over a bowl in order to drain away the water. Collect the coloring substance on the serviette, using a palette-knife for the purpose, and put into a mortar; mix with half its weight of butter, strain through a sieve, and put aside to cool. This green butter is always preferable to the liquid green found on the market.

#### **Various Cullises.**

Finely pound shrimp and crayfish shells, and combine with these the available creamy parts and spawn of the common and spiny lobsters; add a gill of rich cream per pound of the above remains, and strain through a fine sieve. This cullis

is prepared just in time for dishing up, and serves as a refining principle in certain fish sauces.

#### **Shrimp Butter.**

Finely pound any available shrimp remains, add to these their weight of butter, and strain through a sieve. Place in a bowl and put aside in the cool.

#### **Shallot Butter.**

Put eight ounces of roughly minced shallots in the corner of a clean towel, and wash them quickly in boiling water. Cool and press them heavily. Then pound them finely with their own weight of fresh butter and strain through sieve.

This butter accentuates the savor of certain sauces, such as Bercy, Ravigote, etc.

#### **Crayfish Butter.**

Pound very finely, the remains and shells of crayfish cooked in Mirepoix. Add their weight of butter, and strain through a fine sieve, to remove any shell particles.

#### **Tarragon Butter.**

Blanch and cool eight ounces of fresh tarragon, drain, press in a towel, pound in a mortar, and add to them one pound of butter. Strain through sieve, and put aside in the cool if not to be used immediately.

#### **Lobster Butter.**

Reduce to a paste in the mortar the spawn, shell, and creamy parts of lobster. Add their equal in weight of butter and strain through sieve.

#### **Butter à la Maître d'Hôtel.**

First manie and then soften into a cream one-half pound of butter. Add a tablespoonful of chopped parsley, a little salt and pepper, and a few drops of lemon-juice. Serve with grills in general.

#### **Manied Butter.**

Mix, until perfectly combined, four ounces of butter and three ounces of sifted flour. This butter is made immediately before the time of dishing up, and is used for quick liaisons like Matelotes, etc.

The sauce to which manied butter has been added should not boil if this can be avoided, as it thereby acquires a very disagreeable taste of raw flour.

**Melted Butter.**

This, used principally as a fish sauce, should consist of butter, only just melted, and combined with a little table-salt and a few drops of lemon-juice. It should therefore be prepared only at the last minute; for, should it wait and be allowed to clarify, besides losing its flavor it will be found to disagree with certain people.

**Butter à la Meunière.**

Put into a frying-pan the necessary quantity of butter, and cook gently until it has acquired a golden tint and exudes a slight smell of nut. Add a few drops of lemon-juice, and pour on the fish under treatment, which should have been previously sprinkled with concassed parsley.

This butter is proper to fish *à la Meunière*, and is always served on the fish.

**Montpellier Butter.**

Blanch equal quantities of watercress leaves, parsley, chervil, chives, and tarragon (six ounces in all) one and one-half ounces of chopped shallots, and one-half ounce of spinach leaves. Drain, cool, press in a towel to expel water, and pound in a mortar with one tablespoonful of pressed capers, four ounces of gherkins, a garlic clove, and the fillets of four anchovies well washed.

Mix this paste with one and one-half pounds of butter; then add the yolks of three boiled eggs and two raw eggs, and finally pour in by degrees, two-fifths pint of oil. Strain through a fine sieve, put the butter into a bowl, and stir it well with a wooden spoon so as to make it smooth. Season with table salt and a little cayenne.

Use this butter to deck large fish, such as salmon, and trout; it is also used for smaller pieces and slices of fish.

**Black Butter.**

Put into a frying pan the necessary amount of butter, and cook it until it has a brown color and begins to smoke. At this moment add a large pinch of concassed parsley leaves and spread it immediately over the object to be treated.

**Hazel-Nut Butter.**

Put eight ounces of shelled hazel-nuts, for a moment, in the front of the oven, in order to slightly grill their skins and make them easily removable. Now crush the nuts in a mortar until they form a paste, and add a few drops of cold water

with a view to preventing their producing any oil. Add their equivalent in weight of butter and rub through sieve.

#### **Pistachio Butter.**

Put into boiling water half pound of pistachios, and keep them on the side of the fire until the peel may be easily removed. Drain, cool in cold water, clean the pistachios, and finely pound while moistening them with water. Add two ounces of butter and pass through sieve.

#### **Printanier Butter.**

These butters are made from all early-season vegetables, such as carrots, French-beans, peas and asparagus heads.

When dealing with green vegetables cook quickly in boiling salted water, drain, dry, pound with their weight of butter, and rub through sieve.

With carrots. Mince and cook with consommé, sugar and butter until the diluent is quite reduced. After cooking they are pounded, with their own weight of butter and rubbed through sieve.

#### **Hot Tartar Sauce.**

Put four tablespoonfuls of white sauce in a small stewpan, four of broth or milk, boil a few minutes, then add two tablespoonfuls of the tartar sauce in it, stir it very quickly with a wooden spoon, make it quite hot, but not boiling; put it on a dish, and serve where described.

#### **Maitre d'Hôtel Sauce.**

Put eight spoonfuls of white sauce in a stewpan, with four of white stock or milk; boil it five minutes, then stir in two ounces of Maitre d'Hôtel butter; stir it quickly over the fire until the butter is melted, but do not let the sauce boil after the butter is in; this sauce should only be made at the time of serving.

#### **Vegetable Sauce.**

Take equal parts of carrot, turnips, mushrooms, sausages, and boiled shelled chestnuts. Cut into small pieces and place in a stewpan or earthenware cooking pot. Add just sufficient clear stock to cover, and simmer until the vegetables are tender, when a spoonful of sherry and a little pepper and salt should be added.

This mixture is largely used in Spain as an addition to chicken sweetbread, or indeed almost any kind of meat.

**Eschalot Sauce.**

Chop fine about a good tablespoonful of shallot, place it in the corner of a napkin, and pour water over; press until dry, and put in a small stewpan with two tablespoonfuls of vinegar, one clove, a little mace; boil two minutes, add ten tablespoonfuls of demi-glaze, boil a little longer, add a little sugar, and serve.

**Piquant or Sharp Sauce.**

Put two tablespoonfuls of chopped onions, or shallots, cleaned as above, into a stewpan; put also four tablespoonfuls of vinegar, and a bay-leaf, and boil; then add ten tablespoonfuls of brown sauce, half a one of chopped parsley, ditto of green gherkins; boil five minutes, skim, add a little sugar, taste if well seasoned, take out bay-leaf and serve.

**Tarragon Sauce.**

Put eight tablespoonfuls of demi-glaze, and four of broth, into a stewpan; boil for a few minutes, add a tablespoonful of vinegar, have ready picked twenty leaves of fresh tarragon, put in to simmer two minutes, and serve with any kind of poultry, but especially spring chickens.

**Brown Cucumber Sauce.**

Peel a small fresh cucumber, cut it in neat pieces, put in a stewpan with a little sugar, add half an ounce of butter, set it on a slow fire, stir it now and then, add twelve tablespoonfuls of brown sauce, and eight of broth; let it simmer till tender, skim the butter off, remove the cucumber into another stewpan, pass the sauce, reduce it a little, taste it, pour over, and serve.

**Mince Herb Sauce.**

Put two tablespoonfuls of finely chopped onions in a stewpan, add a tablespoonful of oil, place it on the fire, stir a few minutes, add ten tablespoonfuls of demi-glaze, and four of broth or water; boil, skim; if too thick, and the scum should not rise, add half a gill of broth or water; boil, and reduce to a proper thickness, and add a tablespoonful of chopped parsley, if at hand, one of mushrooms, and season with a little cayenne; the juice of a quarter of a lemon; serve. I often introduce a little garlic in this.

**Italian Herb Sauce.**

Proceed in the same way as the above, only add a little chopped thyme, and a small glass of sherry.



**Sauce Robert.**

Peel and cut up two good-sized onions, put them in stewpan with an ounce of butter, till they are a nice yellow color, then add eight tablespoonfuls of demi-glaze, and two of water or broth; skim, boil quickly; when of a proper thickness add a good tablespoonful of French mustard; season rather high, if no French mustard, use English, but French is preferable as it adds to the flavor.

**Ravigote Sauce.**

Put in a stewpan one middle-sized onion sliced, with a little carrot, a little thyme, bay leaf, one clove, a little mace, a little scraped horse-radish, a little butter, fry a few minutes, then add three teaspoonfuls of vinegar, ten tablespoonfuls of brown sauce, four of broth; when boiling, skim, add a tablespoonful of currant jelly; when melted, pass all through a sieve, and serve with any kind of meat or poultry; with hare or venison it is excellent.

**Brown Mushroom Sauce.**

Clean and cut twelve small mushrooms in slices, place them in a stewpan with a little butter, salt, pepper, the juice of a quarter of a lemon, set it on a slow fire for a few minutes, then add ten spoonfuls of demi-glaze; boil till they are tender, and serve. A little mushroom catsup may be introduced.

**Orange Sauce for Game.**

Peel half an orange, removing all the pith; cut it into slices, and then in fillets; put them in a gill of water to boil for two minutes; drain them on a sieve, throwing the water away; place in the stewpan two spoonfuls of demi-glaze or ten of broth; and, when boiling, add the orange, a little sugar, simmer ten minutes, skim, and serve. The juice of half an orange is an improvement. This is served with ducklings and waterfowl or any roast game; those that like may add cayenne and mustard.

**Garlic Sauce.**

Though many dislike the flavor of this root, yet those that like it ought not to be deprived of it. Put in a stewpan ten tablespoonfuls of demi-glaze, a little tomato sauce, if handy; boil it a few minutes, scrape half a clove of garlic, put it in with a little sugar, and serve.

**Mint Sauce for Lamb.**

Take three tablespoonfuls of chopped leaves of green mint,

three tablespoonfuls of brown sugar, and put into a basin with half a pint of brown vinegar; stir it well up, add one salt-spoonful of salt, and serve.

#### **Liaison of Eggs.**

Break the yolks of three eggs in a basin, with which mix six spoonfuls of milk, or eight of cream; pass it through a fine sieve, and use when directed.

#### **Anchovy Butter Sauce.**

Put into a stewpan eight spoonfuls of demi-glaze, or three of broth; when boiling, add one ounce of anchovy butter; stir continually till melted; serve where directed.

#### **Soyer's Sauce.**

Put six spoonfuls of demi-glaze into a stewpan; when hot, add four spoonfuls of Soyer's Gentleman's Sauce; let boil, and serve with either chop, steak, cutlet, poultry, or game.

#### **Papillotte Sauce.**

Scrape half an ounce of fat bacon, put it in a pan with four tablespoonfuls of chopped onions, stir over the fire for a few minutes, then add ten tablespoonfuls of brown sauce and boil; then add a tablespoonful of mushrooms chopped, one ditto of parsley, a little nutmeg, a little pepper and sugar, a quarter of a clove of scraped garlic; reduce till rather thickish; put on dish till cold, and use it for anything you may put up *en Papillotte*.

#### **Tomato Sauce.**

If fresh, put six in stewpan; having removed the stalk, and squeezed them in the hand to remove pips, etc., add half an onion, sliced, a sprig of thyme, a bay leaf, half an ounce of celery, one ounce of ham or bacon, same of butter, teaspoonful of sugar, same of salt, a salt spoonful of pepper; set on fire to stew gently; when all tender, add a tablespoonful of flour, moisten with half a pint of broth, boil five minutes, add a little cayenne, taste if highly seasoned, pass it through sieve, put it back in stewpan, until it adheres rather thick to the back of the spoon, and use it for any kind of meat or poultry. If fresh tomatoes are not available use canned tomatoes, but always remember that fresh tomatoes are to be preferred.

#### **A Very Good and Useful White Sauce.**

Put a quart of white sauce in a stewpan of the necessary capacity on a fire; stir continually until reduced to one-third;

put two yolks of eggs in a basin, stir them well up, add your sauce gradually, keep stirring, put back in stewpan, set it to boil for a few minutes longer, then add one pint of boiling milk, which will bring it to its proper thickness; that is, when it adheres transparently to the back of a spoon; pass through a sieve into a bowl, stir now and then till cold. If not immediately required, and I have any stock left, I use half of it with half of milk. I also try this way, which is very convenient: when the yolks are in, and well boiled, I put it in a large gallipot, and when cold, cover with pieces of paper; it will keep good in winter for two or three weeks, and for quite a week in summer; when I want to use a little of it, I only take a spoonful or two and warm it on the fire, and add enough milk or white broth to bring it to a proper thickness, and use where required. This sauce is very smooth, and never turns greasy; it lies beautifully on fowl or any white made dish; the addition of a drop of cream gives it a very fine white appearance.

#### **Onion Purée Sauce.**

Peel and cut six onions in slices; put in a stewpan, with a quarter of a pound of butter, a teaspoonful of salt, one of sugar, a half one of pepper; place on a slow fire to simmer till in a pulp, stirring them now and then to prevent them getting brown, then add one tablespoonful of flour, a pint of milk, and boil till a proper thickness, which should be a little thicker than melted butter; pass through a sieve, warm again, and serve with mutton cutlets, chops, rabbits, or fowl; by not passing it, it will do for roast mutton and boiled rabbit as onion sauce.

#### **Purée of Cauliflower Sauce.**

Boil a cauliflower well in three pints of water, in which you have previously put one ounce of butter, two tablespoonfuls of salt; when done, chop it up, having prepared and slowly cooked in a stewpan an onion sliced, a little celery, half a turnip, one ounce of ham, two of butter, a little bay-leaf, mace, add then the cauliflower, stir round, add a tablespoonful of flour, moisten as above for onions, pass, and finish the same way.

#### **Jerusalem Artichoke Sauce.**

Peel twelve, and well wash; boil till tender, and proceed as above.

#### **Bourgeoise Sauce.**

Mince five or six shallots and some parsley; place them in an

enameled saucepan with a little broth or water, a teaspoonful of vinegar, and some pepper and salt. Let it boil until the shallots are cooked.

This sauce can be used with cold meat, whether roast or boiled.

#### **Black Butter.**

This sauce is usually served as an addition to boiled fish, and is particularly excellent with skate. It is also used with fried eggs.

Place some butter in a frying-pan and let it cook just to the point of darkening, but be very careful not to burn it. Throw in some small sprigs of parsley and let them fry. Then pour it over the fish. At once place a little vinegar in the frying-pan, and as soon as it is hot pour it also over the fish and serve at once.

#### **Dutch Sauce.**

Set the yolks of four eggs in a pan over the fire until they are of the consistency of a custard, and then blend carefully with half a pint of melted butter. Great care must be taken that this does not boil, or it will be utterly spoilt. Add two tablespoonfuls of lemon-juice and a little chopped parsley, pepper, and salt and just a suspicion of nutmeg before serving.

This sauce is suitable for fish or cutlets, but it is too rich to suit every palate.

#### **Cameline Sauce.**

Toast lightly some slices of bread and let them simmer over the fire in an enameled saucepan with as much red wine and vinegar in equal parts as they will absorb. Season with mixed spices and turn out the whole to cool upon a plate, after which strain through a cloth.

This sauce, if placed in a covered vessel, will keep good for a week, and may be used as an accompaniment to roast joint.

#### **Cherry Sauce.**

Stone one pound of ripe cherries, break the stones and let the kernels simmer with just enough water to cover them for fifteen minutes. Now strain out the kernels, and add to the water the cherries, a glass of claret, four cloves, a small slice of stale bread, and sufficient sugar to make the whole sweet. Stir in a pint of water and cook gently for half an hour. Now press the whole through a sieve and let it boil again until moderately thick.

This should be served very hot with either roast pork or game.

**Wine Sauce.**

Stir into half a pint of red wine, mixed with a quarter of a pint of water, the yolks of five eggs, a tablespoonful of sugar, the minced rind of a lemon, and a little cinnamon. Place over a good fire and stir until the sauce begins to thicken. Then take off the fire and serve.

## FISH AND FISH SAUCES.

### Grilled Fish.

This method is best suited to small fish of medium size. All the white fish should be rolled in flour and oil or clarified butter. Placed on a grid under a very bright fire, taking care that the grid is very hot before placing fish thereon. If you omit this the fish will stick to the grid.

Salmon, trout, red-mullet, herring, mackerel need not be floured but must be rolled in oil or clarified butter in order to give fish a light brown color and secure the fine flavor.

This is the only way recommended for grilling except by cooking by the paper bag process which I introduced and which is equivalent to the best grilling and without all sorts of appliances. Maitre d'Hôtel, anchovy sauces, Ravigote, deviled sauce are the best sauces for grilled fish.

### Fish Frying à la Française.

Is performed by rolling the fish (after cleaning) in salted milk and then in flour. It is then plunged into boiling fat and cooked until a light brown color. It is then allowed to drain and is ready to serve.

### Fish Frying à l'Anglaise.

After cleaning the fish it is rolled in flour and then immersed in the liquor formed of well-whisked eggs. It is next rolled in bread-crumbs and patted with a palette knife to ensure both the cohesion of the whole coating and a good shape to the fish.

When cooked the fish is served either on napkins, a drainer, or special dish-papers, and garnished with sprigs of fried parsley and slices or quarters of lemon.

### Fish Cooked on a Spit and Called à la Brioche.

This is suitable for large fish, such as a twelve pound salmon or cod.

Trim and clean your fish in the usual way. Next chop finely one shallot and one onion and stew together in butter for two or three minutes, taking care that they do not color.

Take from off the fire. Now prepare a mixture comprising one quarter pound of bread crumbs, the contents of two eggs, two teaspoonfuls of anchovy sauce (or, preferably half dozen cleaned and filleted anchovies), one tablespoonful of capers, a few mushrooms sliced and cooked, one tablespoonful of chopped parsley, a pinch of thyme and bay-leaves passed through a sieve, a piece of butter the size of an egg, salt and pepper. Form into a compact mass.

Sprinkle the interior of fish with flour, after which stuff with the above mixture. Cut six very thin slices of fat ham or bacon and wrap about the fish to prevent the stuffing from falling out; tying round with thin string. Now take two or three very large sheets of grease-proof paper, well buttered, and roll these round your fish in a treble thickness and tied with kitchen string.

The fish can now be placed on a cradle spit before the fire for three-quarters of an hour to one hour, basting occasionally.

The best sauce is one of plain melted butter and should be served with the fish together with plain baked potatoes. Care must be taken in removing paper and string from the fish when cooked, otherwise it may fall to pieces.

Fish cooked in this way was rightly described by my grandfather, Alexis Soyer, as a dish for a millionaire, although it is not costly.

### **Cooking à la Meunière**

is a style of cooking usually applied to fish, but is most suited to small fish rather than large. Fillets of sole, whiting, mackerel, turbot, cod, trout and small salmon are cooked very nicely by this method. Large fish may be treated in this way but they require constant basting.

Example.—Take six small trout, or fillets of sole, well dry and roll in flour. Take a frying-pan and place therein a lump of butter of the size of an egg. Place on the fire and, when melted and very hot, put in the fillets and cook for one minute on each side, shaking the pan constantly to prevent sticking. Take out fish and place on a very hot dish. Into the butter put one teaspoonful of chopped parsley, one tablespoonful of capers, one tablespoonful of anchovy sauce and the juice of a lemon. Shake well together while over the fire and when quite hot add one teaspoonful of French vinegar. Bring to boil quickly, then pour over the fish and serve at once, very hot, with plain boiled potatoes and a cucumber salad if in season.

**Bass.**

This is a species of perch, and is like a trout in shape, except that its head is larger. Its flavor is finest just previous to spawning; it is never caught in rivers, but in bays at the mouth of freshwater streams, and, when in season, is exceedingly good and very wholesome; it should be cooked in every way like salmon.

**Brills**

are cooked in the same manner as turbot, but, being smaller, do not require so long boiling. But, in boiling any description of fish, never take it up until it will leave the bone with facility, which try by placing the point of a knife between the flesh and the bone; if done, the knife will part them easily.

Carp became naturalized in this country in 1514, since which time the breed has considerably increased; they might be made of more value if proper attention were paid to them. Choose them of a middling size, with a soft roe, if possible; the scales of a yellowish color near the belly; the eyes bright; the gills very red, and hard to pull out; should a hard-roed one be preferred, do not choose it too full. In cleaning, take off the scales as in the last, then make a small incision in the belly, close to the bladder; pull out the gills, and the interior will come with them; should any, however, remain, take it out of the incision without breaking the gall or disturbing the roe; lay it in spring water half an hour to disgorge, then dry it with a cloth. The large sea carp, some of which weigh from thirty to fifty pounds, are not worth cooking.

**Carp, Sauce Matelote.**

Put your carp in a small oval fish-kettle, with wine and vegetables as in next recipe, to which add also a pint of water and a little salt, with a few cloves and peppercorns; put the lid upon the fish-kettle, and stand it over a moderate fire to stew about an hour, according to the size; when done, drain well, dress upon a dish without a napkin, and sauce over with a matelote sauce, made as directed, on page 99, or caper sauce, as for skate; small carp are very good flavored bread-crumbed and fried.

**Baked Carp.**

Procure a good-sized carp, stuff it, then put it into a baking-dish, with two onions, one carrot, one turnip, one head of celery, and a good bouquet of parsley, thyme, and bay-leaf;



moisten with two glasses of port wine, half a pint of water, salt, pepper and oil, and put it in a moderate oven about two hours to bake; try if done with a knife, which is the case if the flesh leaves the bone easily; dress upon a dish without a napkin; then have ready the following sauce: mince a large Spanish onion with two common ones, and put them into a stewpan with three spoonfuls of salad-oil, sauté rather a yellow color, add two glasses of port wine, and one spoonful of flour, mix all well together, add a pint of broth (reserved from some soup) or water, with half an ounce of glaze, or half a gill of brown gravy, or a few drops of coloring; boil it up, drain the stock the carp was cooked in from the vegetables, which also add to the sauce; boil well at the corner of the stove, skim, and when rather thick add a teaspoonful of Harvey sauce, one of essence of anchovies, twelve pickled mushrooms, and a little cayenne pepper, pour all the liquor drained from the fish out of your dish, sauce over, and serve.

#### **Stewed Carp.**

Cut two pounds of carp or other white fish into strips, and place in a saucepan with a cupful of chopped mushrooms, a sliced carrot and a minced onion. Add half a pint of clear stock, a large wineglassful of claret, a little parsley, thyme, and a clove, with pepper and salt to taste. Simmer the whole for an hour, then add a tablespoonful of capers and turn out the stewed fish carefully over some slices of hot toast in a deep dish.

#### **Boiled Crimped Cod.**

Place from two to three pounds of crimped cod carefully wiped in a fish kettle with sufficient warm water to just cover it. Add a wineglassful of white wine vinegar, a sliced onion, a few peppercorns, one clove, and a tablespoonful of salt. Let this boil up quickly and then simmer for about five minutes, or until the fish is done.

After draining, the fish should be dished up on a serviette and may be served with any sauce that is preferred.

#### **Bacalao.**

Well soak one pound of salt cod, then boil it until half cooked, and break into coarse flakes. Now prepare half a pint of tomato sauce, made of stewed tomatoes mixed with a finely-minced onion fried in a little olive oil, and a pinch of cinnamon, with pepper and salt to taste. Mix this sauce with the cod, place the whole in an earthenware dish, cover with slices of bread and butter, and bake until well done.

**Crabs and Tomatoes.**

Take one pound of finely chopped crab meat and mix it with half a pint of tomato sauce, half a pound of bread-crumbs, some parsley, pepper, and salt, the thinly-pared rind and the juice of a lemon and a large glass of sherry. Stir the mixture thoroughly, make it very hot in the oven, and serve with fried potatoes.

**Crab au Gratin.**

Take three-quarters of a pound of the meat of crabs, mince finely, adding pepper, salt, and a tablespoonful of grated cheese moistened with a tablespoonful of sherry. Stir these into half a pint of white stock, and simmer for ten minutes. Next place slices of toast in a baking dish, pour the mixture over them, and cover with some grated cheese. Brown in a very hot oven and serve at once.

This is colloquially known in France as "Crab in the style of St. Lawrence."

**Fried Shrimps.**

Shell one and a half dozen good-sized shrimps, chop them coarsely and fry with half an ounce of butter and an ounce of minced ham. Add at once a cupful of boiling white stock and the juice of a lemon, flavoring with pepper and salt and a little minced parsley.

Pour the whole over some squares of hot toast on a dish and serve at once.

**Eels, Fried.**

Cut your eels into pieces three inches long, dip the pieces into flour, egg over with a paste-brush, and throw them into some bread-crumbs; fry in hot lard as directed for fried soles.

**Stewed Eels, Sauce Matelote.**

Procure as large eels as possible, which cut into pieces three inches long, and put them into a stewpan, with an onion, a bouquet of two bay leaves, a sprig of thyme and parsley, six cloves, a blade of mace, a glass of sherry, and two of water; place the stewpan over a moderate fire, and let simmer about twenty minutes, or according to the size of the eels; when done, drain upon a cloth, dress them in pyramid upon a dish without a napkin, with a matelote sauce over, made as directed on page 99, but using the stock your eels have been cooked in to make the sauce, having previously well boiled it to extract all the fat.

**Eels à la Tartare.**

Fry as directed above, and serve on some tartare sauce; or partly stew first, and, when cold, egg, bread-crumbs, and broil gently.

**Spitchcocked Eels**

in some parts of England, are cooked with the skins on. They should be properly cleaned, and split down the back, and bone taken out, and cut into pieces of about four inches long; egg the inside, and throw over some bread-crumbs, in which have been mixed some chopped parsley, a little dried thyme, and some cayenne; place them in the oven, and whilst cooking baste them with butter in which some essence of anchovies has been mixed. The time they take cooking depends on the size, but may be known by the skin turning up.

**Conger Eel**

is little appreciated in this country, although amongst the working-class of our neighbors, more particularly the French, it is an article of great consumption. If alive, its head should be cut off, and it should bleed as much as possible; but if dead, the pieces should be put into lukewarm water to disgorge previous to being cooked. The young fry are exceedingly good, and may be dressed like fresh-water eels. The large ones may be made into soup, and can also be cooked like sturgeon.

**Eels on the Spit.**

Take a very large eel, cut it into short pieces, and lard them on the back with thin strips of bacon. Place the pieces of eel for three hours in pickle made of oil, sliced onion, sprigs of parsley, salt, and bay leaves. On taking them out place the pieces on a long wooden skewer, separating them by thin slices of bread. Fasten the skewer to a spit and cook before the fire, basting from time to time with melted butter.

With this dish should be served a sauce made in the following manner:—Mix together in a small enameled saucepan some vinegar, shallots, parsley, thyme, bay leaves, and a pinch of pepper. Let them soak for a short time, and then add some strong beef stock thickened with a little flour. Mix well and let it boil for a quarter of an hour. Pass the sauce through a fine strainer and serve in a sauce-boat.

**Flounders, Water Souchet.**

Procure four or six Thames flounders, trim and cut in halves;

put half a pint of water in a saucepan, with a little scraped horse-radish, a little pepper, salt, sugar and few sprigs of fresh parsley; place over the fire, boil a minute, then add the flounders, stew ten minutes, take them out and place in a dish without a napkin, reduce the liquor they were stewed in a little, pour over and serve.

To fry flounders, trim them, and proceed precisely as directed for fried soles; three minutes are sufficient.

#### **Gurnets.**

Are best stuffed and baked. Stuff them as directed for haddocks, turn them round in the same manner, lay slices of bacon over, cut very thin, and bake half an hour or more (according to their size) in a hot oven; when done, dress upon a dish without a napkin, and have ready the onions in a stewpan, with one of vinegar, place over the fire a couple of minutes, add half a pint of melted butter, two tablespoonfuls of Harvey sauce, one of catsup, and two of water, reduce until rather thick, season with a little pepper, cut the fillets of a good anchovy into strips, put in the sauce, which pour round the fish, and serve.

#### **Boiled Gurnet.**

You may boil it either with or without the stuffing, in very salt water; it will require rather more than half an hour; serve with anchovy sauce separate. The remains are very good to re-warm.

#### **Haddock and Asparagus.**

Cut a large haddock into moderately thick slices and dip each into egg beaten up with grated nutmeg; then cover with breadcrumbs and fry in butter till a light brown. Remove the tips from about fifty branches of asparagus, and boil the rest in salted water. Place the boiled asparagus in a stewpan with two ounces of butter, a couple of rusks, a blade of mace, and half a pint of clear stock. Then add the slices of fish just fried, and the asparagus tips, and let the whole stew for a quarter of an hour. The beaten yolk of an egg and a little lemon juice are often added to this dish.

A cheaper version may be made by using cabbage instead of asparagus.

#### **Dublin Bay Haddock.**

This is a fish which I can highly recommend, both for its firmness and lightness; it is excellent plain boiled, and served with a cream sauce, or any other fish sauce. But the better

plan is to cut four or five incisions upon each side of the fish, an inch deep, then put it into a deep dish, and cover well with salt, let it remain about two hours, then put into boiling water, to simmer from thirty to forty minutes, if a fish of five or six pounds in weight. Serve on a napkin garnished with plain boiled parsnips and parsley, with egg sauce in a boat. The common haddocks may be dressed precisely the same.

#### **Baked Haddock.**

Fill the interior of the fish with veal stuffing, sew it up with packthread, and truss it with the tail in its mouth, rub a piece of butter over the back, or egg and bread-crumbs it over, set it on a baking-dish, which put in a warmish oven to bake; if a Dublin Bay haddock, it would take from three-quarters of an hour to an hour, but a common haddock would require but half an hour. The better plan is to run the point of a knife down to the backbone, from which, if the flesh parts easily, it is done; dress it upon a dish without a napkin, and serve with a Beyrout sauce, or any other.

#### **Halibut.**

This fish is rather coarse, but very surfeiting. It is best very fresh, and should be very thick and not in spawn. It may be either baked, fried, or sautéed in oil, in which case the fillets should not be thicker than one inch.

#### **Herrings Broiled, Sauce Dijon.**

The delicacy of these fish prevent their being dressed in any other way than boiled or broiled; they certainly can be bread-crumbed and fried, but I prefer them dressed in the following way:

Wipe them well with a cloth, and cut three incisions slantwise upon each side, dip them in flour, and broil slowly over a moderate fire; when done, sprinkle a little salt over, dress them upon a napkin, garnish with parsley, and serve the following sauce in a boat:—Put eight tablespoonfuls of melted butter in a stewpan, with two of French mustard, or one of English, an ounce of fresh butter, and a little pepper and salt; when upon the point of boiling, serve.

#### **Herrings, Sauce Dijon. (Another Method.)**

Procure six fresh herrings, trim and score, dust with salt and pepper, roll in flour and grill in a very hot oven. When ready, place on a hot well-buttered dish and serve with a sauce prepared as follows:—

Put in a stewpan one ounce of butter, one small tablespoonful of flour, a little salt, pepper and a touch of cayenne, together with half a pint of boiling milk. Place on fire and stir well, adding meanwhile one good teaspoonful of French mustard, the juice of a lemon and a teaspoonful of cream. (If no French mustard substitute with the same quantity of dissolved English mustard.) When very hot serve either by pouring over the fish or separately in a sauce-boat, together with plain baked potatoes. A cheap dish but exquisite enough for a gourmet.

#### **John Dories, Boulogne Fashion.**

John Dories, though not very handsome, are very delicate eating; choose them from four to six pounds in weight, the thicker the better, and boil as directed for turbot; one of the above size would require about three-quarters of an hour; if any remain, dress like turbot, or with caper sauce, etc.

#### **Mackerel**

are generally served plain boiled; put them in a kettle containing boiling water, well salted, let simmer nearly half an hour, take them up, drain and dish them upon a napkin; serve melted butter in a boat, with which you have mixed a tablespoonful of chopped fennel, boiling it a few minutes.

#### **Mackerel à la Maître d'Hôtel.**

Split the mackerel open at the back, making it quite flat, season with a little pepper and salt, and butter it all over, lay it upon a gridiron over a moderate fire, turning it when half done, for about a quarter of an hour, when place it upon a dish without a napkin; then put six ounces of fresh butter in a stewpan, which place over a sharp fire until the butter becomes black, but not burnt, when throw in about fifty leaves of chopped parsley, which fry crisp, and pour over the fish; put three tablespoonfuls of common vinegar into the stewpan, which boil half a minute, season with pepper and salt, pour this also over the fish, which put into the oven five minutes, and serve very hot.

#### **To Stew Mackerel.**

Take off the heads, the fins, and tails, and, having opened the fish, and taken out all the hard roes, dry them with a cloth, and dredge them lightly with flour; place three or four of them in a stewpan with a lump of butter the size of a walnut, to each fish; put into a small bowl a teacupful of

water, a tablespoonful of finely-chopped onions, the same of chopped parsley, a blade or two of mace, a little pepper and salt, a tablespoonful of anchovy essence, and a small teacupful of ale or porter (if not bitter). Add a tablespoonful of grated bread-crust, not burnt, but a light brown; pour all these ingredients over the fish, and let them stew gently for twenty minutes; have ready the yolks of three eggs, well beaten, and when the fish is sufficiently done, take some of the gravy and mix gradually with the eggs, and pouring them on the fish, shake the stewpan a little over the fire to thicken the whole, but not to curdle the eggs; the soft roes added are an improvement; have ready more grated crust, and having placed the fish whole in the dish, shake a little of the grated crust over the whole, so as to make it of a handsome brown. The receipt requires to be carefully followed. If the gravy is too thick, more water may be added; also a glass of sherry, if liked.

#### **Baked Mackerel.**

Place two fresh mackerel in an enameled stewpan with two tablespoonfuls of cider, a minced onion, and a little nutmeg, parsley, pepper, and salt. Cover closely and cook gently for half an hour. Then add a cupful of white stock, preferably made of veal thickened with the yolk of an egg, a little flour and butter, and a tablespoonful of tarragon vinegar. Make hot again, then take out the fish carefully and place in a baking dish. Strain the sauce, pour it over the fish, sprinkle well with bread-crumbs, and bake until lightly browned.

This should be served in the dish in which it has been baked.

#### **Soyer Pike Quenelles or Soufflés.**

This method of employing the fish called pike or jack is unique. My grandfather was the inventor of this method, which is specially good for people suffering from dyspepsia, or delicate digestions.

Method.—Half a pound of pike flesh free of bone and skin. Place in a mortar with one and a half ounces of salt, a teaspoonful of white pepper, a good pinch of cayenne, half a small nutmeg, grated, one ounce of butter. Pound together for half an hour. Now introduce half a pound of panades. Pass through a hair sieve, or very fine wire sieve. Place all in a clear mortar and pound for five minutes.

Previous to this, prepare one and a half pounds of beef

suet chopped fine without adding flour, and melt it in a double saucepan or *bain marie*, by quietly simmering (not boiling), taking care that no water touches it. Strain through muslin into a large bowl; when nearly cold whisk continuously until it is foamy like a beaten egg. Introduce this in three portions, one at a time, into the mortar mentioned above. Do this quickly, each time breaking in the whole of a raw egg, until the whole is perfectly smooth.

As a means for securing a diversity and improvement a little chopped parsley, truffles, or mushrooms, according to taste can be introduced at this stage.

Sprinkle a board heavily with flour and pour contents of the mortar on to this. Now roll flour and mixture into the size and shape of small sausages.

Have ready a large stewpan with one gallon of boiling water, into which a good handful of salt has been thrown, and drop into this the quenelles, a dozen at a time. The quenelles will at first sink to the bottom; when they rise leave them one minute without boiling. Remove from the water with a fish-slice, strain on a napkin, and place on a dish. In this way they will keep for two or three days.

#### METHOD OF SERVING THE ABOVE

*Vol au Vent Soyer.* Have one pint of brown sauce in a stewpan large enough to hold three quarts, add a few sliced mushrooms, a few slices of braised sweetbread or a few shrimps, or crayfish, or lobster, together with the juice of half a lemon, and bring to the boil. Add two tablespoonfuls of Madeira or sherry. If the sauce is too thin thicken it with a little arrowroot, so as to obtain a glossy sauce. Season to taste.

Put half a dozen quenelles into the sauce and leave at the side of the stove to keep warm, but not to boil. Have your *Vol au Vent* or *crouttes* on a very hot entrée-dish and one minute only before serving put the sauce containing the quenelles on a full fire with the cover on, when the quenelles will swell in diameter to the size of a golf-ball. Pour at once in the *croutte* on dish, as the quality and success depend on quick serving. See that hot plates are on the table waiting for the dish to appear. This is most important.

When using white sauce proceed in the same way as above. Dilute white sauce with boiling milk or white fish stock. If no fish stock, other white stock will do.



The above entails a lot of work, but it is well worth doing, and having been once done comes easily afterwards. In Lent and other times of fasting, by omitting stock, etc., and using only fish, this is very nourishing and good and acceptable to a rigid Catholic.

The recipe given is for pike quenelles only, but any kind of fish can be used and is much superior to any other known method.

#### **Red Mullet en Papillôte.**

Take a Soyer paper-bag, about ten inches by ten inches in size, and grease it well inside, top and bottom.

Obtain three red mullet, season with pepper and salt, and place a little duxelle on both sides of the fishes. Place the fish in the bag, side by side, throw in one tablespoonful of tomato sauce, a few mushrooms (if obtainable) and a teaspoonful of lemon juice. Close and seal the bag, insert on grid in the oven and bake for twenty-five minutes in a moderate heat (350° Fahr.).

Cooked in this way and served with boiled potatoes these are luscious.

#### **Red Mullet à la Voisin.**

Trim and score two red mullet, season with salt and pepper and the juice of a lemon. Butter a dish and place the fish therein.

Have ready a Portugaise made as follows:—Take half a shallot and fry in butter, long enough to warm through but not to color. Add to it four small tomatoes from which skin and pips have been removed and allow to simmer gently for about ten minutes. Put this mixture on top of the fish, surmounted by a few slices of mushroom, if procurable.

Now grease a large piece of paper and cover over all. Put in oven for twenty minutes (about 350° Fahr.), remove the paper, squeeze over the juice of half a lemon, sprinkle lightly with chopped parsley and serve with plain baked potato.

#### **Red Mulletts.**

Procure two red mullets, which place upon a strong dish, not too large, sprinkle a little chopped onions, parsley, a little pepper and salt, and a little salad-oil over, and put them into a warm oven for half an hour; then put half a tablespoonful of chopped onions in a stewpan, with a teaspoonful of salad-oil, stir over a moderate fire until getting rather yellowish, then add a tablespoonful of sherry, half a pint of white sauce

or melted butter, with a little chopped parsley; reduce over a sharp fire, keeping it stirred until becoming rather thick; when the mullets are done, sauce over and serve.

#### **Red Mullet's Sauté in Butter.**

Put two ounces of butter in a pan; when melted, put in one or two small mullets, and season with a teaspoonful of salt, half ditto of pepper, and the juice of half a lemon; set it on a slow fire and turn carefully; when done, dish and serve plain, or with any of the sauces named in the former recipe.

#### **Perch**

do not grow to a very large size, four pounds being considered a large one. When fresh, are reddish at the eyes and gills. These fish, having a great objection to part with their scales, should be scraped immediately they are dead, forming the fish into the shape of the letter S, and scraping with an oyster-knife; open the belly, take out the interior, pull away the gills, and wash well. When large, they are frequently boiled with the scales on, which are taken off afterwards much easier.

#### **Pike.**

A middling-sized one weighing about five pounds, would be best; when fresh, the eyes must be very transparent, the scales bluish, and not dry upon the back, or it would not clean well. The dressing is generally the making of the fish, as regards the approbation bestowed upon it. To clean them, have a sharp-pointed knife, put the point carefully under the scales (without piercing the skin) at the tail of the fish, pass the knife gently up the back to the head, dividing the scales from the skin carefully; you may then take off the whole of the scales in one piece (should this process appear too difficult, they may be scraped).

Clean as directed above, stuff the interior as directed for haddocks, only adding some fillets of anchovies and chopped lemon-peel with it; curl round and put in a baking-dish, spread a little butter all over, put in a moderate oven; when about half done egg over with a paste-brush, and sprinkle bread-crumbs upon it; a middling-sized pike will take about an hour; but that according to the size and the heat of the oven; when done, dress upon a dish without a napkin, and sauce round as directed for baked haddock.

#### **Pike, Sauce Matelote.**

**Cook** a pike exactly as in the last, dress it upon a dish

without a napkin, and sauce with a matelote sauce over, made as directed on page 99.

This fish may also be served with caper sauce, as directed for the skate; the smaller ones are the best; the remains of a pike placed in the oven the next day, with a cover over it and a little more sauce added, are very nice.

#### **Pike with Cream.**

Cut three pounds of pike into slices, and place these in a baking dish, together with five ounces of butter, a pint of sour cream, two onions cut into thick slices, two or three bay leaves, and a little salt. Place in a quick oven and bake for twenty minutes, basting with the mixture, and after each basting sprinkle with grated bread-crumbs. Immediately before serving remove the slices of onion and the bay leaves, and pour over the fish a little very hot stock and a squeeze of lemon juice.

Any other fresh fish may be prepared in the same way.

#### **Boiled Salmon**

is only good by putting salmon in boiling water with sufficient salt, i.e., quarter of a pound of salt to a gallon of water. Bring to boil and let simmer for one hour and a quarter. This for a fish twelve pounds in weight.

Another method is to cook in a Soyer paper-bag with one quart of cold water and three ounces of salt in oven for one hour with moderate heat—300° Fahr.

Hollandaise and white sauce, also shrimp sauce or lobster sauce are the best for this kind of salmon.

#### **Broiled Salmon.**

The fish to be broiled should be cut in slices of about one to one and a half inches in thickness. Sprinkle with salt and roll in clarified butter or oil, grill over a brisk fire for about twenty-five minutes.

Maitre d'Hôtel or anchovy butter makes excellent sauces for broiled salmon.

#### **Kedgerie of Salmon.**

This is composed of one pound of boiled salmon, cut into small pieces. Remove the skin and bones; three or four hard-boiled eggs cut into small pieces; one pound of well-boiled pilaff rice; and three-quarters of a pint of Béchamel flavored with a small amount of curry.

Mix together and fill into a well-buttered mold which should then be stood in a stewpan of boiling water. After

covering the top of mold with a piece of paper, place the stewpan with its contents in a moderate oven for fifteen minutes. It is then ready to serve by turning out of mold on to a hot dish.

#### **Salmon Cutlets or Cotelettes de Saumon.**

Make ready some forcemeat for salmon of a quantity sufficient for the number of cutlets to be made and rub through a coarse sieve.

Procure some molds shaped like cutlets, well butter the sides and bottom and fill with a layer half an inch thick of forcemeat.

Now fill the molds to within a little of their brims, with a cold *Salpicon* of mushrooms and truffles, thickened by means of sauce and cover all with a further layer of forcemeat.

Place the molds in a hot oven for six minutes in order to poach the cutlets. Then turn out the molds, and sprinkle the cutlets with a mixture of egg and bread-crumbs which may then be fried in clarified butter.

When cooked, arrange the cutlets round a dish, garnish with fried parsley and serve. Shrimp sauce, or purée of green peas or celery are excellent with this dish.

#### **Coulibiac de Saumon.**

Procure two pounds of brioche paste, unsweetened. Take one and a half pounds of small salmon collops and stiffen in butter. Also prepare two or three ounces of mushrooms, together with an onion chopped small (both to be fried in butter); half a pound of semolina or rice cooked in consommé, two hard-boiled eggs chopped small; one pound of vesiga chopped up and cooked in consommé. To cook the vesiga take two and a half ounces of dried vesiga, soak in cold water for four hours, after which cook for three and a half hours in white consommé. Roll out the brioche paste into strips twelve inches long, eight inches wide and a quarter of an inch thick. On these spread, successively, layers of semolina (or rice), collops of salmon, chopped vesiga, eggs, mushrooms and onion, and lastly a layer of semolina (or rice). Moisten the edges of the paste and bring the two ends together with the above layers of material within. Then pinch the remaining edges together and turn over the join just made. Over all put another strip of paste and set the paste on a baking-tin to rise for about forty-five minutes.

Now spread a thin coating of melted butter over the top,

sprinkle with raspings and make two holes in the top of the paste to allow the vapors to escape. (This can be done by curling round the finger two thin pieces of cardboard or stiff paper and inserting same in the paste, like small chimneys.) Bake in a moderate oven for one hour.

#### **Stewed Salmon.**

Take three pounds of fresh salmon, and after carefully scaling and washing, lard the fish finely and place it in a stewpan, with a pint of clear stock, two carrots, and two onions minced, a little thyme, three bay leaves, a pinch of grated nutmeg, a few peppercorns and salt to taste. Simmer very gently for about two hours and then remove the fish. Strain the sauce—carefully removing any fat—and reduce it to a glaze, which should be poured over the fish.

The salmon is usually served upon a purée of green peas, asparagus, or any other vegetable that is preferred.

#### **Salmon Croquettes.**

Tinned fish may be used for this dish, though of course fresh salmon is better.

Heat half a pint of good white stock and stir into it the yolks of two eggs, half an ounce of butter, the juice of an onion, a little parsley, pepper and salt. Remove the bones and skin from the salmon, chop finely, and stir sufficient into the stock to make a moderately stiff paste. When the mixture is cool, make it into croquettes which should be dipped in egg and bread-crumbs and fried until a golden brown color. Drain all fat carefully from them and serve with a border of parsley. Tartare sauce is often served with this dish.

#### **Baked Shad.**

Split open the fish and stuff with a forcemeat made of its roe, some mushrooms, bread-crumbs, butter, parsley, thyme and bay leaf, chopped and thoroughly mixed together. Bind or sew up the fish and bake it in an earthenware dish well buttered for half an hour, basting with white stock to which has been added lemon juice, sherry, and onion.

#### **Coulibiac of Salmon.**

Have ready two pounds of ordinary brioche paste. Stiffen in butter one and a half pounds of small salmon collops, and prepare three ounces of mushrooms and one chopped onion (both of which should be fried in butter), half pound of cooked semolina, two hard-boiled eggs chopped, and one pound of vesiga roughly chopped and cooked in consommé.

For this weight of cooked vesiga about two and a half ounces of dried vesiga will be needed, which should be soaked in cold water for four hours, and then cooked for three and half hours in white consommé or water. Roll the brioche paste into rectangles twelve inches long and eight inches wide, and spread on in successive layers the semolina, the collops of salmon, the chopped vesiga, the eggs, the mushrooms, and the onion, and finish with a layer of semolina. Moisten the edges of the paste and draw the longest ends of it towards each other over the layers of garnish, and join so as to enclose all.

Place the coulibiac thus formed on a baking-tray, taking care that the joined parts of the paste are underneath.

Set the paste to rise for forty-five minutes, sprinkle some melted butter with the coulibiac, sprinkle with fine raspings, make a slit in the top for the escape of vapor, and bake in a moderate oven for one hour. Fill the coulibiac with freshly melted butter when withdrawing it from the oven.

#### **Darne de Saumon à Chambord.**

Take a piece or "darne" of salmon cut from the middle of the fish, of a size sufficient for the number of people it is intended for.

Moisten in the proportion of two-thirds of good red wine and one-third of fish stock, of a quantity sufficient to cover no more than two-thirds of the depth of the darne. Bring to the boil, then set to braise gently, and glaze the darne at the last moment. Garnish with quenelles of truffled force-meat for fish, molded with a spoon; truffles fashioned like olives; pieces of milt dipped in Villeroy sauce, treated à l'Anglaise and fried when about to dish up: small gudgeon or smelts similarly to the milt, and trussed crayfish cooked in court-bouillon.

The sauce is a Genevoise made from the reduced cooking liquor of the darne.

Dish up by surrounding the darne with the garnishes, arranging them tastefully and pierce with two hatelets each garnished with a small truffle, an ornamental quenelle and a crayfish.

The sauce to be served separately.

#### **Salmon à la Daumont.**

Poach the darne in salt water.

Dish up by surrounding the darne with medium-seized mush-

rooms stewed in butter and garnished with shrimps and a few tablespoonfuls of Nantua sauce; a small round quenelles of mousseline forcemeat for fish, decorated with truffles, and some slices of milt treated *à l'Anglaise*, and fried when about to dish up. Serve Nantua sauce separately.

#### Salmon Slices à Lucullus.

Skin one side of the slice, lard it with truffles, and braise it in Chablis.

Garnish with small shrimp or salmon patties, small mousselines of oysters, poached in dariole-molds.

The sauce should consist of the braising liquor of the darne finished by means of ordinary and shrimp butter in equal quantities. To be served separately.

#### Salmon Slices à Nesselrode.

Remove all bones. Stuff with raw lobster forcemeat stiffened by means of a little whiting forcemeat. Line a well-buttered, round, raised-pie mold with a thin layer of raised-pie paste (this is made with three-quarters of a pound of flour, three ounces of lard, one egg, and a little lukewarm water), prepared in advance and made rather stiff. Garnish the inside of the pie with thin slices of bacon and place the fish upright in it. Cover the pie with a layer of the paste, joining the edges with those of the lining, make a slit in the top for vapor to escape, and bake in a hot oven. When the pie is almost baked, pierce it with a needle; if withdrawn without any of the stuffing adhering to it, the pie will be ready to be taken out of the oven. Now turn it upside down in order to drain away the liquid fats, but do not let it drop from the mold. Then put it on a dish and remove the mold. Break the crust at the dining-table.

Serve an American sauce, which should be prepared from the remains of the lobsters used in making the mousse, finished with cream, and garnished with fine oysters, poached when about to dish up.

#### Salmon Slice à Royale.

Braise the fish in Chablis.

Garnish with small quenelles of forcemeat for fish, small mushrooms, slices of truffle, and little balls of potato, raised by a large round spoon cutter and cooked *à l'Anglaise*.

Serve Normande sauce separately.

#### Mousseline Alexandra.

Make a forcemeat of salmon, mold the quenelles and place

them separately in buttered saucepan. Put a small thin slice of salmon on each, and poach them in a very moderate oven, keeping the lid on the pan.

Drain on a napkin, arrange them on a dish, and put a slice of truffle upon each slice of salmon, and coat with Mornay sauce.

Garnish with small asparagus-heads just before dishing up.

#### **Cold Salmon.**

Salmon which is intended to be served cold, should either be cooked whole or in large pieces, in plain salted water, and cooled in the same water. Salmon cooked whole has a better flavor and not so dry as when cut in pieces, though the latter way tends to better appearance.

In dishing cold salmon remove the skin so that the fish may be easily decorated, though gourmets will always prefer salmon served in its natural state.

To decorate, use pieces of cucumber, anchovy fillets, capers, slices of tomato and curled-leaf parsley.

#### **Darne de Saumon à la Royale.**

Drain and dry the salmon, remove the skin from one side, and coat the bared fillets with a layer of a preparation of mousse de saumon, putting more over the middle than the sides. Coat the layer of mousse with mayonnaise sauce thickened with fish jelly and leave to set.

Upon the dish which is to be sent to the table put some clear fish jelly to set; then place the salmon on this jelly and surround it with a border of Montpellier butter, using a piping-bag. Decorate the center with truffles, and encircle it with the royale crowns made from anchovy fillets.

#### **Saumon Froid en Bellevue.**

Skin the salmon, set the piece upright upon the belly side, and decorate the fillets with pieces of truffles, poached white of egg, chervil leaves, and tarragon.

Coat the garnish with a little melted fish aspic so as to fix it. Then sprinkle the piece several times with melted aspic jelly, so as to cover it with a transparent veil. Place the fish prepared in a glass dish shaped to the fish and pour over enough clear melted jelly to fill the dish, and serve.

#### **Salmon Froid à la Norvégienne.**

Skin and decorate the salmon or darne and glaze it with aspic jelly.



Let a coating of jelly set upon the bottom of the dish. Upon this jelly place a cushion of carved rice the same shape as the fish. Set the fish decorated and glazed upon this cushion, then place on a row of fine prawns cleared of their abdominal shell.

Surround with a garnish of small cucumber slices garnished dome-fashion with a purée of smoked salmon; hard-boiled eggs glazed with aspic, small tomatoes or halved ones peeled, stuck with a bit of parsley stalk, and small barquettes of cooked and pickled beetroot, garnished with shrimps' tails cohered with mayonnaise.

Serve mayonnaise sauce separately.

#### **Médallion de Saumon.**

Cut some small slices half an inch thick, from a fillet of salmon. Arrange them on a buttered tray; poach and dry in a moderate oven, then cool them. Trim them neatly with an even cutter either round or oval. Coat them, according to their purpose, either with mayonnaise sauce thickened with jelly, or a white pink or green chaudfroid sauce. Decorate it according to fancy and glaze with cold melted aspic jelly.

Serve with a cold sauce.

#### **Salmon Mayonnaise.**

Garnish the bottom of a salad-bowl with moderately seasoned lettuce. Cover with cold, cooked and flaked salmon, thoroughly freed from all skin and bones.

Coat with mayonnaise sauce and decorate with anchovy fillets, capers, stoned olives, small slices or quarters of hard-boiled eggs, and small hearts of lettuce.

#### **Salade de Saumon.**

This is prepared in the same way as the above. The decorating garnish is placed with the salmon and the whole is seasoned in precisely the same way as an ordinary salad, adding two tablespoonfuls of mayonnaise in mixing up.

#### **Skate.**

Procure two or three slices, tie them with string to keep the shape in boiling, put them into a kettle of boiling water, in which you have put a good handful of salt; boil gently about twenty minutes (have ready also a piece of the liver, which boil with them); when done, drain well, and put them upon a dish without a napkin; put three parts of a pint of melted butter in a stewpan, place it upon the fire, and when quite hot add a wineglassful of capers, sauce over, and serve.

**Skate au Beurre Noir.**

Boil a piece of skate as directed in the last; when done, drain it well, put it upon a dish without a napkin, and proceed exactly as directed for mackerel.

Skate may also be served upon a napkin, with a boat of well-seasoned melted butter, to which you have added a spoonful of Harvey sauce and one of anchovy.

**To Fry Smelts.**

Dry them in a cloth and dip them in flour; then have half an ounce of butter or clear fat melted in a bowl, into which break the yolk of two eggs, with which rub the smelts over with a brush, dip them in bread-crumbs, fry in very hot lard, dress them on a napkin, garnish with parsley, and serve with shrimp sauce in a boat.

**Stuffed Smelts.**

Make a forcemeat of minced oysters, mushrooms, bread-crumbs and butter, with herbs and seasoning to taste, and with this stuff a dozen and a half large smelts from which the bones have previously been removed. Lay them in a baking dish and pour over them half a pint of good white stock or milk with an ounce of butter, the juice of a lemon, and a little minced onion. Bake for half an hour and garnish with parsley before serving.

**\* Soles, Fried.**

Have about four pounds of lard or clean fat in a small fish-kettle, which place over a moderate fire, cut off the fins of the sole, and dip it into flour, shake part of the flour off, have an egg well beaten upon a plate, with which brush the fish all over, and cover it with bread-crumbs; ascertain if the lard is hot, by throwing in a few bread-crumbs; it will hiss if sufficiently hot, put in the fish, which will require nearly ten minutes' cooking, and ought to be perfectly crisp, drain it on a cloth, dish upon a napkin, garnish with parsley, and serve shrimp sauce in a boat.

The above quantity of lard or fat, if carefully used and not burnt, would do for several occasions, by straining it off each time after using. All kinds of fish, such as eels, smelts, whittings, flounders, perch, gudgeons, etc., are fried precisely in the same manner.

\* The American Flounder or Fluke is the same as the English Sole.

**Soles, Sauté in Oil.**

Trim the fish well, dip it into a couple of eggs, well beaten, put six tablespoonfuls of salad-oil in a saucepan, place it over the fire, and when quite hot put in your sole, let it remain five minutes, turn over, and sauté upon the other side; ten or twelve minutes will cook it, according to the size; serve upon a napkin without sauce; they are excellent cold.

**Sole à la Meunière.**

Cut the fins off a sole, and make four incisions across it upon each side with a knife, then rub half a tablespoonful of salt and chopped onions well into it, dip in flour, and broil it over a slow fire; also have ready two ounces of fresh butter, mixed with the juice of a lemon, and a little cayenne which rub over the sole, previously laid in a hot dish, without a napkin, turn the fish over once or twice, put it in the oven a minute, and serve very hot.

**Soles Aux Fines Herbes.**

Put a spoonful of chopped shallots into a saucepan, with a glass of sherry and an ounce of butter, place the sole in, pour nearly half a pint of melted butter over it, or four spoonfuls of brown gravy or water, upon which sprinkle some chopped parsley, place it in a moderate oven for half an hour, take the sole out of the pan, dress upon a dish without a napkin, reduce the sauce that is in the pan over a sharp fire, add a little Harvey sauce and essence of anchovy, pour over the sole, and serve.

Soles may also be plain boiled, using the same precautions as directed for turbot, and serve without a napkin, and a cream sauce poured over; or it may be served upon a napkin garnished with parsley, and a little shrimp sauce, or plain melted butter, in a boat.

**Plain Soles.**

Soles may be served whole or filleted, and a large number of recipes given for the whole fish may be adapted to its fillets.

As a rule, the fillets are more frequently found upon the menu, as they dish more elegantly, and are more easily served than the whole fish.

**Sole Arlésienne.**

Trim the sole, put it in a deep earthenware dish, the bottom of which should be well-buttered, pour two tablespoonfuls of fumet over it and poach gently.

Send it to the table with a plate containing separate heaps of one finely-chopped onion, a little powdered thyme and two finely-crushed biscottes.

Place the dish on a chafer, and taking off the sole, raise the fillets therefrom, and place them between two hot plates. Now add to the cooking liquor of the sole the chopped onion, which leave to cook for a few moments the powdered thyme and a sufficient quantity of the biscotte raspings to allow of thickening the whole. At the last moment add six raw oysters and one ounce of butter divided into small pieces.

As soon as the oysters are stiff return the fillets of sole to the dish, sprinkle with the sauce, and then serve them very hot.

REMARK:—The sole is always laid on the dish with its opened side undermost.

#### Sole Mornay.

Lay the sole on a buttered dish; sprinkle a little fish fumet over it, and add half an ounce of butter divided into small pieces. Poach gently. Coat the bottom of the dish with Mornay sauce; drain the fish, lay it on the prepared dish; cover it with the same sauce; sprinkle with grated Gruyère and Parmesan and put in a very hot oven and gratin.

#### Sole Provençaux.

Poach the sole in fish fumet and butter, in the same way as the preceding recipe; drain it, and place on a dish, cover with Chablis sauce, sprinkle liberally with grated cheese and gratin quickly.

#### Sole Colbert.

On the upper side of the fish separate the fillets from the spine, and break the latter in several pieces. Dip the sole in milk, roll it in flour; treat it *à l'Anglaise*, and roll the separated fillets back a little, so that they may be quite free from bones.

Fry; drain on a piece of linen, remove the bones, and fill the resulting space with butter *à la Maître d'Hôtel*.

Serve the sole on a folded serviette very hot.

#### Sole à la Daumont.

Bone the sole. Garnish the inside with whiting forcemeat finished with shrimp butter and re-arrange the fillets to give a natural and untouched appearance to the fish.

Poach on a buttered dish with one-sixth pint of white wine, the same quantity of the cooking-liquor of mushrooms

and one ounce of butter divided into small lumps. Drain and dish the sole, and cover it with vin blanc sauce. Place around it four mushrooms stewed in butter and garnished with shrimps in Nantua sauce; six small round quenelles of whiting forcemeat with cream, decked with truffles.

#### **Sole Dugléré.**

Put the sole in a buttered dish with one and a half ounces of chopped onion, half a pound of peeled tomatoes (pips must be removed), a little roughly chopped parsley, a pinch of salt, a little pepper, and six tablespoonfuls of white wine.

Set to poach gently and dish the sole. Reduce the cooking liquor; thicken it with two tablespoonfuls of Béchamel sauce; complete with one ounce of butter and a few drops of lemon juice, and cover the fish with this sauce.

#### **Sole Grillée.**

Season the sole; sprinkle on some oil, and grill the fish gently. Serve it, garnished with slices of lemon, on a very hot dish.

#### **Sole Grillé à l'Américaine.**

This sole may be either grilled or poached, almost dry, in butter and lemon juice. It may also be prepared in fillets. Serve it on a very hot dish and surround it at the last moment with twelve oysters poached in a little boiling Harvey sauce.

Cover the sole immediately with very hot fried bread-crumbs and a pinch of chopped parsley.

#### **Sole Fermière.**

Place the sole on a buttered dish with a few herbs. Add a gill of good red wine and poach gently with the lid on. Dish up; strain the cooking liquor, and reduce it to half; thicken it with two tablespoonfuls of white sauce and finish the sauce with one ounce of butter.

Surround the sole with a border of mushrooms sliced raw and tossed in butter. Pour the prepared sauce over the sole and set to glaze quickly.

#### **Sole Hollandaise.**

Break the spine of the sole by folding it over in several places. Place the fish in a deep dish; cover it with slightly salted water; set to boil and then poach gently for fifteen minutes with the lid on. Drain and dish on a napkin with green parsley all round. Serve at the same time some plainly boiled potatoes, and some melted butter.

**Sole Florentine.**

Poach the sole in a fish fumet and butter. Spread a layer of shredded spinach, stewed in butter, on the bottom of the dish, place the sole thereon; cover it with Mornay sauce; sprinkle with a little grated cheese, and set to glaze quickly in the oven, or at a salamander.

**Sole au Gratin.**

Partly separate the fillets from the bones on the upper side of the fish. Season with pepper, salt and a little butter. Place the sole on a well-buttered gratin dish, on the bottom of which a pinch of parsley has been sprinkled, together with one or two tablespoonfuls of Duxelle sauce; not too thick.

Place six cooked mushrooms on the sole and surround it with one or two raw mushrooms cut into thin slices. Add two tablespoonfuls of white wine; cover the sole with Duxelle sauce, one tablespoonful of Parmesan cheese, sprinkle with fine raspings followed by melted butter, and set to gratin.

When ready, sprinkle a few drops of lemon juice and a pinch of chopped parsley upon it and serve at once.

**Sole Sur Le Plat.**

Separate the fillets from the bones on the upper side, and slip a piece of butter under each fillet.

Place the sole on a well-buttered dish, moisten with one gill of the cooking-liquor of fish, adding a few drops of lemon juice. Cook in the oven until the liquor has acquired by reduction the consistency of a thick sauce which covers the sole in a glossy coat.

**Sole Ambassadeur.**

Poach the sole in white wine and one ounce of butter cut into small pieces. Drain the sole and dish it, surrounding it with quenelles of whiting forcemeat, poached oysters, six small cooked and white mushrooms, four small truffles turned to the shape of olives.

Cover the sole and garnish with a Normande sauce, finished with a teaspoonful of cream.

**Sole Portugaise.**

Poach the sole in lemon juice and the cooking-liquor of fish. Drain, dish and surround with a garnish of two medium-sized skinned tomatoes, minced, cooked in butter, combined with minced and cooked mushrooms, and a large pinch of chopped shallots.

Coat the sole with white wine sauce. Set to glaze, sprinkle the garnish with a pinch of chopped parsley when taking the sole from the oven, and serve.

#### **Fish on the Plate.**

Place in a shallow earthenware cooking vessel a little butter, some parsley, shallots and mushrooms, all finely minced, with a little pepper and salt. Upon this place a sole previously cleaned and skinned, and cover it with more butter and seasoning. Add a glass of white wine or a dessertspoonful of brandy and a little good white stock. Place the cover on the cooking vessel and, if practicable, adopt the French method of piling glowing coal on the top of the vessel in order that the fish may be equally heated from all sides. When sufficiently cooked most of the sauce will be absorbed by the fish.

In France this dish is often served in the vessel in which it has been cooked; but in any case it should be brought to the table as hot as possible.

#### **Economical Mode of Cooking Sturgeon.**

Take a piece of sturgeon about two pounds in weight and place it beneath a piece of meat which is to be baked on a stand in a dish; with the sturgeon put a little water, salt, pepper, etc., and a little chopped shallot may be used; you can also put potatoes round it. Peas, if in season, are a good accompaniment, with melted butter.

#### **To Roast Sturgeon.**

Take the tail part, skin and bone it; fill the part where the bone comes from with some stuffing, as for a fillet of veal; put butter and paper round it, and tie it up like a fillet of veal; roast, and serve it with melted butter and gravy.

They may be cooked precisely as veal, in large or small pieces.

#### **Stewed Tench.**

Put two onions, a carrot, and turnip, cut in slices, into a stewpan, or very small fish-kettle, with a good bouquet of parsley, a few sprigs of thyme, one bay-leaf, six cloves, a blade of mace, a little salt and pepper, and two glasses of sherry; lay your tench over (it will require four for a dish, and they may be either cooked whole, or each one cut into two or three pieces), add a pint of water, cover down close, and stew rather gently over a slow fire for about half an hour; take them out, drain upon a cloth, dress upon a dish

without a napkin, and pour a sauce over, made as directed for sauce matelote, cream sauce, or Beyrout.

#### **Tench with Anchovy Butter.**

Cook the tench as in the last, but they may be plain boiled in salt and water; dress upon a dish without a napkin, then put six spoonfuls of melted butter in a stewpan, with one of milk; place it upon the fire, and, when upon the point of boiling, add an ounce of anchovy butter; shake it round over the fire, until the butter is melted, when sauce over and serve.

#### **Salmon Trout.**

In its many preparations salmon-trout may be replaced by salmon, and all recipes relating to the former may be adapted to the latter. As its size is less than the salmon's, it is very rarely cut into slices, being usually served whole.

#### **Truite à la Cambacérés.**

Select a trout; clean it and remove its gills without opening it in the region of the belly. Skin it on one side, starting at a distance of one inch from the head and finishing with two and a half inches from the tail. Place on cut truffles and the red part only of carrots, cut into rods and previously cooked.

Spread a napkin, lay the trout, belly under, upon it, and with a sharp knife separate the two fillets from the bones, beginning at the head and proceeding straight down to the tail.

The spine being thus liberated, sever it at both ends, and withdraw it, together with all the adhering ventral bones. The intestines are then removed and the inside of the fish is well cleaned, the fillets are seasoned on their insides, and the trout is stuffed with a mousseline forcemeat of lobster. The two fillets are then drawn together and covered with thin slices of bacon and laid on the drainer of the fish-kettle and braised in Chablis.

When the fish is done, remove the slices of bacon, glaze, and dish it up. Surround it with alternate heaps of mushrooms tossed in butter and shrimps.

Serve separately a Béchamel sauce, combined with the braising-liquor of the trout, strained and reduced and finished with anchovy butter.

#### **Préparation de la Mousse de Tomates.**

This mousse is really a bavarois without sugar. Cook two pounds of tomato (cleared of skin and seeds and roughly



chopped) in two ounces of butter. When the pulp is well mixed with the butter add two tablespoonfuls of white sauce Béchamel thickened with ten leaves of gelatine per quart of the sauce.

Rub through sieve; and add to the preparation when cold, half of its volume of whipped cream. It is better not to whip the cream well, say, not more than half. Season to taste with lemon-juice, and if necessary a little salt and cayenne.

#### **Crevettes Marie.**

Prepare a trout mousse, mold it in egg-molds, and garnish the center with trimmed prawns' tails. Let the mousses set; then turn them out of the molds and lay in a deep entrée-dish. Between each place a few prawns, the tails of which should be shelled. Cover the whole, slowly, with some good half-melted jelly, add a few sprigs of chervil, and fill up the dish with jelly, so as to completely cover the mousses.

#### **Trout**

have different names in various parts of Great Britain, but there is the common trout, the white trout, and the sea trout; the white trout never grows very large, but the sea trout does, and is of a very fine flavor.

RIVER TROUT, when fresh, have the most beautiful skin imaginable, the golden and sometimes silvery tint of which makes me term it the sister fish of the red (sea) mullet. Should the gills be pink instead of red, and the skin dry (which is frequently the case on the second day), they may still be eatable, but their succulence goes with their beauty. Clean them as directed for salmon.

#### **Trout à la Twickenham.**

When you have cleaned your trout, put them into a kettle of boiling water to which you have added a good handful of salt, and a wineglassful of vinegar; boil gently about twenty minutes, or according to their size, dress upon a napkin, and serve melted butter, into which you have put a tablespoonful of chopped gherkins, two sprigs of chopped parsley, salt and pepper, in a boat.

The remains of trout, salmon, or mackerel, are excellent pickled:—Put three onions in slices in a stewpan, with two ounces of butter, one turnip, a bouquet of parsley, thyme, and bayleaf, pass them five minutes over the fire, add a pint of water, and a pint of vinegar, two teaspoonfuls of salt and one of pepper, boil until the onions are tender, then strain it through

a sieve over the fish; it will keep some time if required, and then do to pickle more fish by boiling over again.

#### Trout à la Burton.

Boil the trout as in the last; then put half a pint of melted butter in a stewpan, with two tablespoonfuls of cream, place it upon the fire, and when upon the point of boiling add a liaison of one yolk of egg mixed with a tablespoonful of cream (dress the fish upon a dish without a napkin), put two ounces of fresh butter, a pinch of salt, and the juice of a lemon into the sauce; shake round over the fire, but do not let it boil; sauce over the fish, sprinkle some chopped parsley and serve.

#### Stuffed Trout.

Place in an enameled saucepan a pint of white wine vinegar, a quart of water, one onion, parsnip and carrot sliced, a heart of celery with a little thyme, parsley, and salt, two ounces of butter and two or three bay leaves. Reduce these ingredients to a strong broth by cooking rapidly over a quick fire, and then strain and put aside to cool. Now make a forcemeat of six small mushrooms, two ounces of fresh truffles, a little minced herbs, and sufficient breadcrumb and butter, and with these stuff a large trout previously well scaled and washed. Tie it up and simmer gently for a quarter of an hour in the broth. Then remove it, wipe off any moisture, dip first in beaten egg and then in breadcrumbs, and fry thoroughly. Freshly-made tomato sauce is a good adjunct to this dish.

Almost any other fresh fish may be prepared in the same way.

#### Tunny.

They are exceedingly good salted, or pickled like salmon, which it resembles in flavor when thus prepared; when raw, its flesh is very red, but turns pale in boiling. The best way to cook it when fresh is to cut it in slices, and proceed as with salmon.

#### Turbot.

To cook it, cut an incision in the back, rub it well with a good handful of salt, and then with the juice of a lemon; set it in a turbot kettle, well covered with cold water, in which you have put a good handful of salt; place it over the fire, and as soon as boiling, put it at the side (where it must not be allowed to more than simmer very slowly, or the fish would have a very unsightly appearance). A turbot of ten pounds weight will take about an hour to cook after it has boiled

(but, to be certain, ascertain whether the flesh will leave the bone easily); take it out of the water, let it remain a minute upon the drainer, and serve upon a napkin, with a few sprigs of fresh parsley round, and lobster sauce, or shrimp sauce, in a boat.

#### **Turbot, à la Française.**

Boil your turbot as in the last, but dress it upon a dish without a napkin, sauce over with a thick caper sauce (having made a border of small new potatoes), sprinkle a few capers over the fish, and serve.

#### **Turbot à la Crème**

is made from the remains of a turbot left from a previous dinner; pick all the flesh from the bones, which warm in salt and water, and have ready the following sauce:—Put one ounce of flour into a stewpan, to which add by degrees a quart of milk, mixing it very smoothly; then add two peeled shallots, a bouquet of parsley, a bay-leaf and a sprig of thyme tied together, a little grated nutmeg, a teaspoonful of salt, and a quarter ditto of pepper; place it over the fire, stirring until it forms a thickish sauce; then take it from the fire, stir in a quarter of a pound of fresh butter, and pass it through a sieve; lay a little of it upon the bottom of a convenient-sized dish, then a layer of the fish, season lightly with a little white pepper and salt, then another layer of sauce, proceeding thus until the fish is all used, finishing with sauce; sprinkle a few breadcrumbs over, and put it into a warm oven half an hour, brown with the salamander, and serve upon the dish it is baked on. Any remains of boiled fish may be dressed the same way.

#### **Stewed Turbot.**

Place three or four pounds of turbot in a stewpan with two ounces of butter, a glass of marsala or port wine, and a small bunch of herbs. To this add a small tumblerful of water, or fish stock if procurable. Sprinkle with pepper and salt, place a sheet of buttered paper over the whole and cook very slowly in the oven or on the hob. When the fish is quite tender take it out and keep hot.

Now slice about a dozen button mushrooms and add them to the fish liquor. Simmer till the mushrooms are done, then remove the herbs, skim carefully, and add one gill of cream and about the same quantity of Neapolitan sauce. Heat up again and pour it over the fish before serving.

Stewed macaroni, with which a little Parmesan cheese has been mixed, is usually served with this dish.

To make the Neapolitan sauce chop up any odds and ends of fish trimmings and bones and place them in a stewpan with an ounce of butter, a little minced bacon, and some slices of carrots and onions. Stir until well browned and then add a tablespoonful of flour. When this also is browned, add half a pint of good stock, a glass of Madeira or sherry and a little tomato sauce. After simmering for another five minutes pass the whole through a sieve and boil up again in a fresh saucepan.

### Whitebait.

Although always ready and willing to partake of a dish of this sweet little fish when dining-out or lunching at some favorite restaurant, the average housewife rarely, if ever, essays to cook the dish at home, being under the impression that it is beyond her powers. I hope to prove that this idea is erroneous and can promise that if my instructions are faithfully carried out, the simplicity of the operations and excellent results will make such an appeal that whitebait will, in future, often figure on the menus of quite ordinary homes.

PROCEDURE.—Take a pint of whitebait and place in a large bowl of cold water, to which ice has been added. (It is a good plan to stand the bowl on ice if that can be managed.)

Now place two clean cloths on a table, side by side. On one of these place a heap (about three pounds) of best white flour. Have your frying fat (lard is the best) smoking hot on the fire.

Now take a handful of the whitebait, shake it free of water, and sprinkle the fish on top of the flour heap.

Put your frying-basket on the empty cloth. Now take up, by its four corners, the cloth with the flour and fish and tip out its contents into the frying-basket, placing the emptied cloth back in position on the table. Now shake the basket gently until, the flour having fallen to the cloth beneath, only the fish are left.

Immerse the basket with fish in the boiling fat and cook for two minutes, giving the basket an occasional shake. At the end of this time, lift basket, allow fat to drain for a moment and then tip out fish on to a large flat dish (very hot) upon which a sheet of white paper has been previously placed. Repeat these operations (always standing the empty frying-

basket on that cloth which has no flour upon it) until all the whitebait has been cooked.

When it is time to serve, replace all the whitebait in the frying-basket and plunge into the boiling fat for a further two minutes. Drain free of fat, and tip out whitebait on to a hot dish, previously covered with a clean white napkin. Garnish with quarters of lemon and fried parsley sprigs and serve smoking hot, together with thin slices of brown bread and butter.

#### **Deviled Whitebait**

is prepared exactly as above with the addition of a seasoning of cayenne pepper and salt.

#### **Whitebait. (Another Method.)**

Put them in a cloth, which shake gently so as to dry them; then place them in some very fine bread-crumbs and flour mixed; toss them lightly with the hands, take them out immediately, and put them in a wire basket, and fry them in hot lard; one minute will cook them; turn them out on a cloth, sprinkle a little salt over, and serve very hot. Should you not have a wire basket, sprinkle them into the pan, and as soon as they rise take them out.

#### **Fried Whiting.**

The whiting is generally skinned, and the tail turned round and fixed into the mouth; dip it first into flour, then egg over and dip it into breadcrumbs, fry as directed for the sole; for whiting aux fines herbes, proceed as directed for sole aux fines herbes. I prefer the whiting fried with their skins on, merely dipping them in flour.

#### **Whiting au Gratin.**

Put a good spoonful of chopped onions upon a strong earthen dish, with a glass of wine, season the whiting with a little pepper and salt, put it in the dish, sprinkle some chopped parsley and chopped mushrooms over, and pour over half a pint of anchovy sauce, over which sprinkle some brown breadcrumbs, grated from the crust of bread, place it in a warm oven for half an hour; it requires to be nicely browned; serve upon the dish you have cooked it in.

#### **Broiled Fish.**

Clean carefully and split open any large fish and place it in a deep dish, covering with a marinade of vinegar, oil, minced onion, pepper, salt and herbs. Let it stand for at least an hour

in a cold place, turning the fish over several times. When ready to cook drain the fish carefully, dip it first into bread-crumbs, and broil carefully until well browned.

Tartare sauce goes well with this dish.

#### **Fish Chartreuse.**

Take any remains of cold fish, break it into flakes, and moisten with cream, seasoning with a little pepper and salt. Have ready some mashed potatoes and sufficient hard-boiled eggs. Now take a well-buttered mold and fill it alternately with layers of mashed potato, flaked fish, and hard-boiled egg cut into thick slices. Let it steam from twenty to thirty minutes, according to the size of the mold and serve very hot.

#### **Fish Stew.**

Place in a casserole, or shallow earthenware cooking vessel, a sole, fillets of turbot, brill, or almost any other white fish, and add twenty shelled mussels with a little of their liquor, and a few heads of small button mushrooms. When almost cooked drain off the sauce, arrange the mussels and mushrooms round the fish, strain the sauce and thicken it with the yolk of an egg. If there is not sufficient sauce add a little strong clear stock thickened with butter and flour. Replace the cover on the vessel, let it cook for two or three minutes longer, and serve very hot.

Another method is to strain off the sauce entirely and replace it with a brown sauce made by adding clear stock butter to a little melted butter thickened with flour.

#### **Fish Salad.**

This is a capital recipe for utilizing odds and ends of fish.

Flake two cupfuls of any kind of cold boiled fish and add half a pound of picked and chopped shrimps. Stir in two tablespoonfuls of capers, a little pepper, celery seed, and four tablespoonfuls of vinegar. A little cayenne or a minced green chili may be added if pungency it not disliked. Next, mix with these just enough mayonnaise dressing to make the whole slightly moist, and serve with lettuce leaves. Hard-boiled eggs in slices, beetroot cut in patterns, and scraps of aspic jelly may be used as a garnish.

#### **Fish Klossh.**

Mince an ounce of ham or bacon with a shallot or small onion and fry in an ounce of butter until just cooked. Next stir in an ounce of flour, add a quarter of a pint of milk, and let the whole boil gently for five minutes.

Mix this with one egg and half a pound of any cold fish finely flaked, and season with pepper and salt. Spread the mixture on a plate and put it aside. When quite cold mold the mixture into small balls and poach them for five or six minutes in boiling water or fish stock.

Serve with anchovy sauce poured over them.

#### **Fish Matelote.**

Slice two pounds of any kind of fresh white fish—it is better to have several kinds mixed—and place in a frying pan with twenty very small white onions and two ounces of butter. Fry until the whole is a golden brown. Next place in a saucepan, or better still, in an earthenware cooking pot, with six sliced mushrooms, an ounce and a half of flour, a sprinkling of pepper and salt, the juice of half a small lemon, and a bunch of herbs. Add half a pint each of clear stock and red wine, and simmer the whole for half an hour. Add more seasoning if required, and serve as hot as possible.

This somewhat resembles the famous Bouillabaisse of Southern France.

#### **Fried Frogs' Legs.**

The thighs of the edible frog, which is a large variety found in certain parts of England as well as on the Continent, are regarded as a great delicacy both in France and America, and bear a certain resemblance to a very young chicken. The ordinary frog is just as good, but owing to its small size the amount of flesh on the legs is insignificant.

The frog's legs must be carefully skinned, immersed in milk for a few minutes, next sprinkled with pepper and salt, rolled in flour, and then fried in a kettle of boiling fat.

As they are apt to have a slightly fishy taste, a little onion or minced garlic is usually cooked with them.

#### **Snails in Shells.**

Although snails are not commonly eaten in England, yet the large Roman variety properly prepared is by no means to be despised, and is a very popular dish in many districts of France and other parts of the Continent. The ordinary garden snail will serve the purpose, but the Roman variety is much larger and is supposed to possess a better flavor.

Throw the snails into boiling water for a quarter of an hour or twenty minutes, and then remove them from their shells and let them boil for another ten minutes in well-salted water, stirring them about briskly in order to clean them. At the

same time the shells must be thoroughly cleaned with hot water. Now mince finely a few button mushrooms, some parsley, shallots, and a little garlic—or onion, if it is preferred—and work into a paste with fresh butter and a little pepper and salt. Put a little of this mixture into the shell, then replace the snail and fill the mouth of the shell with more of the paste. Lay them one by one upon a cooking plate, into which a little white wine has been poured, being careful that the mouth of each shell is upwards. Turn another plate over the whole and cook in a brisk oven for half an hour. Serve very hot.

Another method is to stew the cleaned snails—without their shells—in equal parts of strong stock and white wine with a few mushrooms and a little parsley. Immediately before serving, the yolks of two or three eggs should be well stirred in.

#### **French Anglers' Way of Stewing Fish.**

Take about four pounds or less of all kinds of fish, that is, carp, pike, trout, tench, eels, etc., or any one of them, cut them into medium-sized pieces, no matter the size of the fish—let the pieces be of equal size; put them in a black pot or stewpan, season over with nearly a tablespoonful of salt, half one of pepper, half one of sugar, four good-sized onions, sliced thin, add a half-bottle of common French wine, or four glasses of port or sherry, half a pint of water; set it on the fire to stew, gently tossing it now and then; when tender, which you may easily ascertain by feeling with your finger the different pieces, mix a spoonful of flour with two ounces of butter, which put bit by bit in the pan, move it round by shaking the pan, not with any spoon; boil a few minutes longer, and serve, dishing the fish in pyramid, sauce over; if the sauce is too thin, reduce it till it adheres to the back of the spoon; taste; if it is highly seasoned, a few sprigs of thyme or bay-leaf may be added. Some of the fish may be done sooner than the others; if so, take them out first, and keep warm until all are done. The motive of mixing fish, is that it is supposed the flavor of all together is finer than one alone. Conger eel is also done in this way.

#### **Melted Butter.**

Put into a stewpan two ounces of butter, not too hard, also a good tablespoonful of flour, mix both well with a wooden spoon, without putting it on the fire; when forming a smooth paste, add to it a little more than half a pint of water; season with a teaspoonful of salt, not too full, the sixth part that of



pepper; set it on the fire, stir round continually until on the point of boiling; take it off, add a teaspoonful of brown vinegar, then add one ounce more of fresh butter, which stir in your sauce till melted, then use where required; a little nutmeg grated may be introduced; it ought, when done, to adhere lightly to the back of the spoon, but transparent, not pasty; it may also, if required, be passed through a sieve. If wanted plainer, the last butter may be omitted.

#### **Anchovy Sauce.**

Make the same quantity of melted butter as in the last, but omit the salt, and add three good tablespoonfuls of essence of anchovies.

#### **Fennel Sauce.**

This is a sauce principally used for boiled mackerel. Make the same quantity of melted butter as in the last, to which add a good tablespoonful of chopped fennel; it is usually served in a boat.

#### **Egg Sauce.**

is generally served with salt fish or haddock. Boil six eggs ten minutes, let them get cold, then cut them in pieces about the size of dice, put them into a stewpan, with three parts of a pint of melted butter, add an ounce more fresh butter, with a little pepper and salt; keep the stewpan moving round over the fire until the whole is very hot, and serve in a boat.

#### **Shrimp Sauce.**

Make the same quantity of melted butter as before, to which add three tablespoonfuls of essence of shrimps but omitting the salt; add half a pint of picked shrimps, and serve in a boat. If no essence of shrimps, some anchovy sauce may be served with shrimps in it as a substitute.

SHRIMP SAUCE is also very good as follows:—Pound half a pint of shrimps, skins and all, in a mortar, and boil them ten minutes in half a pint of water; pass the liquor through a hair sieve into a stewpan, and add a piece of butter, the size of two walnuts, with which you have mixed a good teaspoonful of flour, stir it round over the fire until upon the point of boiling; if too thick, add a little more water; season with a little cayenne and a teaspoonful of essence of anchovies; serve very hot; a few picked shrimps might also be served in it.

#### **Lobster Sauce.**

Put twelve tablespoonfuls of melted butter in a stewpan, cut

up a small-sized lobster into dice, make a quarter of a pound of lobster butter with the spawn, as directed; when the melted butter is upon the point of boiling, add the lobster butter, stir the sauce round over the fire until the butter is melted, season with a little essence of anchovies, the juice of half a lemon, and a quarter of a saltspoonful of cayenne pepper; pass it through a sieve into another stewpan, and add the flesh of the lobster; when hot, it is ready to serve where required. This sauce must be quite red; if no red spawn in the lobster, use live spawn.

#### **New and Economical Lobster Sauce.**

Should you require to use the solid flesh of a lobster for salad, or any other purpose, pound the soft part and shell together (in a mortar) very fine, which put into a stewpan, covered with a pint of boiling water; place it over the fire to simmer for ten minutes; then pass the liquor through a hair sieve into a bowl; put three ounces of butter into a stewpan, into which rub (cold) a good tablespoonful of flour, add the liquor from the lobster, place it upon the fire, stirring until the point of boiling; season with a little cayenne, and add a piece of anchovy butter, the size of a walnut; or, if any red spawn in the lobster, mix it with butter, as in the last, and add it, with the juice of half a lemon, just before serving. An anchovy pounded with the lobster shells would be an improvement, and part of the flesh of the lobster might be served in the sauce.

#### **Lobster Sauce à la Crème.**

Cut a small lobster into slices the size of half-crown pieces, which put into a stewpan; pound the soft and white parts with an ounce of butter, and rub it through a sieve; pour ten spoonfuls of melted butter, and two of cream, over the slices in the stewpan, add half a blade of mace, a saltspoonful of salt, a quarter ditto of pepper, and a little cayenne; warm gently, and when upon the point of boiling, add the butter and two tablespoonfuls of thick cream; shake round over the fire until quite hot, when it is ready to serve.

#### **Oyster Sauce.**

Mix three ounces of butter in a stewpan with two ounces of flour, then blanch and beard three dozen oysters, put the oysters into another stewpan, add beards and liquor to the flour and butter with a pint and a half of milk, a teaspoonful of salt, half a saltspoonful of cayenne, two cloves, half a blade

of mace, and six peppercorns; place it over the fire, keep stirring, and boil it ten minutes, then add a tablespoonful of essence of anchovies, and one of Harvey sauce; pass it through a sieve over the oysters; make the whole very hot without boiling, and serve. A less quantity may be made, using less proportions.

#### **Another Method.**

Put a pint of white sauce into a stewpan, with the liquor and beards of three dozen oysters (as above), six peppercorns, two cloves, and half a blade of mace; boil it ten minutes, then add a spoonful of essence of anchovies, a little cayenne and salt if required; pass it through a hair sieve, over the oysters, as in the last.

#### **A Plainer Method.**

Blanch three dozen of oysters, which again put into the stewpan, with their liquor (after having detached the beards); add six peppercorns and half a blade of mace; place them over the fire, and when beginning to simmer, add a piece of butter the size of a walnut, with which you have mixed sufficient flour to form a paste, breaking it in four or five pieces; shake the stewpan round over the fire, and when upon the point of boiling, and becoming thick, add half a gill of milk, or more if required; season with a little cayenne, salt, pepper, and a few drops of essence of anchovies; serve very hot.

#### **Mussel Sauce.**

Proceed exactly the same as for oyster sauce, using only the liquor of the mussels (not the beards) instead of the oysters, and serving the mussels in the sauce; about four dozen would be sufficient.

#### **Cream Sauce.**

Put two yolks of eggs in the bottom of a stewpan, with the juice of a lemon, a quarter of a teaspoonful of salt, a little white pepper, and a quarter of a pound of hard fresh butter, place the stewpan over a moderate fire, and commence stirring with a wooden spoon (taking it from the fire now and then when getting too hot), until the butter has gradually melted and thickened with the eggs — (great care must be exercised, for if it should become too hot, the eggs would curdle, and render the sauce useless); then add half a pint of melted butter; stir altogether over the fire, without permitting it to boil; pass it through a sieve into another stewpan; when wanted,

stir it over the fire until hot. This sauce may be served with any description of boiled fish.

#### **Matelote Sauce.**

For about a pound slice of salmon make the following quantity of sauce:—Peel thirty button onions, and put half a teaspoonful of sugar in a quart-size stewpan, place it over a sharp fire, and when melted and getting brown, add a piece of butter (the size of two walnuts) and the onions, toss them over now and then until rather brown, then add a glass of sherry; let it boil, then add half a pint of brown sauce and a gill of broth; simmer at the corner of the fire until the onions are quite tender; skim it well, and add a few mushrooms, if at hand; season with a little salt and sugar, and sauce over any kind of fish where described. The addition of a teaspoonful of essence of anchovies is an improvement. Use where directed.

#### **Matelote Sauce Simplified.**

Proceed as above respecting the onions, only add a fourth more butter, and fry them a little browner; then add a glass of sherry, and two teaspoonfuls of flour, which stir round gently with a small wooden spoon, add to it about a pint of water, stir now and then till boiling, add three saltspoonfuls of salt, two of sugar, one of pepper, and a bouquet garni; simmer and skim, add a few drops of coloring to give it a nice brown color; when ready to serve, add a good tablespoonful of anchovy essence; it ought to adhere lightly to the back of the spoon, but not be too thick; sauce over or under, as directed; small pieces of glaze, if at hand, put into it is an improvement, as is also using broth instead of water; oysters and mushrooms may be introduced, also a little cayenne pepper. This sauce must be very savory.

#### **Lobster Butter.**

Procure half a lobster, quite full of spawn, which take out and pound well in a mortar; then add six ounces of fresh butter, mix well together, then rub it through a hair sieve, and put it in a cold place until wanted. The flesh can be used for any other dish.

#### **Anchovy Butter.**

Take the bones from six anchovies, wash the fillets and dry them upon a cloth, pound them well in a mortar; add six ounces of fresh butter, mix well together, and proceed as in the last.

**Maître d'Hôtel Butter.**

Put a quarter of a pound of fresh butter upon a plate with one good tablespoonful of chopped parsley, the juice of two lemons, half a teaspoonful of salt, and a quarter that quantity of white pepper; mix all well together, and put in a cool place till required.

**Ravigote Butter.**

Proceed as in the last, but instead of parsley, use one spoonful of chopped tarragon, and one of chervil, and add half a spoonful of Chili vinegar.

## SOYER'S PAPER-BAG COOKERY.

**FISH**

No feature of the daily menu is so dainty and delicious as fish. Properly cooked it is at once a delight to the gourmet and a light, nourishing article of diet to the invalid.

But nothing is so difficult to cook well—by the ordinary methods—as fish. Its delicate, elusive flavors are so easily lost and its light “flakiness” so easily destroyed.

With the paper-bag all this is avoided. The delicate flavors cannot but be retained by a method which allows nothing to escape, and the fish will be found far superior in taste, appearance, and digestibility. Here, too, as with other articles, there is a saving of time, and the various seasonings can be used more economically and to better advantage.

**Cod Bourgeoise.**

Take two slices of cod, lay them in a well-buttered bag, season with salt and pepper. Place two mushrooms and two sliced tomatoes on the top of the fish, add a chopped shallot, dot over with butter, squeeze over with lemon juice, seal up, and *cook for fifteen minutes* in 300° Fahr.

**Stewed Eels.**

Cut up two eels in pieces two inches long. Add salt and pepper, chopped parsley, one teaspoonful of flour, a little sweet herbs (according to taste). Add a small chopped onion. Mix this well together. Put in the paper bag with two spoonfuls of milk, water, or stock (one of either according to taste).

Seal up the bag and put on the grid. Leave *twenty minutes in a moderate oven* (300° Fahr.). Butter added to the above

in the paper bag will make the dish richer. After *twenty minutes*, serve in the paper bag, or dish in the ordinary way.

#### Fish Croquettes.

Mix one pound of cooked fish of any variety with two large tablespoonfuls of white sauce, season with salt, pepper, and cayenne, and a little chopped parsley. Form into croquettes, roll them in egg and breadcrumbs in the usual way, place them in a well-dressed paper bag, and *cook for twenty minutes in a very hot oven* (350° Fahr.).

#### Salmon Croquettes.

are made in the same way, but should be served with tartare sauce.

#### Smoked Haddock.

Trim a smoked haddock weighing about two pounds, season with cayenne pepper to taste, but do not use any salt. Pour two large tablespoonfuls of milk over the fish, and cover it with a little white sauce. Sprinkle with Parmesan cheese, a few breadcrumbs, and enough oiled butter to moisten. Place the whole in a well-buttered paper bag, seal up, and *cook for twenty minutes in a very hot oven* (350° Fahr.).

#### Stuffed Fresh Haddock.

Chop a cooked onion and mix it with three tablespoonfuls of breadcrumbs. Add one ounce of butter, salt, and pepper to taste, a little chopped parsley, and one egg. When thoroughly mixed stuff the fish with the mixture, butter a paper bag, roll the fish in flour, place in the bag, dot over with small pieces of butter, seal up, and *cook for twenty minutes* in 300° Fahr.

#### Haddock à la Royale.

Take from four to six fillets of fresh haddock. Spread them with butter. Dip in seasoned flour, and then in grated cheese. Put into a well-greased bag, and add to them rather better than a gill of milk. *Cook gently for from fifteen to twenty minutes* (300° Fahr.), according to thickness of fillets. Dish up on a hot dish and serve.

#### Haddock à la Princesse.

Take two filleted haddocks. Rub them over gently with butter with a silver fish knife. Dip them in flour and then squeeze a little lemon juice over each, and dust lightly with pepper and salt.

Place them carefully in a well-greased bag. Add to them

half a wineglassful each of sherry, and Worcester sauce and water. Fold and seal in a bag, and *cook in a moderately hot oven* (300° Fahr.) *from fifteen to eighteen or twenty minutes* according to the thickness of the fillets. Dish up on a hot dish, pour the liquor in which they were cooked over them, and serve as hot as possible.

#### Hake.

Slice three pounds of fish, season with salt and pepper, add a small chopped onion and a few sweet herbs. Mix one ounce of butter or dripping with a large tablespoonful of flour, add three parts of a glass of milk and stir to a smooth paste. Place all these ingredients with the fish in a well-buttered paper bag and *cook for twenty minutes* (300° Fahr.). Any sauce can be added as flavoring if desired.

#### Hake or Cod à la Valeska.

Take a cutlet of either; spread each side well with butter, dip into seasoned flour, then sprinkle very thickly with finely grated cheese. A mixture of Parmesan and Gruyère is the best, but any kind, even Dutch, will do; grease a bag well with butter. Put in the fish and add to it a gill of either good fish stock or flavored milk (*i. e.*, milk in which a slice each of onion, turnip and carrot and a bit of celery have simmered for fifteen minutes), and *cook for from twenty to thirty minutes*, according to the thickness of the cutlet, in a moderately hot oven (300° Fahr.). Turn out gently on to a hot dish. Pour the sauce over, sprinkle picked shrimps on top and serve. The shrimps should be made hot, not cooked, in a little roll of well-greased Soyer paper separately.

#### Halibut à la Minute.

Season a slice of halibut about an inch in thickness with salt and pepper and roll in flour. Slice two tomatoes, lay them on the fish, squeeze lemon juice over, dot with small pieces of butter, and place in a thoroughly buttered paper bag. Seal up and *cook for fifteen minutes in a very hot oven* (350° Fahr.).

#### Herrings à la Russe.

Take four very fresh soft-roed herrings. Get the fishmonger to bone them for you. In the center of each place a big teaspoonful of French mustard and a bit of butter. Dust lightly with black pepper, and place in a well-buttered bag. Add to them half a wineglassful of hock or sherry and half a wine-

glassful of either shallot or tarragon vinegar as preferred. *Cook for fifteen to eighteen minutes*, according to the thickness of the fish, in a moderately hot oven (300° Fahr.).

Dish up on a hot dish and serve with a beetroot salad. This is a most appetizing way of cooking herrings, but it must be done in the Soyer bag if it is to be done to perfection.

For the dressing for the sliced beetroot allow two tablespoonfuls of tarragon vinegar to one of oil, and pepper and salt to taste.

#### **Fresh Herring.**

Slit the fish on each side in a horizontal direction. Place on it a little mace, bay leaves, parsley, a small piece of onion, and some salt and pepper. Add two tablespoonfuls of vinegar. Place in the paper-bag, seal up, put on the grid in a moderate oven for *twenty minutes* (300° Fahr.).

#### **Kippers and Bloaters.**

can be treated in the same way, with or without butter. If boiling is preferred, add a tablespoonful of water. To grill fish of this kind, add butter or dripping only.

#### **Lobster à l'Américaine.**

Cut a good-sized lobster crossways into seven slices. Remove the soft part of the flesh, put it into a bowl, and mix with it three large tablespoonfuls of tomato sauce, two teaspoonfuls of Madeira, a little chopped parsley and tarragon. Season with cayenne pepper and salt to taste. Add an ounce of oiled butter and stir well. Mix with the sliced lobster, place in an oiled paper-bag and *cook for twelve minutes in a very hot oven* (350° Fahr.).

#### **Red or Gray Mullet.**

Take the fish with a half tomato cut up, one mushroom, salt, pepper, a little lemon juice or vinegar, one teaspoonful of flour (this can be omitted if desired), a little chopped parsley, and a little butter. Place in the paper bag, seal up, and allow *twenty minutes in a moderate oven* (300° Fahr.).

#### **Mackerel à la Napolitaine.**

Take two very fresh filleted mackerel, place a line of fresh tarragon leaves on each fillet. Dust with pepper and salt to taste. Butter a bag thickly, put in the fillets of mackerel, and then on top of each pour gently a large tablespoonful of tomato catsup (the American variety gives the best results as it is far more delicately flavored than the English sort). Close the



bag and *cook for from eighteen to twenty to twenty-five minutes* in 300° Fahr., according to the thickness of the fish. Turn out carefully, pour the sauce over them and send to table at once.

If preferred, the quantity of sauce may be increased, but the above is quite sufficient for the cooking process. Herrings, it may be noted, are equally good this way. In this case a very little minced chives may be added to the tarragon.

#### Plaise à la Meunière.

Filleted or whole fish can be used for this dish. Chop a small shallot, add a teaspoonful of anchovy paste or sauce, a squeeze of lemon juice, one ounce of butter, a little chopped parsley, salt and pepper, and a little cayenne. Place in a thoroughly buttered bag, dredge with flour, pour a tablespoonful of oiled butter on top of the fish, seal up and cook. For two pounds of whole fish, thirty minutes, and eight minutes for the same weight filleted (heat 350° Fahr.).

#### Sole Bourguigone.

Thoroughly butter a bag, place inside a well-trimmed sole, add three small peeled, uncut onions, a bouquet garni, and a glass of claret. Mix a large teaspoonful of flour with an ounce of butter, place this mixture on the sole, seal up the bag, and *cook for twenty minutes in a hot oven* (350° Fahr.).

#### Lemon Soles à la Comtesse.

Grease a bag thickly. Take six or eight fillets of lemon soles. Dust them lightly with salt and white pepper and squeeze a little lemon juice over each fillet. Put them in the bag and add to them an ounce of finely minced mushrooms, half a heaped large teaspoonful of finely minced shallot or chives, a heaped large teaspoonful of minced parsley and a heaped dessertspoonful of freshly fried breadcrumbs, all mixed together. Add also half a wineglassful of sherry mixed with the same amount of either good fish or ordinary stock. Close the bag and *cook in a moderately hot oven for eighteen to twenty minutes* (300° Fahr.). Pour the liquor and herbs, etc., over the fish and send to table at once. To make the fish stock put the bones and trimmings from the fish in a clean small stewpan with a gill of water and a bit of turnip, carrot, onion and celery, all first well washed and sliced, and *simmer for fifteen minutes*. Strain off and use.

**Sole, Filleted Plaice, Brill or Cod.**

Any of these can be cooked in the same way, and should be allowed the same time as turbot.

**Sprats.**

Clean and dry one pound of sprats, and roll them in flour. Melt one ounce of butter, season with a little cayenne pepper, add a finely chopped shallot, and a tablespoonful of vinegar. Sprinkle this mixture over the sprats and place them in a well-buttered bag. Seal up and *cook for five minutes in a very hot oven* (350° Fahr.).

**Smelts Milanaise.**

Trim a dozen smelts, roll them in flour. Put one ounce of butter on a very hot dish and let it melt, roll the fish in this butter, sprinkle with a little cayenne pepper and a little grated Parmesan, and place them side by side in a well-buttered paper-bag. Cover lightly with breadcrumbs, and pour a little tomato sauce between each smelt. Seal up and *cook for eight minutes in a very hot oven* (350° Fahr.). Serve with slices of lemon.

**Salmon**

can be cooked with any kind of seasoning to taste. A whole slice will take *twenty minutes in a hot oven*; a seven pound sliced salmon will take *forty-five minutes*. Mushroom, tomato, salt and pepper, lemon juice, can be added as desired, and cooked in the paper-bag with the fish.

For grilling or baking, dredge with a little flour and a little butter, and put in a *very hot oven* (350° Fahr.).

**Scallops.**

Wash and trim half-a-dozen scallops, chop finely, and replace in the deep shell. Mince four mushrooms, add a chopped shallot, a little parsley, one chopped tomato, one teaspoonful of flour, season to taste, and mix with lemon juice. Cover the scallops with the mixture, sprinkle with grated Parmesan, a few breadcrumbs, and dot over with small pieces of butter. Place in a bag, seal, and *cook for ten minutes in a very hot oven* (350° Fahr.).

**Turbot.**

The whole fish (or part) can be done in the same way. *A pound to a pound and a half will take twenty minutes to cook. A turbot of seven pounds will take forty-five minutes.* It can be cooked with or without garnish, with butter or quite plain. Season your fish with salt and pepper and the juice of one

lemon; but this can be omitted if desired. Place in the paper bag, seal up, place on grid, and put in *hot oven* (350° Fahr.).

#### Whiting à la Normande.

Place two skinned whiting in a buttered bag. Place half-a-dozen bearded oysters between them, and add half-a-dozen sliced mushrooms. Mix two ounces of butter with a large teaspoonful of flour, add a few shelled shrimps and a little anchovy paste. Place on the whiting. Pour in two tablespoonfuls of white wine. Seal up in bag and *cook for fifteen minutes* (350° Fahr.). After placing the whiting on a dish, squeeze a little lemon juice over them.

NOTE.—Clean the mushrooms first with a bit of flannel and a little salt.

#### Whiting Fines Herbes.

Take two whiting (four pound size), get the fishmonger to bone them. Fill the cavity with half a teaspoonful of mixed finely minced chives or shallot and parsley, season to taste with salt and pepper and a tiny squeeze of lemon juice.

Put into a well-greased bag, and *bake for fifteen minutes in 300° Fahr.*

Then dish up a very hot dish, pour the liquor from the fish into the center of each, and serve at once. Haddock and fresh herrings are also excellent when cooked in this way.

#### Trout à la Soyer.

Take a nice trout from half a pound to two pounds in weight. Clean and trim well. Then cut on each side about eight or ten incisions. Season well with salt and pepper, according to taste. Take two ounces of butter, half a teaspoonful of anchovy paste or sauce. Rub half a shallot on a cold plate and throw the shallot away. Mix a teaspoonful of flour with the butter on the plate you have rubbed with shallot. Add a large teaspoonful of capers (if at hand). Place your trout in a well-buttered paper-bag with all the ingredients. Have ready half a cucumber blanched in *boiling* water for six minutes and cut up in small dice. Also two medium-sized carrots *cooked* in boiling water, salt, and a little sugar, cut small. Slice two large gherkins and twelve small new cooked potatoes. Place all the above around the raw fish in the paper-bag, adding the juice of one lemon. Put one tablespoonful of melted butter over the vegetables, etc. Seal bag and place carefully on grid. Allow for one trout, half a pound, twenty minutes; one pound twenty-five minutes; one and a half pounds, thirty-five minutes; two pounds forty minutes — *in hot oven* (350° Fahr.).

Any fish can be cooked in the same way by shortening or adding to the garnishing of the above recipe. Fresh mushrooms are always very welcome in cooking trout, salmon, turbot, whiting, halibut, eels, or any other kind of fish. This is a matter to be left to the taste of the cook. But NEVER omit to MIX up the flour with the cold fresh butter, to be laid well on the top of the fish. If you desire a sauce, put half a glass of claret with your fish in the paper bag.

#### **Light White Fish.**

Take any kind of light white fish. Roll in flour, then in a little milk, afterwards in breadcrumbs. Grease your paper-bag with butter, olive oil, or dripping. Put the fish in the bag and seal up. Place the bag on the grid in a *very hot oven* (350° Fahr.), and allow *twenty minutes* or so, according to size. Season to taste before serving.

## POULTRY AND GAME.

### Stuffed Chicken.

Wash and dry thoroughly six or seven ounces of rice and fry it in an ounce and a half of butter until lightly browned. Then cover with a little stock and cook till quite tender. If necessary add more stock from time to time, but when cooked the rice should be nearly dry.

Fry two chopped onions in one and a half ounces of butter, add the cooked rice, two hard-boiled eggs cut into dice, and season to taste. Mix well and stuff a boned chicken with this preparation.

Braise the fowl gently, and when done serve with a good White sauce poured over it.

### Chicken Liver and Ham.

Take equal portions of chicken liver, chicken gizzard, and ham—each sliced very fine—chopped onion, potatoes, and asparagus tips. Stew the meat for half an hour in as little water as possible, and then add the vegetables and cook until well done. If necessary a little more water may be added during the cooking. Season to taste and serve very hot.

### Stewed Chicken.

Stuff a chicken with a mixture of breadcrumbs, a finely minced onion, some grated lemon peel, parsley, thyme, well incorporated with a whipped egg and a little butter. Place a piece of fat over the breast of the bird and put it into a stewpan with one ounce of butter. Leave it uncovered for five minutes, then cover and cook thoroughly for an hour and a half. Now add half a cupful of cream, place the stewpan over a hotter part of the fire and baste thoroughly before serving.

### Baked Turkey.

Slice two sausages and place in a frying-pan with eight stoned French plums, four pears peeled, cored and sliced, and half a pint of boiled chestnuts. Fry in a little butter for about two minutes. Mix the whole with the liver of the turkey,

finely chopped, and one glass of Marsala or sherry, and make into forcemeat, with which stuff the turkey. Now place the bird in a baking dish with a few slices of bacon, two or three sprigs of rosemary, and a pinch of salt. Bake in a slow oven, basting from time to time.

#### **Larks in Onions.**

Bone a dozen larks, and stuff with minced fowl's liver and herbs. Lay them upon slices of bacon in a stewpan, cover with stock, and simmer carefully for a quarter of an hour. Partly boil six Spanish onions, and when cool divide each into halves and remove sufficient of the inside to make room for the lark. Line the onion with a little forcemeat, place the lark upon it, and cover with more forcemeat. This should be so arranged that the head of the bird protrudes through the forcemeat. Cover each onion with a slice of lard, wrap in a piece of white paper, and bake in the oven sufficiently long to cook the forcemeat. Use great care in removing the paper and draining off the fat before placing on the dish.

#### **Duck Pie.**

Slice thinly the meat from two roast ducks and steep for one hour in a mixture of tarragon vinegar, olive oil, onion juice, and pepper. Now line a dish with puff paste and bake just enough to color it. Carefully drain the slices of duck and place them in alternate layers with sausage meat in the dish. Cover with the paste, brush over with the white of an egg, and bake for an hour and a half.

#### **Rabbit Pie.**

Mince together half a pound of veal suet, one pound of fresh pork, an onion, a bay leaf, two cloves, a little pepper, salt and parsley. After lining a dish with the forcemeat place in it a rabbit cut into joints, together with six oysters, six mushrooms, and three sliced hard-boiled eggs. Pour a glass of Chablis over the whole. Spread with a layer of forcemeat well sprinkled with breadcrumbs. Cover closely and bake thoroughly.

#### **Rabbit Cake.**

Mince the meat of a boiled rabbit and mix with it a quarter of a pound of minced beef tongue and chopped onion, a cupful of mashed potato, and seasoning to taste. Add a cupful of white stock, mix thoroughly, and form the whole into a mold on the dish. Cover with breadcrumbs and bits of butter. Bake till well browned. Mushroom or tomato sauce should be served with the dish.

**Stewed Venison.**

Take about four pounds of haunch of venison, and brown it thoroughly in butter. Place it in an earthenware cooking pot or stewpan with a cupful of clear stock and claret, a spoonful of sugar, a little cinnamon, some parsley, pepper and salt. After cooking for an hour, add two dozen well-soaked French plums. Closely cover and cook for two hours more; then take out the meat, arrange the plums around it on the dish, strain the sauce, pour it over the meat and serve.

**Partridges with Cabbage.**

Cover a dish with slices of parboiled cabbage, and on each slice place a partridge stuffed with sausage meat. Add a cupful of strong stock, cover closely, and cook gently for two hours. The whole should be served on a dish with partridges placed on the cabbage, and the gravy poured over the whole.

**Jacobin Pottage.**

Mince any odds and ends of cold fowl or turkey and season with salt, pepper, and grated Parmesan cheese. Line the bottom of a dish with slices of toast, and pour a cupful of strong stock over them. Then add the chopped meat and cover with a layer of breadcrumbs. After baking for an hour squeeze the juice of a lemon over the dish and serve.

**Stewed Chicken and Rice.**

Stuff a fat fowl with a mixture of breadcrumbs, onion, and the yolk of an egg. Cover the breast with slices of lemon and salt pork, and wrap thoroughly in oiled paper. Place in a stewpan with an onion, some parsley, and a clove, and add sufficient white stock to nearly cover the bird. Cover closely and cook for an hour. After removing the chicken add a cupful of hot cream, the beaten yolk of an egg, and a pinch of cayenne pepper, mix thoroughly and pour it over the chicken, which should be served with boiled rice.

**Chicken Cream.**

Thoroughly pound the meat of a boiled fowl, add sufficient milk to make into a thick paste, pass through a sieve, and add pepper and salt to taste. Stir thoroughly over the fire till done, and then pour out upon a dish, arranging six poached eggs on the top of the mixture, and garnishing with sprigs of parsley.

**Poultry Cassolette.**

To use up odds and ends of cooked poultry. Take equal

portions of well-boiled haricot beans and minced chicken, turkey, or duck. Mix thoroughly and fry with two slices of bacon, two sliced tomatoes, a minced onion, and herbs to taste. Add sufficient good stock to form a moderately thick paste. Pour the whole into a dish and bake until well browned.

#### **Fried Chicken.**

Cut up a fowl and steep for three hours in a mixture of lemon juice, olive oil, and seasoning. Drain each piece, dip first in beaten egg and then in breadcrumbs, and fry until brown.

This should be served with a sauce made by cooking a cupful of new milk with the same quantity of white stock, a dozen mushrooms, and the beaten yolk of an egg. Add a squeeze of lemon juice and a little chopped parsley before pouring the sauce round the bird.

#### **Chicken Cannelons.**

Mince a cupful of cooked fowl and add a tablespoonful of flour, the same quantity of butter, the beaten yolk of an egg, two spoonfuls of cream, with pepper and salt to taste. The whole should form a thick paste. Now roll some puff paste very thin, cut it into squares, fill each with the mixture, and fold over. Fry or bake until lightly browned. This should be served piled upon a dish and surrounded with parsley.

#### **Chicken with Cheese.**

Place in an earthenware cooking vessel or enameled saucepan a young chicken with some butter, half a glass of white wine, and the same quantity of clear stock. Add a bouquet garni with pepper and salt, and simmer very gently for one hour. Now take out the fowl and herbs and thicken the sauce with a little flour and butter. Next pour a little of the sauce into the dish upon which the bird is to be served, and sprinkle over it a good spoonful of grated Parmesan cheese. On this place the chicken. Pour over it the rest of the sauce, sprinkle well with grated cheese, and place in the oven until the whole of the sauce is absorbed and the fowl is nicely browned.

#### **Chicken with Tomatoes.**

Roast on the spit a fowl stuffed with equal parts of fat and lean ham minced. Baste with oil mixed with the juice of a lemon and some salt. When the fowl is placed on the dish pour over it a purée of tomatoes with which has been blended a cup of Malaga wine or port.

#### **Stewed Fowl.**

Place a fowl in a stewpan, with enough salt water to nearly



cover it. Add a slice of rather fat ham, and a very little garlic, some powdered pimento, and a little saffron. Cook till the fowl is tender, then take it out, reduce the liquor to a sauce, thicken with flour and butter, and serve with the fowl.

#### **Capon with Apples.**

Take a large Soyer paper-bag, well buttered inside throughout and place therein a moderate-sized capon over which spread slices of bacon, lemon, onions and carrots. Sprinkle with pepper and salt, mixed spices and a few cloves; seal up the bag and insert in a very hot oven. In the meantime cut into small pieces ten or twelve apples and stew them with the juice of two oranges, a little finely minced orange peel and plenty of sugar and a small quantity of water. Turn out upon a dish, remove the bag from the capon, place the bird upon the compote, pouring the gravy over it and serve as hot as possible.

#### **Stewed Woodcock.**

Stuff the bird with a forcemeat made of bacon, parsley and shallots finely minced, incorporated with the yolk of an egg, and seasoned with pepper and salt. Truss the bird as for roasting, and place in a small stewpan—preferably of earthenware—on a thick slice of bacon. Cover and cook for a quarter of an hour, and then add a small glass of Sauterne or other white wine. When done add a few drops of vinegar to the sauce and serve with the bird.

#### **Steamed Chicken.**

Take an old hen, and truss in the usual fashion, taking care that the legs and wings are tied very closely to the body. Rub both inside and outside of the bird with two tablespoonfuls of melted butter, with which have been blended a teaspoonful of salt and half as much white pepper.

Now take a large cupful of cooked rice and season with a teaspoonful of curry powder and a little pepper and salt. Place three tablespoonfuls of this rice inside the fowl, together with the giblets, which have been previously stewed for an hour. The bird must be placed inside a dish just large enough to hold it closely, and the remainder of the rice laid around it. Put the dish in a steamer and cook for four hours.

#### **Chicken Rissoles.**

Make half a pound of puff paste, using no sugar, but mixing with it a tablespoonful of grated cheese, the juice of half an onion, and a little chopped parsley, pepper and salt. With this blend thoroughly half a pound of the finely minced white meat

of a cold chicken, either roast or boiled. Form the mixture into moderate-sized balls or large spoonfuls, and poach in a little clear stock. When cooked, arrange them in a pile on a dish, sprinkle thickly with grated cheese, and place in a fairly brisk oven until they are nicely browned. Tomato sauce is usually served with them.

#### **Partridge au Choux.**

Tie up a good partridge with slices of fat bacon. Cut two small white cabbages in four pieces, and blanch, after which throw cold water over them and drain. Lay some thin pieces of bacon at the bottom of a stewpan, also one carrot, one onion (previously blanched) and a bouquet garni.

Place the partridge in the center, surrounded by the cabbage, season with salt and pepper, and add gravy to half the height of the contents. Cover lightly, and let all stew gently until the partridge is tender.

The bird should be cut up and arranged in the middle of the dish, surrounded by the cabbage and bacon, etc. Pour a little of the gravy over the whole.

#### **Fried Chicken.**

Cut a good-sized fowl into joints and boil in a pint of white stock until about half-done. Remove the fowl and drain. Now reduce the stock by further boiling, take it from the fire, stir in the yolks of two eggs and the juice of a small lemon, and strain. Dip each piece of fowl first into this sauce then into a mixture of crumbs and grated cheese, and fry in deep fat till well browned.

The remainder of the sauce should be served hot with the fried fowl.

#### **Stewed Chicken.**

Take the remains of cooked chicken, cut into coarse dice—there should be about two heaped tablespoonfuls—a slice of bread toasted cut into dice, two large potatoes coarsely chopped, a tablespoonful of raisins, two tomatoes cut into small pieces, and one green chili finely shredded. Mix all together with a quarter of a pint of Sauterne, add salt, and place in a stewing jar, adding as much water as may be needed to barely cover the whole. On the top of all place an ounce of lard cut into small pieces.

Tie a cloth over the lid of the jar in order to cover closely, and let the whole stew very gently for about an hour and a half. Serve as hot as possible.

## SOYER'S PAPER-BAG COOKERY.

## POULTRY

## Roast Chicken.

Cover the breast of the fowl or chicken with butter or dripping, or better still, tie a piece of fat bacon over it. Place in bag, and set on grid in a hot oven.

Allow twenty-five minutes for a small spring chicken; thirty-five minutes for a large fowl; forty-five to fifty minutes (according to size) for stuffed poultry or game in a moderate oven.

## Boiled Fowl.

Place the fowl (or other poultry) ready trussed, in a paper bag. Put a little bacon or fat ham on the breast. Place in bag one small chopped carrot, one onion, one clove, a little sweet herb, celery (if desired), salt and pepper, according to taste. Add one and a quarter tumblers of water. Seal up bag. Tie a piece of string round the neck of the bag to prevent the water running out. *Allow forty-five to sixty minutes in a moderate oven (300° Fahr.).*

## Boiled Turkey.

Same as above. *Allow one hour and forty-five minutes. If stuffed, allow two hours and thirty minutes.*

## Tough Old Fowl.

This can be sent tender to the table if treated as follows:— Clean, truss and stuff according to taste. Put five spoonfuls of dripping or butter upon the breast. Place in the paper-bag. *Allow one hour and forty-five minutes to two hours and a half, according to the size of the bird in question, in a moderate oven (300° Fahr.).* The old rooster will appear on the table like a spring chicken, more serviceable than has ever been known in the history of cooking.

## Fowl.

Savory crumbs. Wash the fowl out well inside with plenty of cold water. Dry well, put the liver and a small shallot inside the bird. Have ready a large tablespoonful of white bread-crumbs. Add to them a lump of butter the size of a big walnut, pepper and salt to taste, a teaspoonful of finely minced chives, and a teaspoonful of well washed and minced tarragon.

Mix all together and put into the bag with the bird. *Cook gently for sixty-five minutes in 300° Fahr.* Open bag. Slip bird and crumbs out gently on to a hot dish and send to table with new potatoes and salad.

#### Turkey or Goose.

*Allow one and a quarter hours in moderate oven; if stuffed, allow one hour and forty-five minutes to two hours, according to size.*

#### Pigeon.

Requires very delicate cooking. My method cooks a pigeon to perfection, whether it is stuffed or not. To roast *allow fifteen minutes in a very hot oven; if stuffed, allow twenty to twenty-five minutes (350° Fahr.).*

#### Roast Quail.

Truss and lard the quail in the usual way. Place in bag. Seal up and put on grid. *Allow eight minutes in a very hot oven (350° Fahr.).* It must be cooked *quickly*. If no lard or fat is used, a little melted butter will do just as well.

#### Chicken Bruxelloise.

Cut a chicken into small pieces, add a finely-chopped leek, a chopped onion, a large tablespoonful of flour, seasoned to taste, half a pint of milk, and a small bouquet garni. Mix well and place in the bag. *Cook for forty-five minutes in 300° Fahr.*

#### Aylesbury Duckling with Turnips.

Thoroughly butter a paper-bag, place the duckling inside, cut a few slices of carrot and turnip into fancy shapes, cut up a few blanched spring onions and add with a bouquet garni. Pour in three tablespoonfuls of tomato sauce, and a wineglassful of Madeira. Season with salt and pepper according to taste. *Cook for forty-five to fifty-five minutes, according to size of bird, in 300° Fahr.*

#### Poulet à la Reine.

Take a fowl, trussed as if for boiling, and rub it well over with a split onion. Place it in a well-greased bag, and add to it a gill of good stock. Add also a sprig of parsley, a bay leaf, a sprig of sweet herbs, and, if obtainable, two or three spring onions, all tied together. Take four ounces of well-cooked rice and add it to the fowl. Place the bag on the grid; simmer very slowly in a moderate oven (300° Fahr.), until the fowl is cooked. Then dish up the fowl on a hot dish; re-

move the herbs, etc., and empty the rice into a fresh bag. Add to it a tablespoonful of stock, two-penny-worth of cream, a little grated lemon peel, a dust of nutmeg, and pepper and salt to taste; mix thoroughly. Add the well-beaten yolk of an egg; make hot again on the grid and serve at once.

Turkey poult and a fillet of veal are both excellent if cooked after this recipe.

#### **Poulet à l'Américaine.**

Joint a spring chicken neatly (first singeing it carefully), then dust each joint lightly with black pepper and place in a marinade for an hour, turning it frequently. Have ready a light frying batter, wipe the joints on a clean meat cloth, then dip each into the batter. Grease a bag very thickly and put into it the chicken, place it on the grid in the oven *and cook for about three-quarters of an hour* in 300° Fahr. Then take it out of the bag, drain it carefully, dust lightly with salt and a very little cayenne pepper and serve it quickly and hot. A lentil salad should accompany chicken cooked after this fashion.

#### **Poulet à la Marseilles.**

Bone a large fowl (or the poulterer will do this for you) and cut it into ten or twelve neat fillets; reserve the giblets, back, liver, bones, etc. Place an ounce of either fresh butter or clarified beef dripping in a clean enameled iron stewpan; as soon as it oils add the giblets, etc., together with a small onion stuck with a clove, and notched, in order to allow the juice to escape, a dozen peppercorns, a bay leaf, a tiny bit of mace, a carrot peeled and sliced, a turnip peeled and cut into neat pieces, a bit of celery, or else a good pinch of celery-salt, and a pinch of sugar. Fry for ten or twelve minutes, and then add half a pint or more of well-flavored stock; bring gently to the boil; next draw the pan to the side of the fire and simmer very gently, taking care that the stock does not reduce. Have ready a turnip and a carrot cut into tiny stars; tie all these up in a bit of muslin and set them to cook in the stock. When the latter is thoroughly strong and all the goodness has been extracted from the giblets, etc., strain off the stock into a well-greased bag, add to it pepper and salt to taste and the fillets of fowl, and let the contents of the bag simmer slowly until the fillets are thoroughly cooked, say about forty-five minutes, in 300° Fahr.

Then dish up on a hot dish, and garnish with the vegetable

stars; thicken the liquor in which the fillets were cooked with an ounce of brown roux, or, failing this, with half an ounce of flour and half an ounce of butter kneaded together; add to it four ounces of previously cooked mushrooms, make very hot, and pour over and around the fillets of fowl; garnish the outer edge with a border of crisply-fried croûtons, and serve as quickly as possible. A wineglassful of sherry or Marsala is an improvement to this sauce.

#### **Poulet Aux Olives.**

Take a chicken trussed as if for boiling; dust it lightly with spiced pepper, and reserve on a plate till needed; place two ounces of fresh butter or half a gill of oil, whichever is most convenient, in a large bag, add a tiny bit of garlic, notched in order to allow the juice to escape, a large tablespoonful of breadcrumbs, and the chicken; place the bag on the grid in the oven and cook for half an hour. Then remove the bird to a hot dish, having drained it carefully as directed. Pour off all the grease from the remaining breadcrumbs and remove the garlic. Put the residue of the gravy in a clean bag with an ounce of glaze, a teaspoonful of lemon juice, a heaped teaspoonful of red currant jelly and a large spoonful of good stock or gravy. Fold and make very hot, then open the bag and add a dozen olives farcies.

Make hot on the grid for five minutes. Pour over the chicken and garnish with straw potatoes, or, if liked, spinach. If the basting and draining are carefully attended to, this dish is bound to be a success; but if the slightest portion of grease is allowed to remain behind, the flavor will be spoiled.

#### **Pheasant**

is excellent treated in this way, and so, too, is black game, ptarmigan, or partridge.

Widgeon and teal may be cooked in this fashion, but plain olives should be used in place of the olives farcies alluded to here.

## VEGETABLES.

### To Boil Vegetables.

Always clean thoroughly before cooking and use outside leaves in stock pot. All fresh vegetables should be plunged into boiling salted water, the proportions being one tablespoonful of salt to one gallon of water.

Dried vegetables should be placed in lukewarm water.

A piece of sugar put into the water in which green vegetables are cooked, allows steam to escape easily.

Never allow vegetables to stay in the water in which they are boiled, but drain them at once and thoroughly.

Green vegetables take on an average about twenty minutes to cook, though ten minutes is often long enough for young peas, while cabbages sometimes take nearly an hour.

### Scolloped Artichokes.

Boil the artichokes until they are quite soft, and mash until they are free from lumps; season with salt and pepper; mix to a creamy consistency with some thick white sauce (made with milk). Butter a small fireproof dish; scatter some fine dry breadcrumbs, seasoned with pepper and salt, over it, fill up with the mashed artichokes, and cover thickly with more of the crumbs; pour oiled butter over the top, and bake until evenly browned in a quick oven.

### Artichoke Chips.

Take four or five artichokes; wash, peel and cut them into dice. Throw them into cold water for a minute or two, then dry thoroughly. Have ready in a frying-pan sufficient boiling fat to cover the artichokes. Put them in, and fry a golden brown. Drain them well in front of the fire, sprinkle with salt and serve.

### Artichoke Fritters.

Use cold cooked artichokes, cut in thick slices. Dip in batter, and fry a golden brown.

**Stuffed Artichokes.**

Take the cooked artichoke bottoms and fill them with mashed potato, flavored with cheese. Brown in the oven, and serve with cheese sauce.

**Bouchées d'Artichauts.**

Prepare green artichokes by cutting off the leaves close down to the fond, and trim off any that may adhere, cut off the stalk as closely as possible. Plunge the artichoke bottoms into boiling salted water, and leave them for five minutes, then take them out and remove the choke or fibrous part in the center. Place in boiling water and boil them until tender. When cooked take them out, drain them, and put them through a sieve, season with pepper and salt, moistening the whole with enough white sauce to make a purée. Have ready some pastry patty cases, ready cooked, fill each with the mixture and serve very hot.

**Eggs and Artichokes.**

Boil eight Jerusalem artichokes and cut them in slices, place them in a fireproof dish. Hard boil four eggs. When cold, shell them and chop them up, place the eggs on the top of the sliced artichokes, and pour over the whole a good white sauce flavored with Parmesan cheese. Dust over with breadcrumbs, and make thoroughly hot in the oven.

**Cream of Artichokes (Hot or Cold.)**

Boil one pound of Jerusalem artichokes until quite tender, then pass them through a sieve. Make a custard with half a pint of milk and the yolks of four eggs, pepper and salt. Whisk up the white of one egg, and stir this into the custard, mix it with the artichoke, and place all in a buttered mold, and steam for an hour. Serve hot with tomato or curry sauce, or set the mold on ice, and when quite cold turn out on to a dish, and serve with iced mayonnaise or hollandaise sauce.

**Scooped Jerusalem Artichokes.**

Scoop with a round cutter twenty-four pieces of artichoke, of the size of half an inch in diameter, wash, and put them in a small stewpan with half an ounce of butter and a quarter of an ounce of sugar; place on a slow fire for a few minutes, add two tablespoonfuls of white sauce, six of white broth or milk, let them simmer till tender, skim, mix a yolk of an egg with two tablespoonfuls of milk, pour in stewpan, and move it round very quick, and serve; it must not be too thick, and



the artichokes must be well done; they must not be in purée; they are good with or served under any white meat.

#### **Artichokes with Cheese.**

Wash and peel the artichokes, and place them in cold salted water, then put them in a pan full of boiling salted water. Boil for twenty minutes. (If the artichokes are old they should be put into cold water, which must be brought to the boil, and kept so until they are cooked.) Take the artichokes out and drain them, cut into pieces, then place them in a fire-proof dish, covering them with a good white sauce. Sprinkle with grated cheese. Place in a moderate oven, and bake about ten or fifteen minutes, until of a golden brown.

#### **Boiled Asparagus.**

Cut the stalks of a bundle of fresh asparagus evenly, and tie them up into a bunch, put them upright into a pan just large enough to hold them comfortably and with boiling water to within about three inches of the tops. Keep them on the fire for from thirty to forty minutes, then lift them out, drain well, remove the string and dish up on a napkin or square of toast. Treated in this way, the heads are not apt to come off, and the stalks, instead of being tough, are quite tender.

#### **Asparagus with Nut Gravy.**

Cut the young, green, small asparagus diagonally into equal lengths (like French beans), and cook lightly in fat; when slightly crisped, season with white pepper, salt, minced parsley and chervil, and add a little stock; simmer gently till cooked. Now add a spoonful or so of nutril, and serve. The great secret of this dish is only to put in enough stock in the first instance to cook the asparagus, for it should all be absorbed by the time you add the nutril.

#### **Vol Au Vent of Asparagus and Eggs.**

Cut up two dozen or so heads of cooked asparagus into small pieces, and mix in a stewpan with the well-beaten yolks of two raw eggs. Flavor with pepper and salt and stir freely. Add a piece of butter, the size of a walnut, and continue stirring for two minutes. Serve in a vol au vent case of pastry. Mushrooms, tomatoes, or green peas may be served in the same way.

#### **Asparagus Stew.**

Cut the tender part of asparagus into small pieces and cook in salted water. Now mince finely some parsley, spring onions,

and lettuce leaves. Place these in a stewpan with butter, a little water. Simmer gently until cooked, add the asparagus and serve at once.

#### **Asparagus and Cheese.**

Take the tender parts of asparagus and boil them in salted water. Now take a shallow baking dish and spread upon it a layer of grated cheese and butter. Upon this spread a layer of the cooked asparagus and so on alternately, having a layer of cheese and butter on the top. Place in the oven and bake until browned.

#### **Croustades of Broad Bean.**

Shell the beans and drop into boiling salted water. Boil gently from fifteen minutes to half an hour. When tender pour the water away, and shake them in the saucepan over the fire with a little butter, or cream, pepper and salt; serve about six beans in a case of fried bread, and pour a little parsley sauce over.

#### **Beans and Wine.**

Soak half a pound of dried beans overnight; the red are the best but haricot beans will do. After draining, place them in an enameled saucepan with an ounce of butter, a minced onion, one clove, a bouquet garni, and just enough clear stock to cover. Simmer slowly until the beans are tender but dry. After removing the bunch of herbs add half a teacupful of Burgundy or claret, a little pepper and salt, make very hot, and serve at once.

#### **French Beans with Cheese Sauce.**

Cook the beans in the usual way, by throwing them in boiling salted water, in which a teaspoonful of sugar has been placed. If young, cook them whole, only removing the spines and pointed end, or if stock is used, place them in a pan which has been buttered, sprinkle with salt, and just cover them with stock. When tender place them on a hot dish, make a white sauce, with one-half ounce of butter and one-half ounce of flour, mixed with one-half pint of the stock in which the beans have been cooked, add a good pinch of salt and stir well, adding one well beaten egg and two tablespoonfuls of finely-grated cheese. Do not let the sauce boil after the egg has been added or it will curdle. Pour round the beans and serve.

French beans can also be served with Béchamel sauce or quite plainly with a small quantity of butter melted and run

over them, with a shake of pepper and salt, or again with a plain melted butter sauce.

#### **Boiled Cabbage.**

Cut a good head of cabbage into very thin shreds and boil rapidly in plenty of water for a quarter of an hour. Now pour off the water, add sufficient milk to just cover the cabbage, a sprinkling of pepper and salt, and a blade of mace, and simmer until the cabbage is thoroughly tender, by which time the milk should be practically all boiled away or absorbed by the cabbage. Stir in a little butter just before serving.

#### **Cabbage and Egg.**

Remove the outer leaves and stalk of a tender cabbage and shred the remainder as finely as possible. Melt an ounce of butter in a frying pan, adding two or three tablespoonfuls of boiling water, and then put in the shredded cabbage. Season with pepper and salt and cook gently until the cabbage is quite tender.

Next add a well-beaten egg and cook slowly for three or four minutes, continually stirring the mixture. Now add a quarter of a pint of sour cream, make thoroughly hot and serve quickly.

#### **Curried Cabbage.**

Take all the outer leaves off a young cabbage, and boil the rest until half cooked. Drain it and chop it finely, place it in a pan with some curry sauce, and simmer it gently for one hour. Serve in a border of boiled rice. The outer leaves of the cabbage may be saved for the stock pot.

#### **Cabbage with Cheese Sauce.**

Boil a cabbage, cut it in eight pieces, then place it in one pint of cheese sauce, and make it thoroughly hot, and serve with the sauce poured over it.

#### **Cabbage à la Crème.**

Drain a boiled cabbage, cut it up small, put it into a saucepan with one ounce of butter, one gill of cream, and a seasoning of pepper and salt; stir all together over the fire, till thoroughly hot, then turn out on to a hot dish, and serve with fried croûtons.

#### **Stewed Cabbage.**

Wash a large cabbage thoroughly, blanch in boiling water, and then place it in a large saucepan containing boiling water, to which about half an ounce of salt and a small piece of com-

mon soda have been added, and let boil (leaving off the lid of the pan) until the cabbage is tender, but not enough to break. Take it out of the pan and plunge it into a basin of cold salted water and leave it until it is quite cold, and then drain it on a clean cloth. Fry a teaspoonful of chopped onion for five minutes, draw the pan to the side of the stove, and place the cabbage (cut into quarters) in it; pour in sufficient stock (or milk and water will do) to cover it, season with salt and pepper, and let the whole simmer for half an hour. Take out the cabbage and put it into a colander, and stand the latter on a plate in the oven. Thicken the sauce, strain it, and add a dessertspoonful of chopped parsley; put the cabbage on a hot dish, pour the sauce over it, and garnish it with small triangular pieces of fried bread.

#### **Baked Cabbage.**

Boil a large cabbage until tender and then chop it coarsely. Rub a fireproof baking dish with a little butter and place in it a layer of the cabbage. Over this pour a little white sauce, sprinkle freely with grated cheese, and season with pepper and salt. Repeat this process till the dish is full, covering the top with a thin layer of breadcrumbs, upon which should be placed a few tiny bits of butter. Bake in a moderate oven for half an hour.

Remains of cold cabbage and other vegetables can be used up in this way, a very savory dish being prepared of mixed cooked vegetables.

#### **Cabbage with Cream.**

Chop a small cold boiled cabbage and let it drain well. Now mix in two tablespoonfuls of melted butter, four tablespoonfuls of cream or good milk, and a little pepper and salt. Warm in a saucepan, stirring frequently, and then add two whisked eggs. Place the whole in a buttered stewpan and stir over the fire until very hot and lightly browned.

#### **Stewed Cabbage.**

Remove the outer leaves and scoop out the heart of a large parboiled cabbage. Stuff with a forcemeat made of minced odds and ends of meat or fish, a little bacon, breadcrumbs, or cold boiled rice, bound with the yolks of two eggs and seasoned with onion, herbs, etc., to taste. Tie up the cabbage neatly, place it in an earthenware cooking pot or enameled stewpan, and simmer in water, or better still, in good stock for an hour. Carefully remove the string from the cabbage

before serving and pour over it the strained stock. If the cabbage has been cooked in water, any good sauce may be substituted for the stock.

Fried potatoes or potato croquettes can be served with this dish.

#### **Sauerkraut.**

A dish dear to the heart of our German cousins, and one which involves very little trouble in preparation, and is moreover, very wholesome.

Take three large cabbages, shred thoroughly and place in a wooden tub with a cupful of water, an ounce of salt, and half a teaspoonful of cream of tartar. Thoroughly mix and cover closely, placing a weight upon the cover. Keep thus for about three weeks in a moderately warm place, during which a slight fermentation will take place.

At the end of this time it should be cooked gently for several hours, and may be served with slices of boiled bacon or sausages.

#### **Red Cabbage and Apples.**

Place in an enameled saucepan a red cabbage with just enough water to cover it. Add four or five peeled and cored apples, a little butter, two cloves and pepper and salt. Now cook slowly for at least three hours. Just before serving stir into the sauce a spoonful of vinegar.

#### **Carrots à la Flamande.**

Take about twelve young carrots, blanch and rub off skins. Now put them into a stewpan with one ounce of butter, a salt-spoonful of castor sugar, some finely minced parsley, a seasoning of pepper and salt, and sufficient water to cover well; allow to simmer for fifteen to twenty minutes, when they should be quite tender, shaking them once or twice in the process. Remove the pan from the fire, and stir in the yolk of one egg, beaten up with two tablespoonfuls of cream or new milk and serve very hot.

#### **Glazed Carrots.**

Blanch some small young carrots, as uniform in size as possible, and dry them well; put them into a pan with just enough stock to cover, and a lump of loaf sugar; boil quickly till the stock is reduced to a glaze, then add to this one and a half ounces of butter, and a seasoning of salt and stir them in this till the liquid is all absorbed, and the carrots are quite glazed with the butter. Serve hot.

**Stewed Carrots.**

Take a bunch of young carrots, and after scraping thoroughly cut into neat pieces and boil for ten minutes in salted water. After draining, place the carrots in a stewpan with an ounce of butter, a little grated nutmeg, a couple of pinches of castor sugar, and a little pepper and salt. Sprinkle over them a dessertspoonful of flour and fry gently for a few minutes, frequently shaking the stewpan. Now add half a pint of white stock and simmer for twenty minutes, stirring and skimming frequently.

As soon as the carrots are quite tender stir in the beaten yolks of two eggs and a tablespoonful of good cream. Keep stirring over the fire until the whole is blended, but not to boil; then serve on a hot dish. A few triangles of fried bread should be arranged round the carrots and the whole sprinkled with a little chopped parsley.

**Carrots and Peas, à la Crème.**

Scrape and wash some young carrots, blanch and drain them on a cloth. Put one ounce of butter into a small stewpan, and when it has melted add the carrots, season them with salt and pepper, and a pinch of sugar, and allow to simmer for six minutes, then cover with thick white sauce, and let them cook slowly until they are quite tender. Just before taking the stewpan from the fire, add a squeeze of lemon juice to the sauce, two tablespoonfuls of cooked green peas, and two teaspoonfuls of grated cheese; place the carrots on a hot dish, and scatter a little finely-chopped parsley over them.

**To Cook Cauliflower.**

Let the cauliflower be thoroughly washed, and then soaked in water to which salt and vinegar have been added, to free it from any insects which may not have been discovered. Blanch and then place it in a basin of cold water; when it has cooled, drain and plunge it (with the flower downwards) into a saucepan containing fresh boiling salted water, to which a pinch of borax and three or four lumps of sugar have been added; keep the water boiling steadily while the cauliflower is cooking, but do not put on the cover of the pan, and remove the scum from time to time, to prevent it adhering to the cauliflower. When cooked, place it carefully on a clean cloth in a colander, cover the sides of the cloth over the top, and leave the cauliflower near the fire to drain; after which serve.

**Curried Cauliflower.**

Boil two cauliflowers carefully without breaking the heads. Take the flower part and arrange neatly in a deep dish. Fry one medium-sized onion (cut in slices) in clarified fat until brown, mix in a dessertspoonful of flour and three-quarters of a dessertspoonful of curry powder, and three parts of a tumblerful of weak stock; boil for ten minutes, strain, and pour over the cauliflowers.

**Cauliflower Croûtons.**

Make the required number of bread croûtons and fry. Take one spray of cooked cauliflower for each croûton and place it in the hollow in the center. Pour a cheese sauce over very neatly and serve very hot.

**Aigrettes of Cauliflower.**

Boil a cauliflower in plenty of salted water to which a little vinegar and a pinch of sugar have been added; drain it well, and when cold divide it into sprigs. Put one ounce of butter into a saucepan containing half a pint of water; as soon as it boils, stir in a half a pound of flour and continue stirring until a stiff paste is formed, which leaves the sides of the pan without sticking to them, then remove the pan from the stove, and when the paste has cooled a little stir in two whole eggs (beaten), and three ounces of grated cheese, and spread the paste on a plate to cool. Take one sprig of cauliflower at a time and envelop it in the paste, place in a frying basket, and drop it into some hot fat which is not actually boiling, and fry until the aigrettes are just brown, taking care not to put too many into the basket at once. Serve them piled upon a dish with a little grated cheese sprinkled over them. Many cooked vegetables can be served in this way such as artichokes, sea-kale, celery, and beetroots.

**Cauliflower with Onion Sauce.**

Boil the cauliflower and place in a fireproof dish. Cover with onion sauce, sprinkle with brown crumbs and make very hot in the oven. Serve very hot.

**Cauliflower Fritters.**

Break a cooked cauliflower up into neat pieces, dip these in frying batter till well covered, and fry in boiling fat. Drain them well, sprinkle with grated Parmesan cheese and coralline pepper. Serve at once on a napkin. This is an excellent way of using up cold cauliflower.

### **Cauliflower Au Gratin.**

Boil the cauliflower, place it in a fireproof dish, pour over it an ample quantity of cheese sauce, sprinkle with grated cheese, and brown crumbs and bake until slightly brown on the top.

### **Cauliflower with Tomato Sauce.**

Clean and soak the cauliflower in salt and cold water for one hour, then plunge it into boiling water, returning it again to cold water. After this, put it in a pan of boiling water slightly salted (half an ounce of salt to one gallon of water) and boil it until tender, say for about twenty to twenty-five minutes. In the meantime, make half a pint of tomato purée, and when the cauliflower is cooked, place it on a dish, pour the purée over it, sift some finely grated brown crumbs over it, and serve.

### **Cauliflower Fritters.**

Take a large parboiled cauliflower, and after draining divide carefully into branches. Dip each into a batter made with a tablespoonful of flour, half a cupful of milk, the whipped yolk of an egg, and an ounce of butter, with a little pepper and salt. Fry each branch carefully in boiling fat, and drain before serving.

### **Fried Celery.**

Remove the leaves from three sticks of celery and cut them into equal lengths. Place these in a stewpan with two or three slices of ham and the same quantity of bacon, half a pint of stock, and a little pepper and salt. Simmer gently for a quarter of an hour, or a little longer if the celery is large. When cool, take out the pieces of celery, dip them first in beaten eggs, and then in breadcrumbs, and fry in butter. Tomato sauce should be served with the dish.

### **Stuffed Cucumbers.**

Peel and split lengthwise some thick cucumbers, carefully scoop out the seeds, and stuff with a mixture made of chopped chicken or lamb, cold boiled rice, and herbs, moistened with white stock. Bring the halves together and place in an earthenware cooking pot or enameled stewpan, add a cupful of milk or white stock, and stew very gently until quite tender. Remove the cucumbers, thicken the sauce with a little flour and butter, the yolk of an egg, and the juice of a lemon. Strain carefully, add a tablespoonful of capers and some chopped parsley, and pour it over the cucumbers before serving.



**White Cucumber Sauce.**

Peel two cucumbers, divide each lengthwise into four, remove the pips, and cut into pieces one inch long; add, in stewpan, one ounce of butter, a teaspoonful of sugar, half a teaspoonful of salt, let stew on the fire for fifteen minutes, then add a gill of white sauce, six spoonfuls of milk, broth, or water, simmer gently and skim; add a tablespoonful of liaison, and serve where directed. Remember, however, that these garnitures ought to be served under the meat and over poultry.

**White Cucumber Purée.**

Peel two small or one large cucumber; cut in slices, put in the stewpan with the same vegetables, etc., as for cauliflower; when tender, add a tablespoonful of flour, three gills of milk or broth, boil, finishing as the cauliflower.

**To Cook Corn.**

Open a small can of corn and strain off the liquid; then simmer the corn until tender, but not "pulpy" in three tablespoonfuls of milk, half an ounce of butter, pepper and salt. About ten minutes will suffice for the cooking.

**Curried Corn.**

Prepare the corn as before and heat in a good curry sauce. Pile in the center of a hot dish, and surround with boiled rice, garnished with strained yolk of egg.

**Corn and Omelette.**

Prepare the omelette as usual and have ready some corn heated in white sauce. Just before serving the omelette spread the inner portion with the hot corn.

**Corn Rissoles.**

Take the cooked corn and beat it in white, cheese, or tomato sauce, and then leave until cold. Form into rissoles, egg and crumb and fry. Serve very hot, garnished with fried parsley.

**Corn Au Gratin.**

Cook the corn as before, and have ready some white sauce. Heat a fireproof dish, butter it, and sprinkle with some fine brown crumbs. Heat the corn in the sauce and place it in the dish, cover with cheese and crumbs, and bake for twenty minutes in a hot oven.

**Corn with Buttered Eggs.**

Have ready the buttered egg, and pile it in the center of a

hot fireproof dish, surround with the cooked corn and garnish with small circles of fried bread.

#### **Egg and Corn Toast.**

Prepare the egg and corn, stir them together, and serve very hot on buttered toast.

#### **Corn Fritters.**

Take half a can of corn, two eggs, two tablespoonfuls of flour, one tablespoonful of finely-chopped parsley, seasoning to taste. Drain the corn into a bowl; stir in the flour carefully, add the parsley, season, and lastly, well beat the eggs and stir those in. Have ready some boiling fat in a frying-pan, into which the batter should be dropped in dessertspoonfuls. Drain on kitchen paper, and serve at once on a hot dish.

#### **Haricot Beans.**

Haricot beans must be soaked for quite twelve hours in cold water, then put into a pan with cold water slightly salted (half an ounce of salt to one gallon of water), brought slowly to the boil, then drawn to side of fire, and simmered for about two hours.

#### **Haricot Beans with Tomato Purée.**

Cook the beans as above, and serve, covered with some tomato purée.

#### **Haricot Beans à la Milanaise.**

Cook the beans as usual and serve with a covering of sauce *à la Milanaise*, which should be made in the following manner:—Blanch four onions, then dry and cut them up, place them in a saucepan with a pinch of sugar, one ounce of butter and a small spoonful of salt. Boil a tablespoonful of rice, and when cooked add it to the onion; moisten with one-half pint of milk or water, cook slowly, stirring occasionally; when the onions are soft add one tablespoonful of finely-grated cheese. Mix well, and pass through a sieve, add to this one-half pint of white sauce, mix thoroughly, repeat, and pour over the beans.

#### **Lentils.**

Soak the lentils for at least twelve hours in cold water. Then drain and place them in a pan with cold salted water (one gallon of water to one-half ounce of salt), bring them to the boil and then simmer until the lentils are quite soft, say

for about one hour. After having been cooked like this they can be served as advised for haricot beans or plain, save for the addition of a pat of butter melting among them, a sprinkling of chopped parsley, and a soupçon of pepper and salt.

#### **Lentil Fritters.**

Take four ounces of cooked lentils, two ounces of bread-crumbs, one braised onion, one egg, celery salt, and pepper. Mix well. Take up pieces about the size of a walnut, and fry a golden brown.

#### **Broiled Mushrooms.**

Skin the mushrooms and cut off the stalks; place them on a greased tin, sprinkle with butter, pepper and salt and cook in the oven or before the fire. Pour off the liquor from the mushrooms, make some toast and spread with butter, and then pour the mushroom liquor over. Place the mushrooms on the toast and serve very hot.

#### **Mushrooms on Toast with Devonshire Cream.**

Make a number of croûtons of lightly fried bread and choose a like number of mushrooms the same size as the croûtons. Peel the mushrooms, rinse them in warm water to remove any grit, and remove the stalks. Place them on a greased baking sheet, stalk side uppermost. Put some small pieces of butter on each mushroom, and a little pepper and salt. Cover with buttered paper, and cook in a moderate oven from ten to twenty minutes. Serve a mushroom on each croûton, and on each mushroom place a spoonful of clotted Devonshire cream.

#### **Blanched Mushrooms.**

Get a punnet of fresh mushrooms, remove the stalks (reserving them for chopping), wash the heads in a bowl of clean water, and drain in a sieve; put into a stewpan two wine-glasses of cold water, and a little salt; peel each head neatly, and put them into the stewpan immediately, or they will turn black; set your stewpan on a brisk fire, let them boil quickly five minutes, put them into a bowl ready for use; chop the stalks, and peel very fine, put them into stewpan with three tablespoonfuls of the liquor the mushrooms have been boiled in; let them simmer three minutes, put them into a jar, and use where indicated. Peeling mushrooms is an art that practice alone can attain; if they are very fresh and white, wash them quickly and wipe them on a cloth; throw them into the liquid above-mentioned.

**White Mushroom Sauce.**

Use small white ones; cut the dark part out and remove the stalk, wash in several waters, put in a stewpan with a little butter, salt, pepper, juice of lemon, sauté it for a few minutes, add a gill of white sauce, four tablespoonfuls of broth, milk, or water; boil, and serve under any white meat.

**Mushroom Croutes.**

Cut some rounds of bread about three-quarters of an inch thick and scoop them out rather thinner in the center, fry until a golden brown, drain, and keep hot. Place the required number of mushrooms on a greased baking-tin with a piece of butter in each, and place in the oven to cook. In the meantime, mince one or two mushrooms and place them in a pan with a small quantity of good brown sauce. When cooked place a spoonful on each croute, and a whole mushroom on the top of each. Serve very hot.

**Mushrooms Au Gratin.**

Peel the mushrooms and cut off their stalks, and place the heads in a buttered fireproof dish. Peel the stalks and wash them, add the peeling, dry them and cut them up. Make a sauce with one ounce of butter and when melted add half an ounce of flour, stirring into it half a pint of milk. Stir well, bring to the boil, and then throw in the chopped stalks, a dessertspoonful of finely chopped parsley, a teaspoonful of finely chopped onion, a dusting of pepper and half a teaspoonful of salt. Simmer the sauce until it thickens, strain and add some browning. Pour the sauce over the mushrooms, sprinkle some browned breadcrumbs over the whole, and bake in a quick oven for ten minutes.

**Mushrooms and Tomatoes, Baked.**

Put the required number of small tomatoes on a baking-tin, greased with butter or dripping. Sprinkle over them a little pepper and salt and cover them with greased paper. Place in a moderate oven for about ten minutes or a quarter of an hour. Serve between rows of baked mushrooms.

**Stewed Mushrooms.**

Peel and rinse the mushrooms and cut off the ends of the stalks. Stew them gently in water, stock, or milk until quite tender, adding pepper and salt to taste. Then thicken the gravy with a little flour and let it cook well, stirring carefully. Before serving, stir in a little cream or butter and send to

table on buttered toast; or as a surround to a dish of rice boiled in vegetable stock.

#### **Baked Mushrooms.**

Peel the mushrooms, rinse them to remove any grit, and cut off the ends of the stalks. Put them on a greased baking-tin with the stalk side upwards, and with little bits of butter on each mushroom, with a little pepper and salt. Cover them with buttered paper, and bake in a moderate oven from ten to twenty minutes, until tender. Serve on buttered toast on a hot dish, with the gravy poured over them.

#### **Stuffed Mushrooms.**

Take about a dozen good-size cup mushrooms and after peeling and removing the stalks let them soak for an hour in salted water. In the meantime mince two ounces of cooked tongue or ham and two shallots. Fry the shallots in some butter till a golden color. Add the meat and a small French roll previously soaked in milk and thoroughly mashed. Mix the whole thoroughly, adding a little chopped parsley, grated nutmeg, and pepper and salt, and bind with the yolks of two or three eggs.

With this mixture fill the hollows of the mushrooms and place them on a greased plate or baking-tin. Cover with a sheet of oiled paper and bake in a quick oven for about ten minutes.

Now let them get cold. Dip each stuffed mushroom in ordinary frying batter and fry in oil or good dripping until a golden color.

The fat must be carefully drained from them before serving.

#### **Mushrooms and Eggs.**

Cook slowly one pound of sliced mushrooms until tender in just sufficient white stock to cover them, adding a little butter, onion, herbs, and seasoning to taste. Press the whole through a sieve and pile upon a plate, covering carefully with poached eggs. Sprinkle with a little pepper and salt before serving.

#### **Stuffed Vegetable Marrow.**

Take a large but young vegetable marrow, split lengthwise, scoop out the seeds and rub in some salt. Take half a pound of savory rice, season this with salt, pepper, and chopped parsley. Mix all well together and lay inside the marrow, tying the two sides together with broad tape. Boil very slowly for about an hour or more, according to size, in just

enough water to prevent burning. Serve covered with white sauce, or with tomato or curry sauce.

#### **Fried Vegetable Marrow.**

Stew a vegetable marrow in weak stock, then stamp into neat rounds; drain dry, dip them into beaten egg and bread-crumbs, and fry a golden brown.

#### **Vegetable Marrow Au Gratin.**

Take the remains of a vegetable marrow which has been boiled, cut it into rather thin slices and lay in a shallow fire-proof dish, add a little butter or dripping, and season well; cover with raspings and a little grated cheese, and brown well before quick fire.

#### **Vegetable Marrow Fritters.**

Use cold cooked vegetable marrow cut in squares, dip in batter and fry a golden brown.

#### **A Useful Hint About Onions.**

Many people refrain from eating onions on account of their disagreeable effect. If the following is tried, it will be found, probably, that they may be eaten with impunity. Before using onions for any purpose, either for cooking or for salads, peel them and put them in a bowl of cold water (in which a piece of soda the size of a hazel-nut has been dissolved), for about ten minutes. Then take them out and wash in fresh water. The soda will have withdrawn all that makes them objectionable, without impairing their flavor.

#### **To Fry Onions.**

Put as many peeled onions as are required into a saucepan containing cold salted water; let the water boil up and continue boiling for seven minutes, then drain the onions and put them aside until they are cool. Slice them with a sharp knife, and separate them into rings, and roll them up in a floured cloth until it is time to fry them. Have ready a saucepan containing plenty of boiling fat, place the onion rings — not too many at a time — in a wire frying-basket, and cook them until they are crisp and of a golden brown; drain on paper, and serve very hot.

#### **Onions Stuffed.**

Peel twelve large onions, cut a piece off at the top and bottom to give them a flat appearance, blanch and lay them on a cloth to dry; take the middle out of each onion, and

fill with veal forcemeat (with a little chopped shallot parsley, and mushroom, mixed in it), and put them in a saucepan well buttered; cover with white broth, and allow to simmer over a slow fire until covered with a glaze, and tender; turn them over, and serve where required.

#### **Onions Purée with Poached Eggs.**

Fry some onions in thin slices and chop them fine; drain well, and simmer them in stock until they can be sieved. When quite smooth, replace in the pan, and add a little nutril, and boil for a few minutes, stirring constantly. The purée should be quite thick. Serve very hot, with poached eggs on the top, and garnish with fried croûtons.

#### **Spanish Onions Au Gratin.**

Boil one pound of Spanish onions, throwing away the water after it first comes to the boil, and adding fresh. Well butter a fireproof dish, and arrange the boiled onions in it. Fill up the crevices, and cover the top with browned breadcrumbs and grated cheese, moisten with little milk, season well, and over all place a layer of breadcrumbs with little dabs of butter. Bake until a nice color.

#### **Spanish Onions en Surprise.**

Put some Spanish onions, which have been peeled and washed, into a saucepan containing plenty of cold salted water; when the water boils up draw the pan to the side of the stove, and let them cook gently until they are parboiled. Drain the onions and carefully remove the middles: place some savory rice in each, pressing it well into the onion, put them on a baking-tin which has been rubbed with some good butter or beef dripping, and surround them with small pieces of fat, cover the onions with greased paper, and let them cook slowly in a moderately-heated oven for four hours, basting them frequently. Serve with thick tomato sauce.

#### **Stuffed Onions.**

Remove the centers from six large parboiled onions and mince these with six mushrooms, two tablespoonfuls of sausage meat, a cupful of breadcrumbs, four tablespoonfuls of capers, two pickled gherkins, and a little herbs, pepper, and salt to taste. Stir in about half a cupful of stewed tomatoes, fill the onions carefully with the mixture and bake for twenty minutes. Any white savory sauce may be served with this dish.

**To Mash Potatoes.**

To six good-sized cooked potatoes allow one ounce of butter, two tablespoonfuls of cream, milk and cream mixed, or all milk. Salt and white pepper. Put the potatoes through a masher, melt the butter in the milk and cream, and beat thoroughly well together and make hot.

**New Potatoes.**

Place the potatoes in a bowl of cold water, and leave them for a few minutes; then rub or scrape off the skin. Place in cold water in a saucepan with some salt and sprig of mint, and boil gently for twenty minutes, drain and dry. Put into the dish with a tiny piece of butter on each potato.

**Curried Potatoes.**

Slice some hot boiled potatoes, and pour over them a curry sauce.

**Little Potato Pies.**

Mash some potato with plenty of egg sauce, flavor with salt and pepper, add either grated cheese, two tablespoonfuls of tomato purée or the same quantity of onion purée. Place in little fireproof china pans and bake until top is lightly browned.

**Stuffed Potatoes.**

Bake the required number of large potatoes, all of a size and shape. Cut off a slice lengthwise and scoop out most of the interior. Mash this removed portion with plenty of egg sauce and season with salt and pepper. Pipe the edges of the potato cases with mashed potato and make thoroughly hot.

**Soufflé Potatoes.**

Wash some large potatoes, and bake them without removing the skins until they are thoroughly cooked. Cut a small piece off the top of each, and with the handle of a teaspoon scoop out the inside; mash this carefully with a fork, or pass it through a potato masher; add a little milk, a piece of butter, and season with pepper and salt; beat the potato until it is light and creamy. Fill the skins with the mixture. When ready put the potatoes on a baking sheet, and place in a quick oven for ten or fifteen minutes.

**A Savory Potato Dish.**

Rub a fireproof china dish with onion, then butter it, and



sift breadcrumbs lightly over. Slice some cold boiled potatoes into this, place a few bits of butter over, a seasoning of white pepper and salt, and a few white breadcrumbs. Repeat this until the dish is full, then cover with fine breadcrumbs to which has been added one-fourth of the quantity of grated cheese. Bake for twenty minutes in a quick oven, and serve with finely-chopped capers scattered over.

#### **Potato and Tomato Savory.**

Take some cold cooked potatoes and cut in slices; peel the same quantity of tomatoes; remove the hard center. Arrange in alternate layers in a stewpan in which three ounces of butter has been melted, and sprinkle with pepper, salt, and parsley. Cook gently for ten minutes, stirring now and then. When thoroughly hot, serve with croutons of fried bread.

#### **Potatoes and Eggs Au Gratin.**

Take six or seven baked or boiled potatoes and cut them in slices, and slice two hard-boiled eggs. Place them in layers in a baking dish, sprinkle each layer with grated cheese. Pour over four ounces of melted butter or white sauce, and put into a slow oven until hot. Brown on the top.

#### **Potato Pyramids.**

Take about six cooked potatoes, mashed with just sufficient milk to enable the potato to be formed into small pyramids; neatly arrange these on a fireproof dish, score the outside of the cones, sprinkle with white pepper and salt, and then with grated cheese. Pour over all some melted butter and cook in a slow oven until quite hot. Serve at once in the same dish with onion purée poured round.

#### **Potato Balls with Cheese Flavoring.**

Take some cooked potatoes, crumble and flavor with grated cheese, salt and pepper, and add sufficient milk to make the mixture moist and smooth; form into balls, fry and serve powdered with grated cheese. Garnish with fried parsley.

#### **Potato and Rice Cakes.**

Take any remains of mashed potatoes and add half the quantity of boiled rice, mix them all together with a little butter, season well with pepper, salt and cayenne. Roll out on a floured board to about an inch and a half thickness, cut into rounds or squares with a cutter. Brush over with beaten egg, and bake in a hot oven.

**Potato Mold.**

Mash one pound of well-boiled potatoes with the same quantity of boiled mashed carrots; pass through a fine wire sieve, mix all well together with warm milk, and an ounce of butter; place in a buttered mold, and set in a hot oven for ten minutes; turn out on a hot dish, and brown in the oven. Serve with curry, tomato or chutney sauce.

**Potato Cromeskie, with Mushroom.**

Have ready some mushrooms stewed in white sauce (the mushrooms cut into small pieces). Make some smoothed mashed potato and add to it a beaten yolk of egg. Form balls of the potato. Hollow out a place in each, fill with the mushroom mixtures. Cover with more potato; egg, crumb, fry, and serve very hot.

**Potato and Cabbage Cakes.**

Take some cold potato and cabbage, about equal quantities of both, mash smoothly together, adding beaten egg, white sauce, or melted butter to moisten. Flavor plentifully with pepper, add a little salt. Form into round cakes, flour and bake or fry.

**Réchauffé of New Potatoes.**

Put into a pan from half an ounce to one ounce of butter, add a good dessertspoonful of chives, with salt, pepper, and dust of nutmeg to taste; when the whole is smoothly blended, pour in sufficient cream or new milk and stir all together until it boils up, then add as many cold cooked and sliced new potatoes as you want, and allow them to heat thoroughly in the sauce without actually boiling, which would break them; serve them with a dust of coralline pepper.

**Cream Potatoes.**

Having washed and peeled the number of potatoes required, cut them into very thin slices, and as much the same size as possible. Place them in cold water for half an hour, then drain them and dry on a soft clean cloth. Have ready a fire-proof dish with a closely-fitting lid, butter the bottom and sides of it, and place over all, after filling with potato, a layer of butter. Fix the lid on firmly, and place the dish in a moderate oven for three-quarters of an hour, when serve.

**Potato Croquettes.**

Take one pound of cold cooked potato and mash until all the lumps have disappeared, add a pat of butter and enough

milk or cream to make the potato soft and of the right consistency to form into balls. Add a tablespoonful of chopped parsley, a very small quantity of chives (if liked), mix well and form into balls. Coat them with eggs, roll them in finely-grated breadcrumbs, fry a golden brown, drain and serve.

#### **| Potatoes à la Lyonnaise.**

Select some waxy potatoes which have been boiled or steamed and allowed to become cold; cut them into dice-shaped pieces and flour them. Put some clarified drippings (about an ounce is sufficient for half a dozen medium-sized potatoes) into a frying pan, with a dessertspoonful of onion (which has been scalded and finely chopped) and the potatoes, and fry them till they are slightly browned, taking care to turn them constantly, so that they do not burn. Then pour into the pan a small quantity of stock or milk, and when it boils add salt and pepper and a tablespoonful of chopped parsley, and serve very hot.

#### **Potatoes à la Maître d'Hôtel.**

Boil some new potatoes, then slice them, and heat them with two ounces of butter, some minced parsley, a few drops of lemon juice, and a half teacupful of stock, salt and pepper.

#### **Puffed Potatoes.**

Peel the potatoes and cut them into slices about one-eighth of an inch in thickness. Cut each slice into half. Soak the potatoes in cold water for half an hour. Dry well by rolling them up in a cloth. Put plenty of clean fat into a stewpan and as soon as it is hot (not boiling) put in the potatoes (in a frying basket). Let them cook slowly until they are tender, but they must on no account be allowed to get brown. Put aside on paper to drain. When they have had time to cool, prepare a bath of boiling fat. Place some of the potatoes (not too many at a time) in a frying basket. Immerse them in the boiling fat, when they should puff up, and quickly become a golden brown. Remove the basket directly the potatoes are ready. When all are done, sprinkle with salt and pepper, and serve at once. The secret of success lies in the two cookings, and the potatoes must be perfectly dry before cooking.

#### **Potato Ribbons.**

Wash, dry, and peel some large potatoes. Now pare them round and round into long strips. The strips should not be

too thin, or they will break. Place in a frying basket and drop into hot fat, and fry a delicate brown; drain and sprinkle with salt, cayenne, and white pepper.

#### **Potatoes and Cheese.**

Beat two large eggs thoroughly, add three-quarters of a pint of milk, and season with a little pepper and salt. Next butter a large baking dish and put in first a layer of slices of cold potatoes. Sprinkle with grated cheese and a little pepper and salt and add carefully two tablespoonfuls of the eggs and milk. Repeat the process till the dish is full, letting the top layer be one of grated cheese. Bake in a moderate oven for half an hour and serve in the dish in which it is cooked.

This is a simple and economical way of using up cold potatoes. It makes an excellent supper dish.

#### **Boiled Potatoes.**

Cook the potatoes in their jackets in salted water, after which peel them, cut into slices and place on a dish. Pour over them a white sauce with capers, or gherkins cut into pieces about the size of capers.

#### **Potato Puff Balls.**

Take a cupful of crushed bread rusks with three cupfuls of mashed potatoes and mix with two well-beaten eggs. Flavor with chopped parsley, pepper, salt, and a little nutmeg. If the mixture is not very stiff add a little more bread. Make into small balls and throw into boiling salted water, in which let them cook for a quarter of an hour, by which time they will have nearly doubled in size.

Tomato sauce may be served with these.

#### **Dutch Fried Potatoes.**

Put a spoonful of chopped onion into a frying pan with sufficient butter, and let it brown. Then add two cupfuls of sliced raw potatoes, sprinkle with pepper and salt, and fry till they are lightly browned. Now beat up an egg, pour it over the potatoes, and serve at once.

#### **Potato Mold.**

Boil one pound of good floury potatoes and rub them through a hair sieve into a large bowl. While still hot work into the potatoes the yolks of four eggs and one ounce of grated Parmesan cheese, seasoning with a little pepper. Next melt two ounces of fresh butter and stir well into the potatoes,

afterwards adding the whisked whites of the four eggs. Mix very thoroughly and then place the whole in a buttered pudding mold which must be not quite filled. Tie a sheet of paper over the mold and bake for twenty-five minutes.

#### Potato Purée.

Although every English-woman knows how to prepare mashed potatoes it cannot be denied that French women turn out a superior article; and it may, therefore, be of interest to describe the French mode of preparing this dish.

Peel eight fairly large potatoes and cut into quarters. Then wash them and place in a saucepan with sufficient cold water to just cover. Sprinkle with a little salt and boil for half an hour. After draining rub the potatoes through a fine sieve and place in a sauecpan with a quarter of strong stock—a little meat extract will do—a suspicion of grated nutmeg, a little salt and white pepper, and an ounce of butter. Stir this briskly over the fire, for the lightness of the purée will depend mainly upon the vigor with which the stirring is done.

When ready pile up the purée on a hot dish and serve it at once; or the surface may be smoothed with the blade of a knife and brushed with beaten egg, after which the dish is baked for about fifteen minutes till the surface is nicely browned.

#### Potato Pie.

Mix together four boiled potatoes sliced, a tablespoonful of minced onion, the same quantity of chopped parsley, a little pepper and salt, and half a cupful of new milk. Stir thoroughly and place in a dish. Over this spread a layer of bread-crumbs mixed with the yolk of an egg. Bake the whole thoroughly.

#### Pilgrim Potatoes.

Mix together four tablespoonfuls of flour with a cupful of milk, a beaten egg, and a little parsley. To this add four sliced onions previously fried in butter. After stirring thoroughly, slice six large boiled potatoes into the mixture, and add just enough milk to cover the whole. Sprinkle freely with breadcrumbs, a little nutmeg, and some chopped parsley, and bake until well browned.

#### Green Peas Stewed.

Put a pint of young peas, boiled very green, into a stewpan, with three tablespoonfuls of white sauce, two ounces of but-

ter, a little sugar and salt, and two button onions, with parsley, tied together; boil ten minutes; add two tablespoonfuls of liaison, stir in quickly, and serve.

#### **Green Peas with Bacon.**

Put a pint of well-boiled peas into a stewpan, with five spoonfuls of brown sauce, two of brown gravy, a teaspoonful of sugar, two button onions, and a bunch of parsley; let it boil about ten minutes; have ready braised about a quarter of a pound of lean bacon, cut it in dice about a quarter of an inch square, add it to the peas, take out the onions and parsley, season with an ounce of butter, and half a teaspoonful of sugar; mix well together, stew twenty minutes, and serve.

#### **Purée of Green Peas.**

A good way to use rather hard peas. Boil the peas with mint, salt, and sugar, and when quite done, rub through a sieve, or, if too hard, pound in a mortar, mix with three ounces of butter (to one pint of peas), add white pepper, and add a little sap green if a bad color. Stir in a stewpan over a clear hot fire and serve in the center of a dish of nut cutlets, semolina cakes, etc.

#### **Peas à la Française (Hot).**

Put two ounces of butter into a saucepan with a few sprigs of mint, half a peeled onion, and a couple of tablespoonfuls of milk or cream. Add the peas, cover the saucepan, and cook gently for half an hour or rather longer. When the peas are cooked, remove the onion and mint, and season with salt and pepper, and a dust of white sugar, and serve.

#### **Peas and Lettuce.**

Take four heads of lettuce which have previously been par-boiled in a quart of any kind of broth, and after removing the centers fill with a mixture of green peas and a little flour and minced onion. Tie each lettuce carefully and simmer for one hour in half a pint of white stock. Remove the strings, arrange the lettuces carefully on toast, and pour the sauce over all.

#### **Seakale with White Sauce.**

Tie it in bundles, and put into boiling salted water with a little butter. Boil, with the lid off the saucepan, until the seakale is tender. Drain and serve on toast. White sauce should be poured over it. Seakale is sometimes boiled in milk, which should afterwards be used for the sauce.

**Fried Seakale.**

Boil the seakale, cut it into pieces of a convenient size, dip into flour, then pass it through egg and breadcrumbs, and fry until of a golden brown.

**Sorrel Sauce or Purée.**

Wash well four handfuls of sorrel, put it nearly dry into a middle-sized stewpan, with a little butter; let it melt, add a tablespoonful of flour, a teaspoonful of salt, half one of pepper, moisten to a thick purée, with milk, or broth, or cream; pass it through a sieve, put it back in a stewpan, warm again, add two whole eggs, two ounces of butter, and stir well, and serve where directed.

**Spinach Patties (Hot).**

Take one pound of spinach leaves pick and wash them well, and after blanching, drain them and place them in cold water, remove, press, and strain to get rid of as much moisture as possible. Chop them up, place in a double pan and cook by hot air, or put them into a stewpan with a pinch of salt and sugar, half an ounce of butter, and a quarter of an ounce of flour, and after stirring this for a few minutes longer, add the spinach. Stir for five minutes, then add a quarter of a pint of milk and stir this for a few minutes longer, and then add half a pint of milk, stirring steadily until the liquor is almost dried up. Remove from the pan and pass through a sieve, then return to the fire and add a small pat of butter and keep very hot. Have ready the required number of pastry patties. Quickly make some buttered egg, place some of the spinach in each case, with a spoonful of buttered egg on the top, and serve at once very hot.

**Spinach and Eggs.**

Cook two pounds of spinach by the hot air process, or boil it; when it is well drained, pass it through a fine wire sieve. Put two ounces of butter into a saucepan, and when it is melted stir in the spinach. Season it with salt, pepper, and a pinch of powdered sugar, and add two tablespoonfuls of cream. Pile in a hot dish and decorate with sieved yolk of egg, quarters of hard-boiled egg, or arrange in a flat bed, and lay neatly poached eggs on the top, or arrange as a border with scrambled eggs in the center.

**Spinach with Cream.**

Wash the spinach in six or seven waters, to remove all

grit, put it in a saucepan on the fire with a very little water and salt; when done, strain very dry and chop it up very fine. Warm two ounces of butter in a stewpan, put the spinach in, stir until the moisture quite evaporates, then add a very little salt, a tiny pinch of sugar (a very little nutmeg, if liked), a pinch of flour, and one large tablespoonful of cream, and let the whole simmer for a quarter of an hour. Then put through a sieve and keep hot. In the meantime, fry in fat some bread cut into fingers, about two inches long and a quarter of an inch wide, and plant them in little rows all over the spinach when dished.

Spinach cooked thus is delicious, and a very different matter from the stringy green mass generally served.

#### Spinach Pudding.

Boil two pounds of spinach in the usual way, and after draining and cooling, chop and place it in an enameled saucepan with two ounces of butter, a quarter of a pint of stock, and half a pint of Béchamel sauce—made by simmering together white stock, cream and herbs—and let the whole simmer for about five minutes. After cooling mix thoroughly with half a pound of forcemeat—preferably made of veal—the yolks of two eggs, and pepper and salt to taste. Fill a mold with the mixture and cook for half an hour. Before serving turn out the pudding on a dish and garnish with pieces of turnip, carrot, and potato cut into shapes.

#### Spinach Fritters.

Cook some spinach in the usual way, pass through a sieve and place in an earthenware cooking vessel with butter, salt, spices, a little sugar, and the zest of lemon. Mix the whole thoroughly over a gentle fire and then add a glass of milk. Cook until it thickens, then stir in two beaten eggs. The mixture is then made into fritters and fried.

#### Spinach Purée.

Endive is often used in France, and called chicoree. This purée may be made like the cauliflower, or only plainly chopped, put into a pan with two ounces of butter, a gill of white sauce, a little grated nutmeg, and a little salt, pepper, and sugar.

#### Tomatoes Stuffed with Rice.

Scald the tomatoes in boiling water for a minute or two, and then carefully remove the skins. Cut a small piece off



the top of each and remove a little of the pulp. Put a spoonful of tomato rice into the tomatoes, and scatter the top thickly with fine crumbs, seasoned with celery salt and cayenne. Spread a baking-tin with dripping; place the tomatoes in it, and bake in a moderate oven for about half an hour.

#### **Tomatoes Au Gratin with Eggs.**

Butter a fireproof dish and put in a layer of browned bread-crumbs, moisten with a little stock and season well, then add a layer of sliced tomatoes and repeat until the dish is full, having a layer of dry breadcrumbs on top; put little dabs of butter on it to help it to brown nicely, and bake in a hot oven. When nearly done, break carefully four eggs, one on each corner of the dish, and replace in the oven until the eggs are set, and serve.

#### **Tomato Rice.**

Wash two ounces of rice thoroughly and cook in half a pint of milk until quite soft, then flavor with salt and pepper. Take one pound of tomato purée, add the rice, and beat together until smooth. Stir in one ounce of butter. Serve very hot, with or without grated cheese.

#### **Tomato Purée.**

Take six small tomatoes. Cut them into slices and place in an enameled saucepan, add one ounce of butter, a teaspoonful of chopped parsley, salt, pepper, and a tiny pinch of cayenne. Pour over one pint of stock. Boil until quite soft, and then pass through a sieve; add one ounce of anchovy essence, thicken with half an ounce of butter and half an ounce of flour previously mixed together in another pan with some of the tomato mixture. Stir over the fire until the sauce thickens, and it is then ready for use.

#### **Jellied Tomatoes.**

Whip half a pint of cream until stiff, season it with celery, salt and pepper. Add three ounces of grated cheese, and whisk in by degrees a quarter of a pint of cool but liquid aspic jelly which has been flavored with tarragon vinegar. Continue to whisk until the mixture begins to stiffen. Previously peel and halve some small round tomatoes, and remove the seeds from the halves when cut open, and drain for a little. Place each piece of tomato, when filled, on a cheese biscuit, and ornament it round the edge with a piping of cheese cream. Garnish the dish with cress, and put a tiny bunch into the middle of the cream with which the tomatoes are filled.

### Tomato Pie.

Slice a good-sized onion thinly, blanch it, and fry in fat till lightly browned. Take one pound of ripe tomatoes, skin and cut in slices. Place a layer of onions in the bottom of the pie dish with a good seasoning of salt and pepper, then a layer of tomatoes, with white breadcrumbs scattered over and a few pieces of butter, and so on until the dish is almost full. Have ready some well-mashed potatoes, and spread thickly over, so as to form a crust; score them with a fork and bake until brown.

### Turnips à la Poulette.

Peel about one pound of young turnips, wash them well, trim into olive or pear shapes; put them on fire in cold salted water, and bring them sharply to the boil; then drain, rinse in cold water, and dry them in a clean napkin. Have ready some veloute sauce (i.e., melted butter, made with one ounce of butter, one and a half ounces of flour, and about three-quarters of a pint of vegetable stock instead of water), drop the turnips into this, and cook them till ready, very gently for about twenty to twenty-five minutes, according to size. When ready lift them out, and keep hot. Add a spoonful of castor sugar to the liquor, boil up sharply, and just before serving stir in the yolk of an egg and a little piece of butter cut up small; do not let the sauce re-boil after adding these; season to taste with pepper and salt, pour the sauce on to the turnips, and serve very hot.

### Glazed Turnips.

Peel about one pound of young turnips, wash them well, cut into quarters, and put them on in salted water; bring this sharply to the boil, then place them in a well-buttered small frying or saucepan, sprinkle them liberally with castor sugar, and directly the turnips begin to color pour a little stock in, and season with pepper and salt, and a little more sugar if liked; let them stew slowly till quite tender, and serve them with the sauce poured over them.

### Vegetable Curry.

Do not attempt to make a curry in a hurry. Two hours is the least in which you can make a vegetable curry worthy of the name, and it is far wiser to allow three or four hours.

Do not ask your cook to make a curry on a day when she is busy with other matters, for it will take an hour or more of undivided attention, throughout the time of cooking.

There is, however, no reason that curry should not be made the day before it is wanted, for it improves by keeping and by being re-heated.

## SOYER'S PAPER-BAG COOKERY.

### VEGETABLES.

If there is one article of our diet which more than any other benefits by cooking in paper bags it is the vegetables.

Hitherto the vegetables of the ordinary cook have been a byword for all that is tasteless and unappetizing, and thus they have been robbed of the popularity to which their food-value entitles them. Vegetarian and meat-eater alike know and regret that by ordinary methods of cooking much that is best in vegetables, both for the palate and the health, are boiled out into the water and thrown away.

Medical men tell us how valuable are the salts and other constituents of vegetables thus wasted. Little medicine would be needed if we included in our diet these juices, which form the choice flavor of the vegetables. Up to the present we have thrown nature's physic to the dogs—or, at any rate, down the kitchen sink.

But with the vegetables cooked in bags nothing is lost. All the food-value and all the flavor are retained. The cooking is easier, without smell, and the result will be to place vegetables in that honored place which they should occupy on every well-served table. This is a matter which the ordinary householder and the "Food Reformer" alike have at heart.

#### Asparagus.

Trim and clean the asparagus in the usual way. Tie up, and put in the paper bag. Add a quarter of a tumbler of water, a little salt, and place on the grid. *Allow thirty-five to forty-five minutes in a hot oven (350° Fahr.).*

#### Lima Beans.

Take a quart of lima beans, add two ounces of butter, four ounces of diced ham, a little sugar and salt, a good teaspoonful of flour, and a few sweet herbs to taste. Put in a bag with half-a-pint of water and *cook for sixty minutes in a moderate oven (300° Fahr.).*

#### Vegetable Marrow.

Peel and halve lengthways two or three vegetable marrows,

remove the seeds, blanch for three minutes and drain well. Chop up some cold meat or poultry left from a previous meal, season to taste, add a small chopped shallot or onion, a tablespoonful of flour, a little Worcester sauce, two small halved tomatoes, and an equal quantity of mushrooms peeled and chopped. Blend with two tablespoonfuls of stock or gravy, mix well, stuff the marrow with the mixture, place in a well-buttered paper-bag, and *bake for thirty-five to fifty minutes* in 300° Fahr.

#### Mushrooms.

Peel the mushrooms and wash them well. Then cook in the same way as tomatoes, and allow the same time.

#### Peas, Plainly Boiled.

Put a pint of freshly-shelled peas, a sprig of mint, and half a pint of water into a paper-bag, seal up, and *cook for thirty-five to forty-five minutes* in 300° Fahr.

#### Peas.

Put a pint of freshly-shelled green peas in a bowl, add a teaspoonful of sugar, an ounce of butter, a teaspoonful of flour, a little salt, a chopped lettuce, a small bouquet garni and half a pint of water. Mix together, place in a bag and *cook for thirty minutes in a moderate oven* (300° Fahr.).

#### New Potatoes.

Peel, halve and put sufficient in paper-bag for three persons with three tablespoonfuls of cold water. Add one leaf of mint, and a little salt. Seal up bag. Place gently on the grid. *Allow thirty to thirty-five minutes in hot oven* (350° Fahr.). All potatoes should be cut in two.

#### Baked Potatoes.

Thoroughly wash twelve good-sized potatoes. Make a few small slits in them but do not peel. Place in a paper-bag with one tablespoonful of water. Cook for *thirty-five to fifty minutes*, according to size, in 350° Fahr.

#### Pommes Chateau.

Peel and blanch two dozen small potatoes and drain well. Put them in a bag and add two ounces of butter. Seal up and *bake in a very hot oven for thirty-five minutes* (350° Fahr.). Place on a very hot dish, season to taste and serve.

#### Pommes Paysanne.

Cut half a dozen good-sized peeled potatoes into large dice;

blanch for a minute or so. Place in a paper-bag and add a chopped onion, four ounces of ham finely diced, and two ounces of butter. Seal up and *bake for thirty minutes* in 300° Fahr.

#### **Pommes Maître d'Hôtel.**

Cut up six cold boiled potatoes, place in a well-buttered bag, add half a glass of milk, salt and pepper, an ounce of butter, a little chopped parsley, and grated nutmeg. *Cook for fifteen minutes* in 300° Fahr.

#### **Spinach.**

Pick over and thoroughly wash two pounds of spinach; leave the vegetable as wet as you can, and put in a bag. Add a little sugar and a pinch of salt. Seal bag, and *cook for thirty-five minutes* in 300° Fahr. Then stand the grid bearing the bag on a large plate, and prick the bottom of the bag in such a way as to allow all the water to run out. Dish up, add a small piece of butter, and serve.

#### **Tomatoes.**

Place six tomatoes in boiling water for twenty-five seconds, then take them out, and you will find they will peel easily. Butter your paper-bag. Place salt, pepper, a suspicion of sugar, and a small piece of butter in the bag, and put on grid. *Allow twelve minutes in hot oven* (350° Fahr.).

## ENTRÉES.

### Amourettes (Beef).

Cut up two pounds of beef marrow and mix it with a cupful of tomato sauce and a little pepper and salt. To this add half a pound of sliced cooked truffles and a quarter of a pound of minced ham. Line a mold with breadcrumbs mixed with butter and herbs and fill with meat. Let it steam for three-quarters of an hour, and serve with stewed mushrooms.

### Beef Scallop.

Place one tablespoonful of chopped onion into a stewpan with one ounce of beef dripping and fry it until it is brown; then stir in the flour, and when this is smoothly mixed add half a pint of vegetable stock. Let the sauce boil up, season it well with salt and pepper, add one dessertspoonful of tomato catsup, and after it has simmered for ten minutes strain it into a bowl. Butter a pie dish and put a layer of cold beef in it which has been cut into rather thin slices; pour a little of the sauce over it, sprinkle with some chopped parsley and a little chopped onion which was strained from the sauce, and then add more meat and sauce alternately until the dish is full. Cover the top thickly with fine dry breadcrumbs, pour a little warm dripping over the bread, and cook the meat in a moderately hot oven for at least an hour. If the bread is getting brown too quickly cover it with a sheet of greased paper.

### Beef Cake.

Cut one pound of beefsteak into small slices, which should be as nearly square as possible; season them with salt and pepper and nutmeg, and roll them up tightly. Cut a carrot and onion, and a piece of turnip into slices, and put them into a jar with a small slice of bacon, and place the rolls of meat on them. Add a teaspoonful of browning and the sauce to a pint of hot water, and season it with salt and pepper; fill up the jar with the liquor, cover it closely and put it into

a moderately hot oven for two hours. Then take out the meat and vegetables, cut some of the carrot into fancy shapes, and place them at the bottom of a pie-dish with some slices of hard-boiled egg, sprinkle with some chopped parsley and put in the meat. Let the liquor in which the beef was cooked boil up, free it from grease, and add some leaf gelatine (which has been softened in cold water) in the proportion of half an ounce to three-quarters of a pint of the liquor. Stir it for a few minutes and then strain over the meat. When the contents of the dish are quite firm, turn out the beef cake and garnish it with parsley.

#### Beef Gateau.

Put one and a half ounces of dripping into a frying pan with a small slice of fat bacon, one small onion (sliced) and one pound of tender beefsteak which has been cut up, and fry until the meat is nicely browned; then put it aside to cool while the sauce is made. Add a tablespoonful of flour to the pan in which the meat was fried, stirring it well into the fat; then pour in gradually, stirring all the time, half a pint of hot water; when the sauce is smooth and thick, add one teaspoonful of tomato or Yorkshire relish, or some store sauce to it, and a little browning; season it with pepper and nutmeg, and let it simmer for ten minutes. During this time pass the beef through a meat chopper, then strain the sauce into the minced meat; mix it well and add a well-beaten egg. Take a plain tin mold, rub it over on the inside with clarified dripping, and when the mince is cold fill the mold with it; cover with greased paper, put a plate on the top, and place the mold in a hot oven for half an hour (if the oven is only moderately hot, allow rather longer). Turn the meat out of the mold, and pour some brown sauce or clear gravy round the dish.

#### Grenadin of Beef.

Cut some tender rump steak into medium-sized rounds which should be about half an inch thick, and fry them in small quantity of hot beef dripping over a very quick fire for from six to ten minutes, turning them only once while they are cooking. Cut some small thin slices of bacon, and roll it up; run a skewer through the little rolls and cook in a hot oven. Serve the grenadines round a pile of haricot beans with a roll of bacon between each. Prepare the haricot beans as follows:—Put a teacupful of large haricot beans, which have

been soaked for at least twelve hours, into a saucepan containing plenty of cold water; when the water boils add an onion, a few pieces of celery and two cloves tied together in a piece of muslin; draw the pan to the side of the stove and let the beans simmer gently for about three and a half hours, adding more water from time to time if necessary; it is advisable not to add any salt until the beans are cooked as they are less liable to burst. When the beans are done, drain them on a cloth and after arranging them on a dish, cover them with parsley sauce.

#### **Beef Mold.**

Put four ounces of breadcrumbs into a saucepan, and pour in sufficient hot beef gravy to moisten them; let the mixture boil up, and when a thick paste is formed remove the pan from the stove, and add the yolks of two eggs, then half a pound of finely-minced beef, and the liver, which has been cooked with a few slices of onions in clarified bacon fat and then rubbed through a wire sieve. Season the ingredients with salt, black pepper, and a little cayenne, then stir in one tablespoonful of tomato sauce and the whites of two eggs, whisked to a stiff froth. Butter a plain tin mold, fill it with the prepared meat, place a piece of buttered paper over the top, and steam it steadily for an hour; then turn it on to a hot dish, cover the top with grated horse-radish, and surround with savory brown sauce.

#### **Beef Olives.**

Beat one pound of lean steak with a rolling-pin for a few minutes and then cut it into slices as nearly the same size as possible, but they must not be thick; flatten them out with a wet knife, and spread each with a layer of forcemeat. Then roll them up and secure them with crochet cotton; flour the little rolls and fry them in clarified dripping until they are nicely browned, and then stew them very gently for from one and a half to two hours in some flavored brown sauce, which has been thickened with equal proportions of flour and corn-flour. For the forcemeat mix three ounces of breadcrumbs with the chopped parsley, onion, herbs, grated lemon-peel, and bacon. Season with pepper, salt, and a little nutmeg, and moisten the dry ingredients with sufficient beaten egg to make it into a fairly soft paste. The olives can be made with cooked meat if more convenient.

#### **Beef Suzette.**

Cut one and a quarter pounds of fillet of beef (or tender



rump steak) into moderately thick slices, and then into neat square pieces (not too large), and place the meat in a pie-dish containing salad-oil, vinegar, a dust of black pepper, a few pieces of bruised parsley and some lemon thyme. After it has been in the pickle for about two hours, take out the meat, wipe it and cook it quickly over a fierce fire in a frying-pan, which contains a small quantity of hot dripping. Scatter a little chopped parsley (or horse-radish) over the fillets and place them so that they just overlap in some fried potatoes or French beans, which have been prepared according to the direction given below, and neatly arranged in a line down the middle of a hot dish. Remove the strings from the beans, cut them into thin strips and wash them well in cold water, then put them into a saucepan containing plenty of boiling water, to which add a small piece of soda and some salt (allow a large teaspoonful to a quart of water), and let them boil quickly for about half an hour. When done drain the beans on a colander and then turn them on to a cloth for a few minutes. Put an ounce of butter into a stewpan; when it is melted, add the beans and season them with a pinch of salt, pepper, sugar, and nutmeg, and let them simmer for five minutes; add a teaspoonful of chopped parsley and after letting them cook very gently for five minutes longer, serve them as directed.

### Beef Timbole.

Put into a stewpan one and a half ounces of clarified beef dripping; when it is hot add one slice of fat bacon, one onion (sliced), and about one pound of beefsteak cut into two pieces, and fry the meat quickly until it is evenly browned, then remove it from the pan and let it get cool. Put the flour into the pan in which the steak was fried and mix it smoothly with the fat, then pour in, gradually stirring all the time, the hot water, and when the sauce is smooth and thick add a little brownng and tomato catsup; season it with salt and pepper and let it simmer for ten minutes. Pass the steak through a meat chopper, then strain the sauce into the minced meat and add a well-beaten egg. Rub some plain dariole molds with dripping, fill them with the mince and place them in a moderately hot oven; put a piece of greased paper over the darioles and cook the mince for about half an hour. When firm, turn it out of the molds and pour some gherkin sauce round the dish. Add the pickled gherkins, finely minced, to

the sauce, simmer gently for ten minutes and it will be ready for use.

#### **Bistecchi (Beef).**

Take about two pounds of fillet of beef or rump-steak, and after removing the skin and most of the fat cut it into four equal parts and sprinkle well with pepper and salt on a dish. Pour over them a tablespoonful of white wine vinegar and three tablespoonfuls of salad oil. Let them remain in this for about an hour, frequently turning them over, and then grill for ten minutes or fry in oil. If the fillets are very thick they may take a little longer to cook.

#### **Casserole of Rice with Collops (Beef).**

Cut one pound of lean steak into small square pieces, and put them into a stewpan containing an ounce of melted clarified dripping, one onion cut in half, one carrot (sliced) and a few pieces of celery. Fry the meat until it is evenly browned, turning it frequently to prevent it from burning. Then take out the beef, stir two ounces of flour into the pan, mixing it smoothly with the fat, and pour in by degrees a pint of hot water; stir quickly with a wooden spoon until the sauce has boiled and thickened. Season it with salt, pepper, and a very little grated nutmeg, and add sufficient browning to make it a rich brown; put in the fried meat and let it stew very gently for two hours. When done, place the collops in a casserole of rice, prepared according to the directions given below, strain the sauce over them, and garnish with little three-cornered sippets of fried bread. For the casserole, boil the rice until it is quite tender in a pint of water, with a thick slice of onion stuck with cloves, and sufficient salt and pepper to season it. When the rice is done, all the liquid should be absorbed, and if it is allowed to cook too quickly, rather more water must be added. Take the onion out of the rice and when it has cooled press it into a plain border mold which has been well buttered, or a pie dish will answer the purpose. As soon as the rice is quite cold turn it out of the mold; if a dish has been used carefully remove the middle of the rice to within about half an inch of the sides and bottom. Then brush the casserole over with clarified butter, scatter some browned bread-crumbs over it and put it into a quick oven until it becomes a golden color, and fill it at once with the collops.

#### **Cold Pie (Beef).**

Pass a large slice of bacon twice through a meat chopper

and mix it with one tablespoonful of chopped parsley; half a teaspoonful finely minced onion, salt, some freshly-ground black pepper, and a dust of curry powder. Cut some beefsteak into rather thin slices which should be as nearly as possible two and a half inches square; spread a small quantity of the bacon mixture on the pieces of meat, and roll them up. Rub a stewpan over with fresh beef dripping, and pack the beef rolls tightly into it; place a piece of greased paper over the meat, then cover the pan and fry it for a few minutes, add a quarter of a pint of water, and let it cook very gently on a moderately hot stove for an hour. During the time the meat is cooking prepare some vegetable stock thus:—Cut a small onion, two young carrots and a piece of turnip into slices and put them into a small saucepan with a pint of water, add a blade of mace, twelve whole peppers, a clove and salt to taste. When the stock has simmered for an hour add sufficient coloring to make it a clear brown, a large teaspoonful of tarragon vinegar, and five leaves of French gelatine, and strain in a bowl. Place the rolls of beef in the pie-dish and let them get cool; cut one and a half hard-boiled eggs into slices and put them among the beef, stand an egg-cup in the middle of the dish and pour in as much of the stock (which should be cool) as the dish will contain without letting it touch the paste. Cover the meat with a paste of medium thickness, put an ornamental rose in the middle, and bake the pie in a quick oven. When it has cooled a little, carefully remove the rose from the top of the pie and pour in a little more of the stock; then replace the rose and leave the pie untouched until the following day.

#### **Dresden Patties (Beef).**

Mince some cooked beef finely, taking care to remove all the fat and gristle; and a small quantity of cooked bacon, also minced, and a dust of salt and pepper. Spread some clarified dripping evenly over a small stewpan, put in two teaspoonfuls of minced onion and let it fry for a few minutes until it shows signs of becoming brown, then add the minced meat and stir it constantly for eight minutes. Pour in sufficient nicely-flavored, thick, brown sauce to moisten the mince, draw the pan to the side of the stove and let it simmer for fifteen to twenty minutes. Cut some slices of bread from a "tin" loaf of about one inch in thickness, stamp them out into medium-size rounds with a cutter, mark the bread in the middle but

without cutting it through; dip the rounds of bread quickly into milk, then brush them over with some beaten egg, and after covering them thickly with fine dry breadcrumbs, fry them at once in plenty of boiling fat. Take care the bread does not become more than a golden brown, and after draining it on paper, remove the portion from each round which was marked with the small cutter, and fill up the little cases thus formed with the prepared mince. Have ready a little powdered parsley, scatter this over the surface of the mince and serve the patties at once.

#### **Fillet of Beef with Shrimps.**

Cut one pound of fillet of beef into neat square pieces of medium thickness, brush them over with oiled butter, sprinkle them with black pepper and a little cayenne, and grill them over a clear fire. Boil some rice in some weak stock until it is quite tender and the liquid has been absorbed; season it with salt and pepper, add a piece of butter to it, and mold it on a hot dish into a smooth border, and dish up the fillets on it. Make half a pint of thick brown sauce, flavor it with a little tomato catsup, add a squeeze of lemon juice and a few drops of carmine to it, and pour half of it into a small saucepan; then stir in a quarter of a pint of pickled shrimps. As soon as they are thoroughly hot, place about a teaspoonful of the sauce and shrimps in the middle of each fillet and scatter a little chopped parsley over the top. Fill up the middle of the rice border with fried potatoes, and pour the remainder of the sauce round the dish.

#### **Hashed Beef.**

Chop two pounds of underdone beef with a quarter of a pound of suet and two onions, flavoring with pepper, salt, and parsley. Mix well with half a cupful of breadcrumbs and moisten with a cupful of stock. Place the whole in a dish or mold and cover with breadcrumbs moistened with a spoonful of lemon juice. Bake until well browned, and serve with mashed potatoes.

#### **Hashed Beef. (Another Method.)**

Chop together two pounds of lean beef and a quarter of a pound of suet, and add two minced onions and a sprinkling of pepper, salt, and chopped parsley. Thoroughly mix with these half a cupful of breadcrumbs and a cupful of clear stock. Pour the whole into a mold or bowl and sprinkle thickly with crumbs, pouring over them a teaspoonful of lemon juice. Let

the whole bake until thoroughly done, and then turn it out on a dish with a border of mashed potatoes.

#### **Minced Cutlet (Beef).**

Pass half a pound of cold roast beef through a meat chopper, then add the breadcrumbs which have been moistened with some highly seasoned boiling stock, and then beaten to a paste—some salt, pepper, cayenne, and a little nutmeg. Moisten the mince with the thick brown sauce and half a well-beaten egg and spread it on a dish to get cold. Take a small portion of the mince at a time and form it into the shape of cutlets on a floured board. When all are ready dip the cutlets into beaten egg and then cover them with dry breadcrumbs which have been well seasoned with salt and pepper, and mixed with a little chopped parsley and finely-minced onion. Let the cutlets stand for ten minutes then egg and crumb them again and after being put aside for another ten minutes fry them in a bath of boiling fat.

#### **Marinated Beef.**

Sprinkle well a fillet of beef with salt and let it stand for four hours. Now make a pickle of vinegar, red wine, and water in equal parts, some small onions stuck with cloves, slices of lemon, a few bay leaves, two or three pieces of ginger, and branches of thyme, marjoram, and any other herbs that are liked. Some people add a little gin, but this is not necessary. Boil this pickle and pour it over the fillet of beef, which must be left in it for three days. Each day the pickle is again boiled up and poured over the fillet.

On the fourth day remove the fillet and lard it with anchovies cut into thin strips, and then place it in a stewpan or earthenware cooking pot upon a layer of slices of fat bacon. Cover with more slices of fat bacon, moisten with a little of the pickle, and then place a sheet of buttered paper over the whole. While cooking add from time to time a very little of the pickle. When the fillet is done make a sauce by mixing two spoonfuls of flour with a little boiled milk, adding some butter, minced anchovies, and a little of the pickle. Cook this over the fire, strain, add some capers, and pour it over the fillet.

#### **Pickled Steak (Beef).**

Take about two pounds of rump-steak, place in a deep dish and cover with two sliced onions, twenty-four white peppercorns, six cloves, a teaspoonful of finely-chopped parsley,

thyme and marjoram mixed, a tablespoonful of salad oil, and two or three tablespoonfuls of tarragon vinegar. Let the steak steep in this marinade from twelve to twenty-four hours, turning frequently.

When ready to cook drain the steak, wipe it well and grill quickly over a clear fire until nearly done. Strain the marinade into a stewpan, boil it up, add salt to taste, put in the steak, and let it simmer very gently for about twenty minutes.

### **Rolled Beef.**

Take about two pounds of tender steak (cut in one piece), flatten it out with a rolling-pin, and trim off the fat; flour the meat, and spread it with a forcemeat made as follows:—Mix six ounces of fine breadcrumbs with two ounces of finely-chopped suet, a teaspoonful of dried mixed herbs, a tablespoonful of minced parsley, a teaspoonful of chopped onion and the same quantity of fat bacon finely-minced, a little grated lemon-peel, and a liberal seasoning of pepper and salt and a dust of cayenne; moisten the dry ingredients with sufficient beaten egg (or milk will do) to make a fairly stiff paste. Roll up the meat, tie it with narrow tape at each end and in the middle, and put it on to a baking tin; pour a little melted dripping over it, and place some unmelted dripping round the meat, and bake it in a moderately hot oven until it is nicely browned; the meat must be basted frequently, and if it is inclined to brown too quickly, place a piece of greased paper over it. When done remove the tapes and pour some brown sauce which has been thickened with flour, over the meat, and also round the dish.

### **Rolled Beef in Jelly.**

Cut some fairly thin slices from a piece of cold roast beef, spread them with a layer of potted ham (or cold boiled bacon), and roll them up and tie with thin white twine. Rub a stewpan over with some fresh beef drippings, and put in a small onion (sliced), a few thin pieces of carrot and turnip, and the little rolls of beef, cover with greased paper and fry for six minutes. Then pour in a small quantity of stock (not enough to cover the meat) and let the meat cook very gently for an hour. On taking it out of the stewpan, place it on soft paper, and when it is cold remove the twine. Put a small onion into a saucepan with a pint of cold water, two cloves, a few thin strips of lemon-peel and a little salt and pepper, and let the water simmer for half an hour. Add a large

teaspoonful of strong colored gravy, one tablespoonful of tarragon vinegar and stir in three-quarters of an ounce of French gelatine, and when the latter has melted, strain through muslin into a bowl. Pour a small quantity of the jelly into a plain round mold, and when it is firm arrange some little pieces of pickled cauliflower, slices of pickled gherkins and strips of French beans (which have been dipped into liquid jelly), on it, and as soon as the vegetables are set fill up the mold with the rolled beef, and when the remainder of the jelly shows signs of setting, pour it over the meat. The following day turn the jelly on to a dish covered with a paper d'oyley, and garnish it with pieces of fresh parsley.

#### **Sauerbraten (Beef).**

Place a piece of lean beef in vinegar and let it soak for two days. After draining, lard freely with fat bacon, dust with pepper, salt, and mixed spices, and brown thoroughly in a frying-pan with melted butter. Next place the meat in a saucepan with a pint of boiling water, sliced carrots, an onion, the rind of a lemon, and any herbs that are preferred. Cover and let it simmer gently for three hours. After taking out the meat skim the gravy, thicken with flour, add a little vinegar, and pour over the meat.

This dish is usually eaten with sauerkraut.

#### **Spiced Pressed Beef.**

Take the bones from four to five pounds of salt brisket of beef, wash the meat and spread it out on a board and scatter some spices and herbs (which should be mixed together) over the inside. Roll up the meat, tie it in the middle and at each end with narrow white tape and wrap it in a pudding cloth, which must also be tied securely. Put the meat into a large saucepan of warm water; let it boil up, remove the scum and add two onions, one carrot and a small turnip. Cover the saucepan and let the meat simmer very gently for four hours. At the end of the time take out the beef and after tightening the cloth place it between two flat dishes with weights on the top and leave it until the following day. Remove the cloth, wipe and trim the meat and proceed to glaze it, and as soon as one coat has set brush the meat over again with more glaze, and so on until it is thick enough to look well; great care must be taken to get a perfectly even surface. To make the glaze, dissolve eight sheets of French gelatine in about a quarter of a pint of boiling water, then add sufficient Paris-

ian essence and carmine (only a few drops of the latter) to make it a rich reddish brown.

#### **Steak and Kidney Pudding.**

Cut some beefsteak into moderately thin slices, and cut half as many slices of bacon the same size as the beef, only very much thinner, and slice as many kidneys as are required. Spread out the slices of beef with a knife, sprinkle them with a little salt and some black pepper, and a very little chopped onion and parsley; place a slice of bacon on some of the pieces of meat, and a slice of kidney on the others, and roll them up tightly and dust them with flour. Line a buttered bowl with suet paste, pack the little rolls of meat into the bowl and pour over them a quarter of a pint of water; cover the pudding securely with paste, pressing the edges, which should be moistened, well together. Tie the bowl in a floured cloth, and boil the pudding steadily for four hours. For the crust, shred or grate six ounces of Hugon's suet and mix it well with a pound of flour; when it is entirely free from lumps, add half a teaspoonful of salt and a teaspoonful of baking-powder, and add sufficient cold water to make a fairly soft paste. Roll it out to about a third of an inch in thickness and use.

#### **Steak and Kidney Pie.**

Cut up one and a half pounds of steak into small, almost square pieces, which should not be too thick, season with pepper, salt, and a little finely chopped parsley and onion, and roll them up; then dust lightly with the flour. Cut half a pound of ox kidney into thin slices, fry these lightly and quickly in a small quantity of boiling dripping, and put them aside to cool. Chop the bacon coarsely and then proceed to fill the pie-dish; butter the latter and place a layer of meat rolls in it; then cover them with some slices of fried kidney, and sprinkle over some of the chopped bacon. Then put more meat rolls and kidney and bacon and pour in sufficient stock, seasoned with pepper and salt to nearly fill the dish; cover it, and put it into a moderate oven for two hours. When the meat has cooled, add a little more stock, if necessary, and put on a dripping-paste; brush it over with some beaten yolk of egg, and bake in a well-heated oven until the crust is evenly browned.

#### **Steak and Tomato Pudding.**

Mix some fine salt with a dust of cayenne, some black pepper



and a little grated nutmeg. Cut about a pound and a half of lean steak into moderately small thin slices; dust them with some prepared salt, and roll them up. Shred six ounces of refined beef suet with a sharp knife and put it into a bowl with one pound of flour, a pinch of salt and a teaspoonful of baking powder; rub the suet into sufficient cold water to mix it to a smooth and fairly soft paste. Turn the paste on to a floured board, and roll it out to about one-third of an inch in thickness, then line a pudding dish (which has previously been buttered) with it. Remove the skin from some firm tomatoes, cut them into quarters and take out the seeds. Place a layer of meat rolls in the bowl, cover them with some pieces of tomato, then scatter a little bacon and onion over them and continue in the same way until the dish is full. Pour in rather less than half a pint of stock (or water) and cover in the pudding with a layer of the paste about a quarter of an inch thick; trim it neatly and moisten the edge and press it well against the under paste so that it may adhere. Dip a pudding cloth into boiling water, wring it and flour it, then tie it securely over the dish. Have ready a saucepan containing boiling water; put in the pudding, and let it cook steadily for four hours, taking care that the water does not boil over the top of the dish.

#### **Stewed Roast Beef.**

Roast a piece of lean beef before an open fire until it is half done, basting from time to time with butter. Now take the juice of twelve moderate-sized onions, add sufficient bread-crumbs to absorb it, and one pound of fresh butter. Mix thoroughly into a smooth paste and season with pepper and salt. Now place the mixture in a stewpan and stir in sufficient strong stock to make a thick sauce. When this has simmered five minutes place in it the piece of beef cut into slices. Cover and simmer until thoroughly done.

The sauce should be strained, thickened with the yolks of three eggs, and poured over the slices of beef arranged in a pile on the dish.

#### **Stewed Roast Beef. (Another Method.)**

Cut some cold roast beef into small square dice and place them in a saucepan with two tablespoonfuls of butter. Stir constantly over the fire till the meat is lightly browned, then add half a cupful of stock, four tablespoonfuls of good tomato catsup, a sliced onion, a minced green chili, and a pinch of

pepper. Mix well, cover closely, and simmer very gently for twenty minutes.

The stew should be served with a border of boiled rice.

#### **Stewed Kidneys.**

Place as many kidneys as are required for a dish in boiling water for a few minutes, then remove the skin, cut them in two and take out the core. Wipe them, flour them lightly and fry them quickly in a small quantity of hot dripping for six minutes; then put aside while the sauce is made. Add sufficient clarified dripping to that in which the kidneys were cooked to make up one and a half ounces and fry one ounce of chopped onion in it until it is a light brown; then stir in one ounce of flour and one ounce of cornflour, and pour in gradually, stirring all the time, one pint of stock (or water); when the sauce is smooth and thick, season it with salt, pepper, and a little nutmeg, and add one dessertspoonful of tomato sauce, one teaspoonful of Harvey sauce, and sufficient browning to make it a rich brown. Strain the sauce into a gourmet boila (or a stewpan will do), put the kidneys into it and place the vessel containing them in a stewpan of boiling water, cover the pan and let them cook (preferably in the oven) for two hours, taking care to replenish the water when necessary. Dish up the kidneys inside a wall of mashed potatoes, and pour the sauce over them.

#### **Spanish Onions with Kidneys.**

Put some Spanish onions which have been peeled and washed, into a saucepan containing plenty of cold salted water; when the water boils up, draw the pan to the side of the stove, and let them cook gently until they are parboiled. Drain the onions and carefully remove the middles; place half a sheep's kidney in each, pressing it well into the onion, put them on a baking-tin which has been rubbed with some good beef dripping; cover the onions with greased paper, and let them cook slowly in a moderately-heated oven for four hours, basting them frequently. Serve with thick sauce, which should be very savory, poured over the onions.

#### **Zrazi (Beef).**

Cut some very thin slices of lean beef, sprinkle with salt and beat thoroughly in order to make them tender. Now make a forcemeat of minced rind of lemon, and bound with three eggs. If too stiff a little warm milk can be added. Spread

this mixture on the slices of beef, then roll them up and tie with thread. Next place them in an earthenware cooking vessel or stewpan with just enough stock to nearly cover them. Add a glass of red wine and a dessertspoonful of vinegar, one onion stuck with cloves, a few peppercorns, a little piece of ginger, the rind of a lemon, and two or three bay leaves. Cover the vessel and cook thoroughly. When done strain the sauce and pour it over the rolls of beef after first removing the threads.

#### **Casserole of Fowl.**

Remove the skin from a fowl and cut it into joints and neat pieces, dividing the legs and breaking the back into two pieces. Put one and a half ounces of clarified dripping into a stewpan and when it is hot add one onion (sliced), one slice of bacon and the pieces of fowl, and let the latter cook over a gentle heat until they are white; turn them frequently, and remove from the pan directly they are done, taking care they do not become brown. Then stir the flour into the fat in the pan and when it is well mixed add the stock (or water) by degrees, and stir until the sauce is smooth and thick; season it well and add the spices and a few thin strips of lemon peel, and let it simmer very gently for half an hour. Color the sauce a light brown, add a squeeze of lemon juice, and strain it into an earthen casserole; put in the fried fowl, and after covering it with a piece of greased paper, put on the lid and place the casserole in a moderately hot oven for two hours; a little chopped parsley should be scattered over the surface when the paper is removed, just before the casserole is sent to the table. If the liver of the bird is not objected to, it should be fried with the fowl and then cut into small pieces and put into the casserole.

#### **Baked Ham.**

Soak a ham weighing six pounds for twelve hours, or if thoroughly matured for twice as long, changing the water twice; then scrub it in warm water, dry it well, cover it entirely with a thick paste made with flour and water and wrap the ham up in a piece of white paper which has been well greased, securing it with white tape or string. Put it into a moderately hot oven and let it cook for five hours. When done remove the paper and paste and then pull off the skin; trim the ham, brush it over, glaze and scatter it thickly with brown crumbs.

### Jugged Hare.

Skin a hare, wash it thoroughly and dry it, then cut it up into small pieces of convenient size. Put two ounces of dripping into a stewpan and when it is melted add the hare, two ounces of fat bacon (cut into small dice-shaped pieces), and one medium-sized onion (sliced), fry the meat (turning it frequently until it is evenly browned); then drain it on paper, and put it into a jar or gourmet boila. Stir the flour and corn-flour into the pan in which the hare was fried, mixing the flour smoothly with the fat, and adding a little more if necessary; cook the flour for a few minutes, then add by degrees one pint of stock (made from the neck and trimmings of the hare); let it boil up and thicken and season with salt, spice, and pepper, add the celery seed, thyme, and parsley, the lemon juice and sufficient browning to make the sauce a rich brown; let it simmer for fifteen minutes and strain it over the meat. Put the cover on the jar and make it air-tight by sealing the edges with a soft dough made with flour and water. Place the jar in a moderately hot oven in a pan containing boiling water, and let the contents cook for three hours. Arrange the meat neatly on a hot dish and strain the sauce over it, and garnish with small fried balls of herb forcemeat, and serve with red-currant jelly. A glass of port, sherry, or claret, added to the sauce just before straining, will greatly improve the flavor.

### Braised Leg of Lamb.

Melt two ounces of dripping in a large stewpan, and put in a small leg of lamb and fry it for ten minutes, letting it brown lightly on both sides. Then pour in sufficient water to partly cover the meat, and add two onions, a turnip, and two carrots (cut into slices), a sprig of mint, a small bunch of parsley and a little muslin bag containing twelve peppercorns, a blade of mace, and two cloves. Place a piece of buttered paper over the meat, then cover the pan and let it simmer in a moderately hot oven for three hours. The meat should be basted from time to time and turned after it has been cooking for an hour and a half. When it is done, remove it from the pan and keep it hot while the sauce is made. Pour off as much of the fat as possible from the liquor in which the lamb was cooked, then thicken it with cornflour, which has been mixed with a small quantity of cold water; season it with salt and a little pepper if necessary, and color the sauce a rich brown with Parisian essence. Strain it

through a pointed strainer over the meat, and garnish the dish either with peas which have been cooked separately or with the vegetables with which it was braised.

#### **Stewed Neck of Lamb.**

Take two to three pounds of the neck of lamb, which may either be cut up or jointed and left whole. After washing it put it into a stewpan with some cold vegetable stock (water in which a large onion, a carrot, and a turnip have been boiled with a bunch of parsley and a few sweet herbs). When it boils up skim the stock, add a teaspoonful of salt and as long as the scum rises remove it; then draw the pan to the side of the stove where the meat can only simmer, and leave for half an hour. At the end of the time add the peas, or if these are not procurable some very young carrots and turnips may be used instead; cover the pan and let the meat simmer for another half hour. Mix the flour until it is quite smooth with a little milk, pour this into the stewpan and stir the sauce quickly until it thickens, then season it with black pepper and salt and add the mint and the parsley and let the contents of the pan continue to cook gently for half an hour longer. Place the meat on a hot dish and surround it with peas (or other vegetables) and the sauce. Mutton may be substituted for lamb.

#### **Lamb Chops à la Maintenon.**

Cover each chop thickly with a mixture of minced ham, marjoram, and breadcrumbs, blended with butter, onion juice, and parsley. Wrap each chop in a well-buttered Soyer paper-bag and bake in a hot oven (350° Fahr.).

#### **Stewed Lamb's Heart (Mutton).**

Wash and slice three lamb's hearts, being careful to cut across the grain of the flesh. Brown these well in a stewpan with three tablespoonfuls of butter. Then add sufficient hot water to almost cover the meat. Season with a little pepper and salt, a couple of bay leaves, and two or three slices of lemon. Cover and simmer gently for one hour, frequently stirring, and if necessary, adding a little more water. When quite done remove the meat to a hot dish, thicken the gravy with a little flour, and pour it over.

This dish should be eaten as hot as possible, as the meat is less palatable when cold.

#### **Bredee (Mutton).**

Cut two pounds of lean neck of mutton into small pieces.

Chop up two medium-sized onions and fry them in an ounce and a half of butter or fat until lightly browned. Now add the meat and fry quickly for a few minutes, stirring continually. Add two pounds of sliced tomatoes, a small piece of red chili finely minced, and pepper and salt to taste.

Place in a saucepan with enough water to not quite cover the mixture. Cover the pot closely and cook gently for about two hours. Just before serving add a little sugar to the stew.

#### **Broiled Mutton Chop.**

Cut a chop from a tenderloin of mutton, trim off a little of the fat and scatter a little salt and black pepper over the meat, then dip it into some warm butter (just sufficient to coat the meat) and put it aside for about an hour before it is to be cooked. Then put it on a hot gridiron which has been rubbed over with dripping and broil it over a clear brisk fire for about twenty minutes, allowing more or less time according to the thickness of the meat, and whether it is to be well done or not. For the first few minutes the gridiron should be placed very near the fire to close the pores of the meat, then it should be slightly raised and the chop allowed to cook until it is done. It should only be turned once and this after the expiration of half the time that is to be allowed for cooking; a broiled chop should be served directly it is taken from the gridiron, and it should be garnished with fried potatoes and slices of fried tomato.

#### **Deviled Chops (Mutton).**

Mix a quarter of a pint of thick brown sauce with one dessertspoonful of chutney, and one saltspoonful of made mustard, one saltspoonful of curry powder. Place some neatly trimmed shoulder of mutton chops in a dish, and cover them with the mixture and leave them for ten minutes; then take them up, flour them well, so that the mixture may adhere, and dip them into a beaten egg and cover them thickly with fine dry breadcrumbs (or omit the eggs and crumbs if preferred) and fry them at once in plenty of boiling fat. Put a little frill on each chop, and arrange them down the middle of a hot dish and surround with artichokes prepared thus: Peel and trim some artichokes, and cut them into rather thin slices, and fry them in boiling fat until they are brown and crisp.

#### **Dolmas (Mutton).**

Mince finely any odds and ends of cold mutton, and mix it with an equal quantity of boiled rice, adding the yolk of an

egg and sufficient milk to form a thick paste. Season to taste and fill a number of lettuce leaves with the mixture, rolling each carefully. After simmering in a little stock or water for half an hour, drain and arrange them on a dish, and pour over them a sauce made of yolk of egg beaten in milk, with a little parsley and lemon juice.

#### **Frickadels (Mutton).**

Soak two thick slices of stale bread in milk, squeeze out any superfluous milk, and beat the bread well with a fork. Rub two tomatoes through a fine sieve and mix the soaked bread and tomato pulp with half a pound of finely chopped raw mutton and a very small minced onion. Add pepper, salt, and nutmeg to taste, and stir in one lightly beaten egg. Shape this mixture into small rissoles, coat them with egg and bread-crumbs, and fry in hot fat until well browned.

Have ready three-quarters of a pint of curry sauce, into this put the rissoles, and stew very gently for about half an hour.

#### **Frickadel of Mutton.**

Mince two pounds of lean mutton with two ounces of lean bacon which have been soaked in boiling milk, one onion, one dessertspoonful of chopped parsley, and sufficient salt, pepper and nutmeg to season the meat. Moisten it with the eggs and roll it up neatly into the shape of a large sausage. Tie the meat in a piece of buttered muslin, and stew it gently in the brown sauce for two hours, but allow an extra half hour if fresh meat is used. When done remove the muslin from the meat and strain the sauce over it.

#### **Grilled Fillets (Mutton).**

Cut some thick slices from the leg of mutton, trim them into squares and after brushing them over with warm dripping and seasoning them with a little black pepper, grill them over a clear fire. Serve the fillets with as little delay as possible on a bank of cabbage prepared as spinach and surround with sauce. The trimmings for the fillets can be utilized for a breakfast dish, thus:—Fry the scraps with the fillets, then pass them through a mincing machine with a slice of cooked bacon; flour the mince lightly and put it into a saucepan in which a small piece of butter has been melted and stir until it is thoroughly hot. Then add salt, pepper and a little Worcester sauce, and sufficient stock is added, and then spread it on

squares of hot buttered or fried toast and scatter some hot brown crumbs over the top.

#### Hot Pot (Mutton).

Remove the fat from eight mutton chops and chop the bones so that they are quite short. Put a layer of parboiled potatoes which have been cut into slices, at the bottom of an earthenware dish, scatter a little minced onion and some chopped parsley over the potatoes, then put in four of the chops, season them well with salt, black pepper, and a little curry powder, and cover them with some thin slices of mutton kidney. On the latter place another layer of potatoes, and proceed as before, finishing with potatoes on the top; pour in sufficient stock to about three-parts fill the dish, and set it in a moderately hot oven in a tin containing hot water; cover the dish closely and let the hot-pot cook for fully two hours. On removing it from the oven add a little more stock, which should be boiling; a tablespoonful of tomato catsup, mixed with the stock, will greatly improve the flavor. The hot-pot should be served in the dish in which it is cooked.

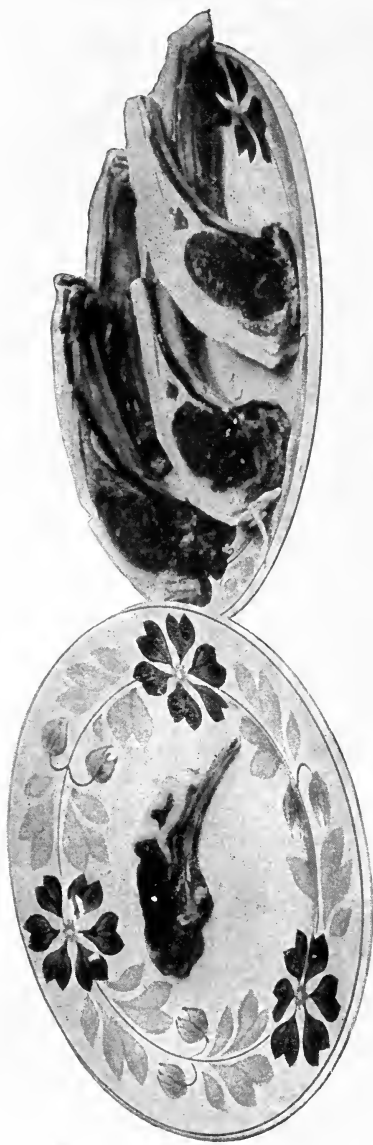
#### Irish Stew.

Cut up about two pounds of neck of mutton (either the middle or scrag end) and trim off the superfluous fat. Coat a stewpan with some clarified dripping and put in the onions, cut into rather thick slices, and the meat, and fry without browning for a quarter of an hour; then remove the meat and stir in the flour, and when mixed with the fat in the pan add about a pint of warm water; replace the meat, cover the stewpan and put it into a moderately hot oven. Cut up some potatoes (about two pounds) into quarters, and two carrots, two turnips and a stick of celery into rather large dice-shaped pieces, and after the stew has cooked for an hour put in the vegetables and let it simmer for another hour, or rather longer, according to the temperature of the oven. Dish up the meat in a circle with the carrot and turnip in the middle, and put the potatoes round the dish; add a tablespoonful of finely-minced parsley to the sauce, let it boil up, and pour it over the meat and vegetables.

#### Mutton Collops.

Cut some rounds about the size of a twenty-five cent piece from the slices of mutton, fry them in hot drippings with a few slices of onion until they are evenly browned on both sides, and then stew the meat in thick brown sauce for two hours,





CHOPS IN PREPARATION FOR COOKING.

On the right, as received from the butcher. On the left, with excess of fat removed, together with a portion of flesh near tip of the bone. It is at this point that the paper-frill will be fixed when the chop is about to be served.



and serve the collops surrounded by a border of mashed turnips.

### Mutton Chops.

Divide two pounds of best end of the neck of mutton into chops, trim off all the fat, chop the bones so that they are all the same length and scrape them until they are quite bare up to where the meat begins. Flour the chops and dip them into beaten egg, then cover thickly with fine dry breadcrumbs, which have been seasoned with salt, pepper and nutmeg, and press them lightly between the hands and let them stand for about twenty minutes before they are fried. Dish up the chops on a low wall of mashed potatoes, fill the center with macaroni and celery prepared according to the directions given below and pour some brown gravy round the dish. Boil a small quantity of large pipe macaroni and a stick or two of celery until they are tender, then cut them up into small pieces and mix them with some thick white sauce which has been flavored with a little grated cheese. A small cauliflower, divided into little branches can be substituted for the macaroni.

### Mutton Chops with Mashed Potato.

Trim all the fat from some neck of mutton chops, and scrape the bone. Melt an ounce of beef dripping in a stewpan, then put in one large or two small onions cut into rather thick slices, the carrot and half a medium-sized turnip (also sliced) and a few pieces of parsley. Arrange the chops on the vegetables, put a piece of greased paper over them, and fry them gently for ten minutes; then pour in (under the paper) about a quarter of a pint of stock (or water) and let the chops simmer for forty minutes. Take them from the stewpan, and press them between two flat dishes, or baking sheets, with a weight on top until they are cold, then dip them into beaten egg, and cover them thickly with fine, dry, breadcrumbs, and after leaving them for about half an hour fry the chops in plenty of boiling fat until they are a delicate golden brown. Mash some potatoes, mix it with a little milk, season it with salt and pepper, and beat it with a wooden spoon until it is light and creamy; then arrange it in the form of a low bank, about two inches in width and three inches in height straight down the middle of a hot dish, smoothing it with a knife so that it is perfectly compact and even, make eight little slits (or divisions) in the surface of the potato (or as many divisions as there are chops); take up one chop at a time by

the bone and press it lightly into one of the divisions of the potatoes so that it stands firmly but in a slightly slanting position; when all the chops are arranged in the same way, put a little frill on the end of the bones and pour some thick brown sauce round the dish. The above is an excellent method of ensuring chops being tender.

#### **Triple Chops (Mutton).**

Take three mutton chops, place the best one in the middle and tie in a bundle. Then place them upon the grill over a good fire and turn the bundle frequently so that all the gravy may soak into the middle chop. When the two outside ones are over-cooked throw them aside and serve the middle one.

The outside chops can be used in the stock pot as well as in other ways.

#### **Mutton Steak Pudding.**

Cut the meat into small pieces and season them well with pepper and salt and roll them in flour. Line a small pudding-dish with a light suet crust, and fill it as follows:—Put in a layer of raw potatoes cut into rather thick slices, then a layer of meat and over the latter sprinkle a little chopped parsley and finely-minced onion, a few pieces of celery and salt, black pepper and a dust of cayenne. When the dish is full pour in some weak stock before covering in the pudding; tie the dish in a cloth which has been dipped into hot water, and then dredged with a little flour, and let the pudding boil steadily for three hours.

#### **Scalloped Mutton.**

Put half an ounce of dripping into a stewpan with a dessert-spoonful of chopped onion, and fry until the onion is a light brown, then stir in half an ounce of cornflour, mix well and moisten with half a pint, or rather more, of vegetable stock made with Edwards' Desiccated Soup; season with salt and pepper; let the sauce boil up and then simmer for ten minutes and pass it through a gravy strainer. Cut some slices from a cold leg of mutton and trim off the skin and fat. Butter a pie-dish and place a layer of the meat in it, cover it with sauce and sprinkle with a little chopped parsley, then put more meat and sauce alternately until the dish is full. Cover the top thickly with dry breadcrumbs, which have been seasoned with salt and pepper, place a few little pieces of butter or dripping on the crumbs, and put the dish into a moderately hot oven until the bread is nicely browned.

**Stuffed Shoulder of Mutton.**

Get the butcher to remove the blade bone from a small shoulder of mutton (the bone will make excellent soup); wipe the meat with a cloth wrung out of borax and water, and then fill the place from which the bone was removed with a forcemeat made according to the following directions: Shape the meat and tie it up securely with narrow tape, and roast (or bake) it in the usual way. Send to table with brown gravy poured round the dish. For the forcemeat, to every half-pint of fresh white breadcrumbs, which have been passed through a sieve, add two ounces of very finely-chopped suet (weighing it after it has been chopped), a tablespoonful of minced parsley, a teaspoonful of finely-powdered mixed herbs, half a teaspoonful of grated lemon-peel, a teaspoonful of chopped onion and a tablespoonful of lean bacon, or ham, which has been passed through a meat chopper. Season with salt, black pepper, cayenne and a little powdered mace, and moisten the forcemeat with one well-beaten egg and a little milk; mix it thoroughly and use at once, so that it may not become dry.

**Pigeon Pie.**

Cut two pigeons into pieces of convenient size and fry them in two ounces of clarified dripping. Take them out of the pan and put them aside to cool. Fry a small onion (sliced) until lightly browned in the dripping used to cook the birds. Then stir in a small bunch of sweet herbs and parsley (tied together), one teaspoonful of tarragon vinegar and season with pepper, salt and nutmeg. Let the sauce boil up, and then simmer for fifteen minutes, color it with browning, and strain it into a bowl. Cut one pound of rump-steak into small pieces which should be almost square, dust them with pepper and salt, and roll them up. Place the rolls of meat in a pie-dish, together with the pieces of pigeon. Sprinkle over them some chopped parsley and a little lean minced bacon, fill up the dish with the prepared sauce, cover it closely and put it into a moderately hot oven for one hour. Let the meat get cold, add some pieces of hard-boiled egg, and cover it with pastry, leaving a small aperture in the middle of the crust, to be filled in with an ornamental rose of pastry (the latter should be baked separately) after the pie is finished. Brush the crust over with beaten egg, and bake the pie in a moderately hot oven.

**Salmi of Pigeons.**

Put half an ounce of dripping and half an ounce of bacon

fat into a stewpan with one onion (cut into slices), two tomatoes (also sliced), and a little parsley; fry the vegetables until the onion is lightly browned, then stir in one ounce of flour and half an ounce of cornflour, and when smoothly mixed with the dripping, pour in gradually the stock; let the sauce boil up, then draw the pan to the side of the stove where it can only simmer gently, and leave it for a quarter of an hour. Season it with salt and pepper, add one teaspoonful of tarragon vinegar and sufficient Parisian essence to make it a rich brown. Roast the pigeons and while they are still hot cut them up and remove the skin; put them into a clean stewpan and strain the sauce over them. Cover the pan and place it in a larger pan of hot water in a moderately hot oven for an hour. Arrange the salmi neatly on a hot dish, and garnish it with kite-shaped sippets.

#### Stewed Pigeons.

Put one ounce of beef dripping into a stewpan with a small onion (cut into slices), two tomatoes (also sliced), and a little parsley; fry the vegetables until the onion is lightly browned, then stir in one ounce of flour and half an ounce of cornflour, and when smoothly mixed with the dripping pour in gradually the stock; let the sauce boil up, then draw the pan to the side of the stove where it can only simmer gently, and leave it for a quarter of an hour. Season it with salt and pepper, add a teaspoonful of tarragon vinegar and sufficient browning to make it a rich brown. Roast three or four pigeons, and while they are still hot cut them up and remove the skin, put them into a clean stewpan and strain the sauce over them. Cover the pan and place it in a larger pan of hot water in a moderately hot oven for an hour. Arrange the stew neatly on a hot dish and garnish it with kite-shaped sippets.

#### Brawn (Pork).

Wash half a pig's head thoroughly and remove the brains, pieces of bone and veins, then put it in a saucepan with enough cold salted water to cover it. Let the water boil, skim it well, and then keep it simmering for two hours; by this time the bones should be removed without difficulty. Cut the meat up quickly with a sharp knife into small square pieces; season it liberally with salt, black pepper, half a teaspoonful of powdered cloves, and half a teaspoonful of nutmeg, then pack it tightly into a mold (or round cake tin) of suitable size, put a plate (or a saucer) on the meat and on the top a heavy weight to

press the meat firmly, and leave in a cool place until the following day. When the brawn is required, dip the mold (or tin) into warm water and turn the contents on to a dish. Serve, garnished with parsley.

#### **Kluskis (Pork).**

Mince one pound of fresh lean pork and mix it with half its weight of breadcrumbs soaked in wine. Flavor with pepper and salt and the minced rind of a lemon. Make this mixture into little flat cakes, cover with breadcrumbs and fry in butter or lard.

Any odds and ends of lean meat can be treated in this way, but pork gives the best result.

#### **Lomo (Pork).**

Cut thick slices of pork, not too fat, and let them soak for twenty-four hours in a mixture of lemon juice, garlic, pimento, and just a suspicion of cayenne. Wipe carefully and grill the slices of meat over a clear fire.

#### **Pork Chops.**

Cut as many chops as are required from a piece of the neck of pork, trim them neatly, brush them over with warm dripping, and cook them in a hot frying-pan, which has been rubbed over with dripping, for twelve minutes. Remove them from the pan, and press them between two dishes for a few minutes until they are cool. Then flour the chops, dip them into beaten egg and cover them thickly with fine dry breadcrumbs, which have been seasoned with salt, black pepper, and a dust of curry powder, and mixed with some finely-chopped parsley and onion. Leave the chops for ten or fifteen minutes for the crumbs to harden, and then fry them in the usual way until they are nicely browned. Dish them up with fried apples in the middle of the dish, and surround with thick brown sauce. The apples should be prepared thus: Peel some apples, which are not very sour, cut them into quarters and par-boil them, then drain them thoroughly on a cloth and fry them quickly over a clear fire in a small quantity of boiling dripping until they are brown.

#### **Poerkoell (Pork and Veal).**

Cut a pound of lean pork and two pounds of shin of veal into small squares and fry in butter seasoned with onion, cayenne pepper, and mixed herbs. Place the whole in an earthenware cooking-pot or enameled saucepan, cover with three cupfuls of clear stock, and stew for an hour.

This should be served with a border of any vegetables in season, and is one of the most popular dishes in Hungary.

#### Curried Rabbit.

Cut one rabbit which has been prepared for cooking into neat pieces, dip them into melted dripping, and cover them thickly with one tablespoonful of curry powder which has been mixed with two tablespoonfuls of flour. Put three ounces of clarified dripping into a stewpan with one large and two small onions finely minced, and fry for three minutes; then add the pieces of meat and let them fry quickly for fifteen minutes, turning them now and then. Peel an apple and chop it into very small pieces; add it to the curry, also one teaspoonful of sweet chutney and one saltspoonful of salt; then pour in the stock (or water) which has been flavored with vegetables; stir the curry, cover the pan and place it in a moderate oven for three hours. When ready, take the stewpan from the oven, arrange the meat on a hot dish, and stir the milk into the sauce; let it simmer for a minute or two, add a squeeze of lemon juice, and strain it over the meat. Serve with boiled rice on a separate dish.

#### Fricassée of Rabbit.

Cut a young rabbit into joints and neat pieces; wash the meat well and dry it. Put the butter (two ounces, or clarified dripping) into a stewpan with an onion (sliced), two or three sticks of celery (cut into small pieces), and one slice of fat bacon. As soon as the butter (or dripping) has melted, put in the pieces of rabbit, and let them fry gently for twenty minutes, turn constantly and take care that it does not acquire any color. At the end of the time named, put the rabbit on a plate and keep it hot on the rack. Stir the flour into the pan containing the vegetables, mixing it well with the fat; then add by degrees half a pint of hot boiling milk. Continue to stir the sauce until it is smooth and thick, then draw the pan aside where it can simmer. Season with salt, pepper and a little mace and a few thin strips of lemon-peel. Place the pieces of rabbit in it, cover the pan closely and let it cook gently for not less than an hour. Dish it up on a hot dish; let the sauce boil and after removing the pan from the stove add a few drops of tarragon vinegar, and pass it through a gravy strainer over the meat. Garnish the dish with little three-cornered sippets of fried bread and rolls of crisp-fried bacon.

#### Olla Podrida (Rabbit).

Partly boil and cut up a rabbit and place it in an earthen-



ware pot with two cups of stock, a dozen oysters, a little mace, pepper, salt, and herbs. Cook until tender, which will take about an hour. Remove the meat, and after straining the gravy add a minced anchovy, a tablespoonful of port or sherry. Pour the gravy over the rabbit and serve with mixed cooked vegetables arranged round the dish.

#### **Grilled Sweetbreads.**

Cook two large sweetbreads for twenty minutes in a cupful of clear soup. When cold dip them in thick cream, roll in breadcrumbs and wrap each in a very thin slice of ham. Next tie each sweetbread in oiled paper and broil cautiously, being careful that the paper does not catch fire. After removing the paper, serve the sweetbreads with spinach.

#### **Hashed Tongue.**

Slice the remains of a boiled ox tongue—a canned one will answer the purpose—and steep for an hour in a mixture of lemon juice and oil. Now drain and place in a buttered frying-pan with a few sliced button mushrooms, a little minced onion and parsley, and a sprinkling of pepper and salt. Add a tablespoonful of sherry and a teaspoonful of lemon juice and cook slowly for a quarter of an hour, taking care that the meat does not burn.

Just before serving add a little hot stock and a spoonful of tomato sauce.

#### **Meat Macedoine.**

Line a fancy mold with aspic jelly, and fill the center with a mixture of cooked and sliced tongue, liver sausage, sweetbread, mushrooms and truffles. Add more liquid jelly, and when cold turn out on a dish.

Almost any kinds of cold meat may be used up in this way, the greater the variety the better. The pieces should be arranged so as to have a pretty appearance when turned out of the mold.

#### **Baked Veal.**

Cut the meat from a shoulder of veal, divide into small cubes and parboil. Let the bones and trimmings simmer separately in a quart of water for two hours to make gravy. The meat is now placed in a pie dish, sprinkled with a little salt, half a grated nutmeg, the grated rind of a lemon, and just a suspicion of cayenne pepper. A tablespoonful of butter, with which has been incorporated the same quantity of flour, should be divided

into little pieces and scattered over the meat, then the gravy from the bones is strained and poured over it, and the whole baked in a hot oven until well browned.

#### **China Stew (Veal or Mutton).**

Cut one pound of cooked veal (or mutton) into small dice-shaped pieces, and remove all fat and gristle. Fry a tablespoonful of minced onion in a stewpan containing one ounce of melted butter or clarified dripping (the onion must not be allowed to get brown) then add the meat; sprinkle over it the curry powder, and stir it gently for six minutes. Pour in the thick white sauce, made with equal quantities of white stock and milk, or milk only can be used, cover the pan, place it in a moderately hot oven, and let the meat stew gently for one and a half hours. Boil the peas with a few leaves of mint, and when they are just tender, drain them well, add them and three tablespoonfuls of very finely-shred lettuce to the meat and let it continue to cook for another half hour. Arrange some carefully boiled rice on a hot dish, put the stewed meat and peas into the middle and scatter some chopped parsley over the top.

#### **Coulibac (Forcemeat).**

Make a light paste, roll very thin, and cut it square. Spread this thickly with a forcemeat made of minced veal, mushrooms, eggs, rice, herbs, and butter, moistened with stock. Roll up the whole, sprinkle with breadcrumbs and bake for one hour.

#### **Forcemeat Puddings.**

Butter well some small molds and line them with a forcemeat made of minced veal or chicken. Fill the center with minced duck or game, and cover with more of the first forcemeat. Smooth the top with the blade of a knife and poach carefully in boiling water for ten minutes. Take them out and let them cool a little, then remove the puddings from the molds. Dip each first in beaten egg and then in breadcrumbs, and fry them in butter or good fat until they are a golden color.

#### **Goulasch (Veal).**

Cut freshly-boiled veal into rather small pieces and fry in butter, seasoning with minced onion, cayenne pepper, and salt. Add one pint of strong brown stock, and serve with small potatoes and onions fried in butter till thoroughly browned. The vegetables should be arranged round the meat in the dish.

#### **Kahab (Veal).**

Cut one pound of lean veal into thick slices about two inches

square and place them in an ordinary cooking-pot with two ounces of butter. Add a quarter of a teaspoonful of caraway seeds, a very small sliced onion, half a lemon thinly sliced, and sprinkle with pepper and salt. Fry the whole gently for ten minutes. Now add half a pint of sour cream, place the cooking-pot in the oven and let the whole bake gently till the meat is tender. This will probably take three-quarters of an hour.

The dish should be served garnished with tufts of parsley and slices of lemon.

### Liver Dumplings.

Strictly speaking this should be made of goose liver; but calves' liver makes an excellent substitute.

Mix together four beaten eggs and one ounce of melted butter, and flavor with parsley, salt, and mixed spice. Stir this over the fire until it has thickened slightly, and add a cupful of chopped boiled liver and a good handful of breadcrumbs moistened with milk. Make the whole into balls and let them simmer in any good broth for half an hour. If preferred, the mixture may simply be baked in a dish instead of being made into dumplings, and will be found equally palatable.

### Fried Liver.

Cut one pound of calves' liver (which has been previously washed and dried) into rather thick slices, flour them, season with salt and pepper, and put them into a frying-pan (or shallow stew-pan will answer the purpose) containing three ounces of hot beef dripping and let it cook gently, turning it constantly until it is done. Place the liver on a hot dish with some fried tomatoes, and pour some thick brown sauce round the dish, which should be made as follows:— Stir a large tablespoonful of flour quickly into the dripping which is left in the pan and when it is smoothly mixed add gradually a quarter of a pint of brown stock and a dessertspoonful of tomato catsup; let the sauce boil up, season it with pepper, cayenne and salt and strain it into the dish.

### Kromesbies (Veal or Mutton).

Mince some cooked veal (or mutton) very finely, season it with salt and pepper and a little mace, and add a small quantity of grated lemon-peel. Put the mince into a small stewpan and add sufficient white sauce to moisten slightly, and when it is thoroughly heated stir in some raw beaten egg (half an egg is enough for half a pound of meat), and spread it out on a dish. As soon as the mince is cold, form it into little cork-

shaped rissoles and envelop each in a very thin slice (cut so that it just covers the rissole) of partially cooked fat bacon. Flour the little rolls lightly, dip them into a thick batter and fry them in deep, boiling fat. Serve on a hot dish covered with a paper d'oyley, and garnish with fried parsley.

#### **Minuten Fleisch (Veal).**

Cut one and a half pounds of lean veal into very thin slices, then cut each of these into small squares and sprinkle with pepper and salt. Put them into a pan with about half a tumblerful of claret and leave until thoroughly steeped. Next take out the pieces of veal, dip each into flour, and place in a buttered baking dish, sprinkling with a little chopped parsley and the juice of a lemon. Add half a cupful of clear stock and bake until the meat is quite tender. This will take about forty minutes.

Serve the veal with the sauce poured around it.

#### **Mock Rabbit (Veal and Beef).**

Mince one pound each of lean veal and raw beef and mix it with a cupful of breadcrumbs, four beaten eggs, a spoonful of lemon juice, and a little pepper, salt, nutmeg, and herbs. After thoroughly blending, shape the whole in the form of a loaf and cover with a mixture of egg and breadcrumbs. Line a pan with thin slices of pork, place the mock rabbit upon it, and bake in the oven for forty minutes, basting frequently.

This may be eaten either hot or cold, and is a favorite supper dish in Germany.

#### **Punski (Veal).**

Fry a fillet of veal with a sliced onion. When cold chop it finely and mix with the yolks of three hard-boiled eggs and some parsley, adding sufficient stock to well moisten it. Make some pâtés of puff paste and fill with the meat. Brush with the yolk of an egg and bake until brown.

#### **Savory Veal Chops with Spaghetti.**

Trim as many cutlets as are required for a dish, removing nearly all the fat and scraping the bones so that they are entirely free from skin. Season some fine dry breadcrumbs with salt, pepper and a little nutmeg and mix them with some finely-minced parsley, the powdered herbs and a small quantity of chopped onion. Flour the chops and dip them into some beaten egg, then cover them thickly with the prepared breadcrumbs; put them aside for a quarter of an hour and fry them in plenty of boiling fat. Cook some spaghetti (very fine

macaroni) in plenty of boiling water, which has been slightly salted, until it is tender; drain it thoroughly, then return it to the hot pan and stir into it a piece of butter and some tomato catsup. When it is hot arrange it in a mold in the middle of a dish; place the chops round it and pour some clear brown sauce into the dish.

#### Veal Cream.

Mince and pound thoroughly a pound of lean veal, add an equal quantity of breadcrumbs, the yolk of one egg and the beaten whites of two, and sufficient milk to make the whole into a moderately thick paste. Add seasoning to taste, and pour the mixture into a well-buttered mold. Let it steam for one hour.

#### Cottage Pie (Mince).

Rub a pie-dish over lightly with a layer of beef dripping, then put in sufficient of the mince to come within an inch of the top of the dish. Have ready the mashed potato which should be moistened with milk and well seasoned with salt, pepper and nutmeg; spread it evenly over the meat, and let it be thick enough to form a covering the shape of a pastry pie-crust. Smooth the potato with a wet knife, then mark it in lines with a fork, and place little pieces of dripping at intervals all over the potato. Bake the pie in a moderate oven for an hour, and place it on the hottest shelf for the last fifteen minutes or so, so that it may be well browned.

#### Roman Pie.

Cut up about a pound of cooked meat into small pieces, removing all the fat; chop two ounces of fat bacon rather coarsely and cut three ounces of macaroni into moderately thick rings. Put half a pint of milk into a saucepan with one small onion, a few strips of lemon-peel, and a blade of mace; when the milk boils draw the pan to the side of the stove and let it simmer very gently for half an hour. Cook one ounce of butter and one ounce of flour together for a few minutes without letting them become brown, then add the milk, stirring it quickly until the sauce is smooth and thick; season it with salt and pepper and strain it into a bowl and add the meat, bacon and macaroni. Butter a plain tin mold of a suitable size, scatter it thickly with finely broken vermicelli and line it with some light paste of medium thickness; fill it with the prepared meat, cover it with a layer of paste, and bake the pie in a well-heated oven until the paste is thoroughly cooked. When

it is done, turn it from the mold on to a hot dish and surround with tomato sauce. If beef is used, brown stock must replace the milk.

#### Savory Pasties.

Coarsely mince equal quantities of cooked meat and ham, using a sharp knife for the purpose, and season with celery, salt and pepper. Have ready some thick white (or brown) sauce, which has been delicately flavored and mix sufficient of it with the mince to moisten it. Roll out some paste to about one-eighth of an inch in thickness, and cut it into rounds of about the size of a claret glass; spread half the rounds with the mince, scatter a little parsley and some finely-chopped onion over the meat, and cover it with the remaining rounds of paste; wet the edges and pinch them together, brush the top of the pasties over with beaten egg (or milk) and bake them in a quick oven.

#### Deviled Meat.

Prepare a mixture as follows:—Put two tablespoonfuls of thick brown gravy sauce into a bowl, add a dessertspoonful of chutney paste, a teaspoonful of anchovy sauce, a teaspoonful of Worcester sauce, a quarter of a teaspoonful of made mustard, six drops of lemon juice (or vinegar), and a dust of curry powder. Cut some slices of any kind of cooked meat, and spread them evenly with the mixture, and put them into a cool place until the sauce has set; then lightly flour the prepared meat and dip it into beaten egg, and cover it thickly with bread-crumbs and after letting it stand for a short time, fry it in clarified dripping, cook them in quick oven for fifteen minutes. In either case the slices of meat should be served with fried potatoes in the middle of the dish.

#### Mince with Vegetable Marrow.

Remove the skin from a small vegetable marrow and cut it into rounds of about an inch and a half in thickness; place the pieces of marrow in a colander and put the latter into a stewpan of boiling salted water, and cook the marrow until it is just tender, but do not allow it to become soft enough to break. Drain the vegetable carefully on a hot cloth, remove the seeds and the stringy portion but do not make a hole right through the rounds; then put them on a hot dish, fill them neatly with the mince, scatter a little minced parsley over it and pour some sauce round the dish.

**Meat Dumplings.**

Meat dumplings may be made in two forms, one being made of the thinnest dough, and the other from a light spongy dough, such as is used for an old-fashioned English rump-steak pudding.

Any kind of raw or cooked meat or fish can be used. All bone, gristle, and skin must be removed, and the meat either minced or cut into long shreds. It is then mixed with minced or sliced onion, green chili, celery, or any other green vegetables that are available and well seasoned with pepper, salt, and, if liked, Worcestershire sauce.

When thin dough is used a tablespoonful of this mixture is wrapped in a piece of dough and steamed for about an hour. If the dumpling is boiled it is much more likely to break down.

When the other kind of dough is used the flour should be leavened with yeast or mixed with baking powder, and should be rolled about a quarter of an inch thick. This, when steamed, will expand to double thickness.

**Cassoulic.**

Chop up any cold meat and mix it with minced bacon and onion. Add half as much boiled haricot beans, which should be rubbed through a sieve, and sufficient stock to moisten the whole. Flavor with pepper, salt, parsley, thyme, marjoram, and a little nutmeg, and place in a dish, covering the whole thickly with breadcrumbs. Bake for half an hour and serve with tomato sauce.

**SOYER'S PAPER-BAG COOKERY.****ENTREES.**

Every kind of entrée and small dish of that nature can be easily cooked by Soyer's paper-bag system, thereby retaining the dainty flavors and seasonings which should be a feature of such dishes. Among the entrées that follow will be found many stews, for which the gentle and thorough cooking achieved by this system is eminently adapted.

**Mutton Chops.**

Trim and roll in a little butter, salt and pepper. Put in a small paper bag, seal up, and place on grid. *Allow six minutes in oven* (350° Fahr.).

**Mutton Chop.**

Treat in the same way as above. *Allow twelve minutes in a very hot oven (350° Fahr.).*

**Veal Chop.**

Same as above. *Allow ten to twenty-five minutes in very hot oven (350° Fahr.), according to thickness of chop.*

**Sausages.**

Same as above. *Allow twenty minutes in very hot oven.*

**Fillet of Beef.**

Take a slice one and a half inches thick and well trimmed. Cut in two or three pieces horizontally. Trim a little, by paring off the corners, to make each piece round. Season with salt and pepper as desired. Butter the paper bag well, also the fillet of beef. Add garnishing — as, for example, from four ounces to eight ounces of either mushrooms, tomatoes, artichoke bottoms, olives, a little anchovy, cooked and sieved spinach, or any other kind fancy may suggest. Place round the fillet; add one or two tablespoonfuls of any kind of sauce (this is purely a matter of taste). Put on grid. *Allow ten to fifteen minutes in very hot oven (350° Fahr.).*

A large fillet of beef or steak, plain or garnished, can be cooked in a buttered or greased paper bag, but will require *fifteen to twenty minutes in very hot oven*, according to size. It will turn out well grilled, with all the beautiful gravy retained.

**Escalop of Sweetbreads.**

Trim sweetbread and cut into four pieces. Trim four large mushrooms and tomatoes. Roll the sweetbread in flour, and put it between the mushrooms and tomatoes. Well butter your paper bag, and arrange the above nicely in the middle. Place one teaspoonful of breadcrumbs on top. Cover with a slice of fat bacon or ham, cut very thin. Flavor with sweet herbs as desired. Seal bag, and put on grid in *hot oven*. *Allow twenty to twenty-five minutes (350° Fahr.).*

**Sweetbread (Fancy Method).**

Half a small onion, one slice of carrot, a little ham (fat and lean), and a little of the trimming, all cut into small dice. A small bunch of sweet herbs and thyme, parsley and bay leaves. Put these on the bottom of the paper-bag, which should be well buttered. Lard your sweetbread (if desired). Round it put three or four mushrooms, two or three tomatoes (skinned



and all pips removed). Add a tablespoonful of stock Madeira, or sherry, according to taste. Seal bag. Put on grid. *Allow twenty-five minutes in hot oven (350° Fahr.).*

If color and thick sauce are desired, mix a quarter of a teaspoonful of arrowroot with the vegetable, and a little burnt-sugar coloring. When you open the bag, remove the sweetbread gently. Place on dish. Remove tomatoes, mushrooms, etc., and place round it. Put the whole of the contents of the bag (juice included) in a strainer and press with a wooden spoon into a clean, hot bowl standing in boiling water, then pour the gravy thus obtained over the sweetbread.

### Sweetbreads Au Naturel.

Take four lambs' sweetbreads. Blanch them in boiling water. Take off the skins. Grease a bag thickly. Dust each sweetbread with salt and pepper very lightly, and pour over each sweetbread a tablespoonful of cream. Slip the sweetbreads into the greased bag, *cook in an only moderately hot oven (300° Fahr.) slowly for forty minutes.* Open bag. Slip out gently on to hot dish. Surround with border of green peas and serve.

### Sweetbreads.

Blanch a very fresh sweetbread by putting in a stewpan in cold water. Let it come slowly to the boil, *but not quite to boil.* Take the sweetbread from the stewpan and place at once in cold water. Turn a plate upside down, put the sweetbread on top, then put another plate, the right way up, on the top of the sweetbread to obtain pressure. Place a weight on top, and leave it for thirty minutes or so. Then trim your sweetbread by removing the external skin, etc. Lard it if desired, but this is not absolutely necessary.

Put a very thin slice of larding bacon on both sides of the sweetbread. Season to taste. Then take a paper bag and butter it at the bottom; place inside it the sweetbread with a little of the trimmings from the sweetbread round it. Seal bag and put on grid. *Allow twenty minutes in hot oven (350° Fahr.).*

If a thick sauce is desired, roll the sweetbread well in flour before cooking. For invalids who do not wish any grease, put the juice in an odd dish and dust a little pepper on top. This will absorb all the fat, leaving the rich gravy.

### Curry of Beef, Veal or Poultry.

Cut up the meat in small pieces, add two very finely-chopped peeled onions, one teaspoonful of Madras curry paste, one

peeled and chopped apple, half a teaspoonful of sugar, a little lemon juice, a little bouquet of herbs tied up. Add one teaspoonful of flour, half a tumblerful of boiling milk, and a banana and tomato if liked. Mix together. Place in the paper bag and then on grid at once. *Allow forty-five minutes in a hot oven (350° Fahr.).* Rice to be boiled and served separately.

#### Entrée of Chicken.

Cut up a chicken in pieces, dust with salt and pepper. Add one tablespoonful of flour, tomato or mushroom (if desired), or a little tomato catsup. Add a small chopped onion, according to taste, and a little bunch of bay leaf, parsley, and thyme. Place all in the middle of the bag. Add three tablespoonfuls of water, stock, or wine, according to taste. A little chopped ham or bacon (if desired) will add to the flavor. Seal bag up and place on grid, and *allow forty-five minutes in hot oven (350° Fahr.).*

*Any other poultry* treated in the same way will give the same satisfactory result. The seasoning and garnish can be left to the taste of the cook. The viands will not spoil if left a little longer than forty-five minutes.

#### Veal and Ham Pie.

Make a paste in the ordinary way. Prepare the meat as usual, and put in the middle of the paste, which should be rolled to the thickness of about an eighth of an inch. Moisten the four corners and fold to cover the meat. Place in the paper bag, seal up, put on grid *in a moderate oven (300° Fahr.).*

*For one pound pie allow forty-five minutes; three pounds, one hour; six pounds, one and a half hours; ten pounds, two hours.*

#### Hare or Rabbit (Roasted).

Stuff and truss a hare or rabbit in the ordinary way. Well sprinkle with flour, and rub with cream, butter, or dripping. Place in a paper bag with seasoning (according to taste) in the usual way. Put on grid in *hot oven (350° Fahr.). Allow forty-five minutes.*

#### Stewed Rabbit.

Treat in the same way as the hare. It can be made most tender and palatable with only salt, pepper, and a little flour, and one chopped onion, three tablespoonfuls of water, and a

little dripping. Place in a paper bag. *Allow forty minutes in a hot oven (350° Fahr.).*

#### Stewed Hare.

Cut up the hare in pieces, place on dish, add salt and pepper to taste. Add an apple and a little fat bacon or ham if desired. As a substitute, two ounces of butter or a tablespoonful of lard will be equally satisfactory. One large finely-chopped onion, bunch of sweet herbs (to taste), a large tablespoonful of flour. Mix together. Add a quarter of a tumbler of water, stock, or wine, mix with the other ingredients, place all together in a paper bag, and lay on the grid. *Allow forty-five minutes in a hot oven (350° Fahr.).*

#### Irish Stew.

Cut up two or three pounds of mutton in the ordinary way. Leave very little fat. Add salt and pepper to taste. Add six large onions, peeled and finely chopped, and two pounds of peeled and thinly-sliced medium-sized potatoes, and bunch of sweet herbs. Place above in a bag, and add half a tumbler of cold water. Place on grid in *hot oven (350° Fahr.). Allow forty minutes.*

#### Sheep's Kidneys

or any other kidney grill. Skin the kidney, split and place on skewer in the usual way. Season to taste, and add a little butter on top. Place in a well-buttered paper bag and seal. Place on grid in a *very hot oven (350° Fahr.). Allow five minutes.*

#### Stewed Kidney

of any kind except beef. Clean and cut up in several pieces, not too thin. Add salt and pepper to taste. For six kidneys add one teaspoonful of flour, or half a teaspoonful of arrow-root. Add a little chopped tomato and a few slices of mushroom. Add any kind of sauce, also one teaspoonful of sherry or Madeira (if desired), one shallot, *not cut*, or a small piece of onion, *not cut*, and a little chopped parsley. Mix all carefully on a plate. Butter or grease the paper bag, seal up. Place on grid in *very hot oven. Allow five minutes. The oven must be very hot (375° Fahr.).* Remove onion or shallot before serving in a *very hot dish.*

#### Beef, Veal, Pork, or Mutton,

or any other meat can be treated by the same method. Cut up the meat in slices. Chop finely a small onion or shallot.

Add any kind of tomato sauce or catsup, also a few herbs (tied together), according to taste. Add fresh tomatoes or mushroom (according to taste), salt and pepper. Place a little butter with the above in the paper bag and one teaspoonful of flour. Mix together, and when bag is sealed up place on grid in *hot oven* (350° Fahr.) *for forty minutes*, when it will be ready, and can be served in paper bag or dished up in the ordinary way.

#### Curried Venison.

Cut up three pounds of lean venison (mutton or beef can be used instead). Peel and chop three tomatoes, and add one large tablespoonful of flour, three finely-chopped onions, a large teaspoonful of Madras curry paste, a teaspoonful of Demerara sugar, a chopped apple, two tablespoonfuls of well-washed rice, and a pint of milk. Place in a paper bag, seal up, and *cook in a moderate oven* (350° Fahr.), *for forty-five minutes*.

#### Fillet de Bœuf à la Mirande.

Take a pound and a half of rump steak, and cut it into neat slices about three-eighths of an inch thick and two and a half inches long and broad. Dust each of these lightly with black pepper; melt an ounce of butter and skim it free from froth; add to it as much finely minced garlic as will go on the point of a very small knife. Lay the fillets in this, and let them steep for an hour, turning frequently (the dish must stand in a warm place or the butter will set). Then take out, put in a well-buttered bag and place on the grid in the oven, leaving it to *cook for half an hour* (300° Fahr.). Meanwhile, knead an ounce of flour with an ounce of butter, add to it by degrees half a pint of strong, well-flavored stock, place in a clean saucepan, and stir all one way until it is the consistency of cream; then add to it half a pound of previously cooked mushrooms, the juice of half a lemon freed from pips, a teaspoonful of China soy, and a couple of drops of anchovy essence. Make very hot. Pile up the mushrooms in the center of a hot entrée dish, arrange the fillets round and garnish with a wall of mashed potatoes. Serve at once.

Veal cutlet is also excellent cooked after this recipe, and so, too, is mutton steak.

#### Croustades de Faisan à la Royale.

Take the remains of a cold roast pheasant; free it from skin and bone, and cut it into neat, small squares. Have ready

a little well-flavored brown sauce—sauce Madère is excellent for this purpose—add the pieces of pheasant to it, and make very hot in a well-greased bag. Have ready also half a dozen freshly fried croustades, and note that they should be very hot, too. Fill each with the above mixture, garnish with stoned olives which have been heated in a little sherry, and serve at once.

The remains of a cold partridge are excellent heated in this fashion; so, too, is duck, but in this latter case a sauce piquante should be used in place of brown or sauce Madère, as otherwise the croustade would be too rich for most people's liking. If a bag is used for this réchauffé it is impossible to tell the difference from freshly cooked game.

#### Côtelettes à la Paysanne.

Take from four to eight chops, mutton or lamb. Trim them of all superfluous fat. Scrape the bones neatly. Dust them with a little minced shallot and spiced seasoning, i.e., pepper, salt and a tiny grate of nutmeg, and a little celery salt mixed. Grease a bag thickly. Put in the chops. Add to them half a pint of half-cooked peas, an ounce of bacon (flank will do), cut small, a pound of new potatoes, and half a pint of stock or water. Note.—If four chops only are used a gill of stock will be sufficient. Fold over the bag. Put on the grid and cook in a moderately hot oven for an hour. Open bag. Empty out into a very hot dish. Arrange the peas and potatoes into a border with a heated fork. Stir up the gravy, and send to table. Note that the potatoes must be also par-boiled before being put into the bag. For lamb chops *thirty minutes in 350° Fahr., is sufficient time to allow.*

#### Chops à l'Espagnol.

Take four or six chops. Trim as directed in the foregoing recipe. Dust them with pepper and salt. Have ready a greased bag and six ounces of freshly-boiled rice. Mix with the rice the contents of a small bottle of tomato catsup. Place the rice in the bag. Then put in the chops on top of the rice. Fold, clip, put on the grid, and *cook for half an hour in a moderately hot oven (300° Fahr.)*. Take out, dish up, and serve as hot as possible. If liked, the rice can be cooked with the chops; in this case it must first be soaked all night and then allowed an hour and a quarter's slow cooking. Note.—Arrange the rice as a border and serve chipped potatoes separately.

**Côtelettes à la St. Cecile.**

Take four lamb chops, from half a pint to a pint of par-boiled peas, and a pound of parboiled new potatoes. Grease two bags thickly. Put the peas and potatoes, together with one and a half ounces of butter, in one bag. Place on grid and put into a moderately hot oven (300° Fahr.). Let them *cook for twenty minutes* before putting in the bag with the chops. Meanwhile, trim the chops very neatly. Free them from superfluous fat. Flatten them well with the chop bat, and spread them on both sides with a layer of foiegras. Have ready some freshly-fried breadcrumbs. Sprinkle these lightly on each side of the chops. Take care not to overdo this. Place in a Soyer D size bag. Fold, clip, place on grid in the oven. *Cook for twenty minutes.* Dish up the peas and potatoes as a border. Put the chops in the middle. Pour their own gravy over them and serve at once.

**Côtelettes Aux Navettes.**

Take half a bunch of young French turnips, peel and trim them all as nearly as possible to one size. Dust them with salt and pepper and preserve. Take a pound and a half of mutton chops. Trim as above directed. Dust well with celery salt and a very little white pepper, and some salted flour. Grease a bag well. Put in half the turnips, then the chops, then the rest of the turnips. Add half a pint of chicken stock. Fold the bag, clip; place on the grid and *cook slowly for an hour and a half* (300° Fahr.). Dish up on a hot dish, with the turnips as a border. Pour the sauce—which will be of a delicate creamy consistency and taste—over, and serve with asparagus, handed separately.

This dish should be selected when there has been roast fowl the day beforehand, as the stock can be made from the cooked carcase of the fowl, as follows:—Break up the carcase into small pieces. Add any pieces of skin remaining, an onion stuck with a clove, a tiny bit of mace, and a good-sized sprig of well-washed parsley. Add rather more than half a pint of water. Bring to the boil, then simmer very slowly, and do not let it boil away or reduce at all for three-quarters of an hour. Strain off. Add salt to taste, and use as directed in the above recipe.

**Chops in a Hurry.**

Take four chops. Trim them well. Dust them lightly with salt and pepper. If no cooked peas are to hand, take a bottle

(not can) of peas, free them from the preserving liquor, and wash well in cold water. Take half a bottle of tomato catsup. Pour it into a well-greased bag. Add the peas, and *cook for fifteen minutes in a hot oven* (350° Fahr.). Meanwhile take another greased bag. Put into it a slice of fat bacon, a few chicken livers, and the chops. Fold, and *cook all together for twenty minutes*. Dish up the chops on a very hot dish. Arrange the chicken livers on top of the chops; put the peas and tomato round as a border, and send to table at once. Note.—The bacon, which is only used as a flavoring agent, must not be sent to table.

#### Chops à l'Indienne.

For those who like hot things the following may be recommended:—Take a teaspoonful of salted flour, mix with it thoroughly a heaped large teaspoonful of good curry powder—two if liked. Grease a bag very thoroughly. Have ready from four to six chops trimmed as directed before. Dust these with the flour. Put them into the bag, and add to them a heaped dessertspoonful of finely-chopped spring onions and half a pint of chicken or other well-flavored stock. Fold and *cook gently for three-quarters of an hour* (300° Fahr.). Dish up on hot dish. Stir the sauce round well and serve. If liked, the flour and curry powder can be mixed with the cold stock instead of being dusted on to the chops. Water will do when stock is not to hand, but in this case add a little more salt.

#### Chops for the Nursery.

Every mother is aware of the nourishing properties of barley, but not every child can be got to take the barley in the shape of porridge. The appended recipe solves the difficulty by giving the barley at dinner instead of at breakfast time. Soak four ounces of thoroughly washed pearl barley for twenty-four hours. Have ready a well-greased bag, six small peeled whole onions (select those about the size of a small Tangerine) and the requisite number of chops. Free the chops from all but the smallest quantity of fat, dust them with salt, place them in the bag. Add to them the onions and the barley, salt to taste, and if any of the water in which the latter was soaked remains, add this also. If not, add half a pint of chicken stock prepared as before indicated. Fold and clip the bag. Place on grid, and *cook gently in an only moderately hot oven for an hour and a half* (300° Fahr.). Empty out on to a dish and serve. Veal can also be cooked in this way,

and for invalids the dish can be most highly recommended, as it contains nothing to upset even the most delicate digestion.

#### Economical Stew.

Grease the bag well. Wash one and a half pounds of fresh pieces of mutton well. Dust them thickly with salted barley flour and slightly with pepper. Peel and slice one pound of onions and two pounds of potatoes thinly. Wash them well. Put them wet into the bag with the meat in layers. Then add about half a pint of water. Put the bag on the grid. *Cook slowly for two hours (275° Fahr.)*. Dish up on a hot dish, and stir round well.

#### Chicken, Game, Etc., on Spatchcock.

Split the chicken down the middle. Well open. Pass two skewers longways to prevent the chicken from curling. Take and break one very fresh egg. Beat well. Add to it a little salt and black pepper, one ounce of melted butter, one teaspoonful of Worcester or other sauce, and one teaspoonful of mixed mustard. Mix together. With a brush glaze the whole chicken with the mixture. Then place the breadcrumbs all round. Butter the bag well all over the inside. Place chicken in it. Seal up, and place on the grid. Be very careful not to tear the bag with the skewers. *Allow thirty-five to forty minutes in a hot oven (350° Fahr.)*.

#### Salmi de Caneton.

Take a cold roast duck and joint it neatly. Place the carcase, giblets, bones, etc., in a clean, enameled iron stewpan; add to them a couple of sage leaves or a little powdered sage, a large onion stuck with a clove, a pinch of powdered sweet herbs, and half a pint of stock. Bring to the boil, skim carefully, and then draw the pan to the side of the fire and simmer very slowly until the goodness is fairly extracted. Then strain through a hair sieve into a clean saucepan, place on the fire, and reduce about one-third. Add salt and pepper to taste, the peel from half a dozen French olives, and half a glass of port.

Meanwhile grease a bag thickly, place in it the joints of the duck, and *cook for ten minutes in 350° Fahr.*

Remove the bag from the oven and pour the gravy in. Close the bag and make it very hot for ten minutes.

Then dish up on a hot salmi dish and serve, garnished with fried croûtons and accompanied by chipped or straw potatoes.



Blackcock, ptarmigan, or, indeed, any kind of game may also be réchauffed after this recipe.

### COLD MEAT COOKERY.

#### Cannelon à la Royale.

Take a pound of cold roast veal, free it from skin and fat, etc., and pass it through a meat chopper twice. Add to it six ounces of cooked ham, fat and lean together, also minced. Mix; then add pepper and salt to taste, a teaspoonful of minced parsley, a teaspoon half full of minced shallot, a little grated lemon peel, and a dust of nutmeg. Mix again. Add the well-beaten yolks and whites of two eggs; shape into a roll, wrap up in a piece of clean well-greased Soyer paper, place in bag, *and cook for twenty-five minutes in 300° Fahr.* Take out of bag very carefully, unroll, dish upon a hot dish, and serve with Portugaise sauce.

For the sauce, rub a pound of ripe tomatoes through a hair sieve. Place the pulp thus obtained in a clean enameled iron saucepan. Add to it pepper and salt to taste, a teaspoonful of sifted sugar, a dessertspoonful of vinegar, a teaspoonful of onion juice or else as much chopped garlic as will go on the point of a very small knife. Make very hot and allow it to reduce — i.e., boil away a little — then use. Half a wineglassful of cooking port is an immense improvement to the above sauce; so, too, is a bit of butter about the size of a walnut.

#### Roulade de Bœuf à la Napolitaine.

Take a pound of cold roast beef, free it from skin and fat, etc., and pass it through the meat chopper. Add to it six ounces of finely-minced (cooked) ham or bacon, fat and lean together. Season highly with pepper and salt. Add a teaspoonful of finely-minced olives, a few drops of tabasco, a teaspoonful of minced parsley, a little grated lemon peel and a dust of nutmeg. Mix all together; then add to it four ounces of previously cooked macaroni which has been cut into one inch lengths and tossed in a little butter. Mix again. Add the well-beaten yolks of two eggs, and finally the whites whipped to a stiff froth. Mix thoroughly; roll up in a piece of clean well-greased paper, place in the bag, fold and clip, put on the grid, and *bake in a moderate oven (300° Fahr.) for twenty-five minutes.* Serve with the same sauce as in the foregoing recipe.

**Mouton Grillé à l'Indienne.**

Underdone mutton, for which no other use can be found, may be turned into a very nice grill as follows:—Cut a sufficient number of slices from a leg of mutton, and cut into rounds or squares. Melt a piece of butter about the size of a large walnut on a plate in the oven. Add to it a teaspoonful of Harvey's sauce, and salt to taste. Mix thoroughly, and leave the slices of mutton in the mixture for at least an hour before they are required. Have ready a number of fried croûtons, allowing one to each piece of mutton; place the latter on these, put them in a well-greased paper bag. Put bag on grid, *cook for eight minutes* and serve at once, accompanied by Portugaise sauce—handed separately—and mashed potatoes. Instructions for Portugaise sauce is given in the first recipe.

Beef and veal, but more especially the former, are also excellent, treated after the foregoing fashion. Horse-radish sauce should be served with these in place of sauce Portugaise.

**Cold Fish.**

Take off all flesh from the fish bones. Mash up a few potatoes. Season to taste. Grease paper bag. Place mashed potatoes at the bottom, flat. Put one teaspoonful of flour on the top of the fish, three tablespoonfuls of milk, salt and pepper, a little chopped parsley (if desired), anchovy or other sauce. Mix together. Place the mixture on top of the potato and put in the bag. Seal up, and place on the grid. *Allow fifteen minutes in a hot oven (350° Fahr.).*

**Cold Meat or Poultry.**

can be done the same way, but omit milk, and substitute the same quantity of water or stock, and add an onion or shallot (not cut up).

## EGGS.

### Various Dishes Composed of Eggs.

Dishes composed of eggs bulk very largely in English menus for breakfast and luncheons, but there is no reason why they should not figure on dinner menus, especially during the season of Lent, when the choice of viands is somewhat limited.

Many of the dishes given in this section may, quite advantageously, be served as entrées, and will be found to be agreeable variants to the usual Lenten fish diet.

Just a word as to the making of omelettes. In households where those are esteemed and not merely partaken of at long intervals, it will repay the cook to keep one pan especially for omelettes, thus ensuring perfect cleanliness—an absolutely essential condition of things where omelettes are concerned.

### OMELETTES.

#### French Omelette.

Break two eggs into a bowl, season with salt, pepper, minced parsley, and chives, etc., and beat together for about one minute. Melt one ounce of butter in an omelette pan and when this smokes pour in the eggs, and do not touch them for a few seconds, till the liquid has set a little at the bottom of the pan; tilt the pan a trifle to one side, and if there is a small puff of steam, lift the edge up carefully with a knife, to allow as much liquid as possible to run underneath; repeat this till there is no more egg liquid left, and the top is just set; insert a knife under the omelette, fold it over, and slip it at once on to a hot dish, and serve immediately. It can be varied to any extent by, just before folding it over, dropping in any kind of vegetable mixture, such as mushrooms, chopped up and previously lightly fried in a little butter.

This is a French omelette, which should be moist and flaky. For an omelette soufflé, beat the whites of the eggs separately to a stiff froth, and add them last of all before cooking.

**Omelette Jambon.**

To prepare this omelette separate the whites and yolk of as many eggs as are needed and add to each half its volume of milk thickened with rice flour or corn starch. Flavor with pepper and salt and, if liked, a few drops of Worcestershire sauce.

Have ready a mixture composed of equal parts of chopped boiled ham or roast pork, minced cooked green peas, chopped onion or shallot, sliced tomatoes, and sliced boiled mushrooms. Season with pepper and salt to taste.

Beat the yolks and whites of the eggs separately and thoroughly, then mix them quickly with the other ingredients, and place the whole in a deep dish. Bake in a hot oven until the outside is browned, and serve as hot as possible. Gravy sauce should accompany this dish if liked.

**Breadcrumbs Omelette.**

Whip the yolks of six eggs with a cupful of cream, a tablespoonful of cornflour, and a cupful of breadcrumbs. Now stir in the beaten whites of the eggs, add a little minced onion, parsley, pepper and salt, and cook in a butter pan until the omelette is well browned.

It should be then be simply folded and served with a purée of asparagus tips, spinach, or any other vegetable that is preferred.

Another method is to make the omelettes in the usual way without breadcrumbs, and before folding place in the center some bread cut into small dice and fried in butter.

**Cheese Omelette.**

Add a heaped-up tablespoonful of grated cheese to the ordinary omelette mixture, sprinkling some over it just before serving.

**French Bean Omelette.**

Heat some cooked French beans in butter, and place them between a plain omelette.

**Green Pea Omelette.**

Place between an omelette a few green peas, made very hot and tossed in butter, salt and pepper.

**Potato Omelette.**

To four eggs add two tablespoonfuls of very smoothly mashed potato; add a tablespoonful of cream, a small piece of

butter, pepper and salt, whip all together, and then fry as before.

#### **Spanish Omelette.**

Fry in olive oil or butter a sliced lamb's kidney, a tablespoonful of chopped ham, four fresh mushrooms finely minced, and one green chili, an onion, some parsley and a bay leaf, all chopped as finely as possible. Now add three skinned and sliced tomatoes and a cupful of clear stock; simmer this gently for half an hour, when it will be ready.

Now whip separately the whites and yolks of six eggs and stir them together with half a tablespoonful of flour previously mixed with the same quantity of milk and a little pepper and salt. Pour into a buttered pan and cook lightly. Before folding the omelette pour upon it the sauce described above.

#### **Tomato Omelette.**

Make an ordinary omelette, and before serving pour this mixture into it:—Take two or three tomatoes and cut them into pieces; slice an onion very thin, melt a tablespoonful of butter into a saucepan and place the onion in it. Cook them, but do not allow to color; add pepper, salt, and the pieces of tomato. Stir all together for ten minutes, take out the mixture, pass it through a sieve, and return to the pan; thoroughly reheat, and serve.

#### **Poached Eggs.**

Fry an onion with a little parsley, thyme, and a bay leaf—and half a clove of garlic if liked—in one ounce of butter. Add half a pint of clear stock and the same quantity of red wine or cider, and cook gently until the sauce is well blended. Now poach six eggs in vinegar and water, and after draining carefully place them upon pieces of toast which have been plunged for a moment into hot water. Strain the sauce, add pepper and salt to taste, and pour it around the eggs. A border of parsley adds to the appearance of this dish.

#### **Eggs Poached in Rice Cases.**

Boil some rice in water until it is thoroughly cooked, then drain it and season with salt, pepper and a little grated nutmeg. Spread the rice evenly on a flat dish so that it is about half an inch thick, and when it is cold cut it out into as many rounds as are required with a medium-sized cutter; press the top of each with the bowl of a dessertspoon so as to make slightly hollow. Brush the rice over with beaten egg, then cover it with dry breadcrumbs, and fry the rounds quickly in

a bath of boiling fat until lightly browned. Poach one egg for each round of rice, poaching in water to which has been added a few drops of lemon juice, and when ready trim the eggs neatly and dish them up on the rounds of fried rice, and, if practicable, surround them with hot tomato sauce.

#### **Poached Eggs with Curried Onions.**

Blanch and slice one onion, and fry in fat until it is a golden color, mix with it a little good curry sauce. Poach two or more eggs carefully, and put them on neat squares or rounds of buttered toast. Pour the curried onions round, and serve.

#### **Poached Eggs and Calves' Liver.**

Take one pound of cooked calves' liver, mince thoroughly with sufficient parsley, pepper and salt, mix with just enough strong stock to well moisten the whole and pass it through a sieve. Now arrange the purée on a very hot dish, place six poached eggs upon it, and pour around a little thick stock flavored with tarragon vinegar and capers.

#### **Poached Eggs à la Reine.**

Poach as many fresh eggs as are required in water, to which is added a spoonful of lemon juice. Drain them on a cloth, and dish up on rounds of fried bread. Pour some thick brown curry sauce over the eggs, scatter a little finely-chopped parsley over each, and serve at once.

#### **Poached Eggs.**

In an earthenware cooking vessel melt a tablespoonful of butter with one small onion minced very fine, and a sprinkling of pepper and salt. Parsley or other herbs may be substituted for the onion. One by one drop six eggs into the melted butter and as soon as they are browned a little on the under side turn them carefully and brown on the other side.

The eggs should be served at once in the vessel in which they have been cooked.

#### **Buttered Eggs.**

Melt about two ounces of butter in a saucepan, break two eggs into the butter, season with salt and pepper, and stir till the eggs thicken. Serve on toast. This dish is much improved by having a few cooked peas warmed in the egg, or pieces of cooked asparagus or French beans.

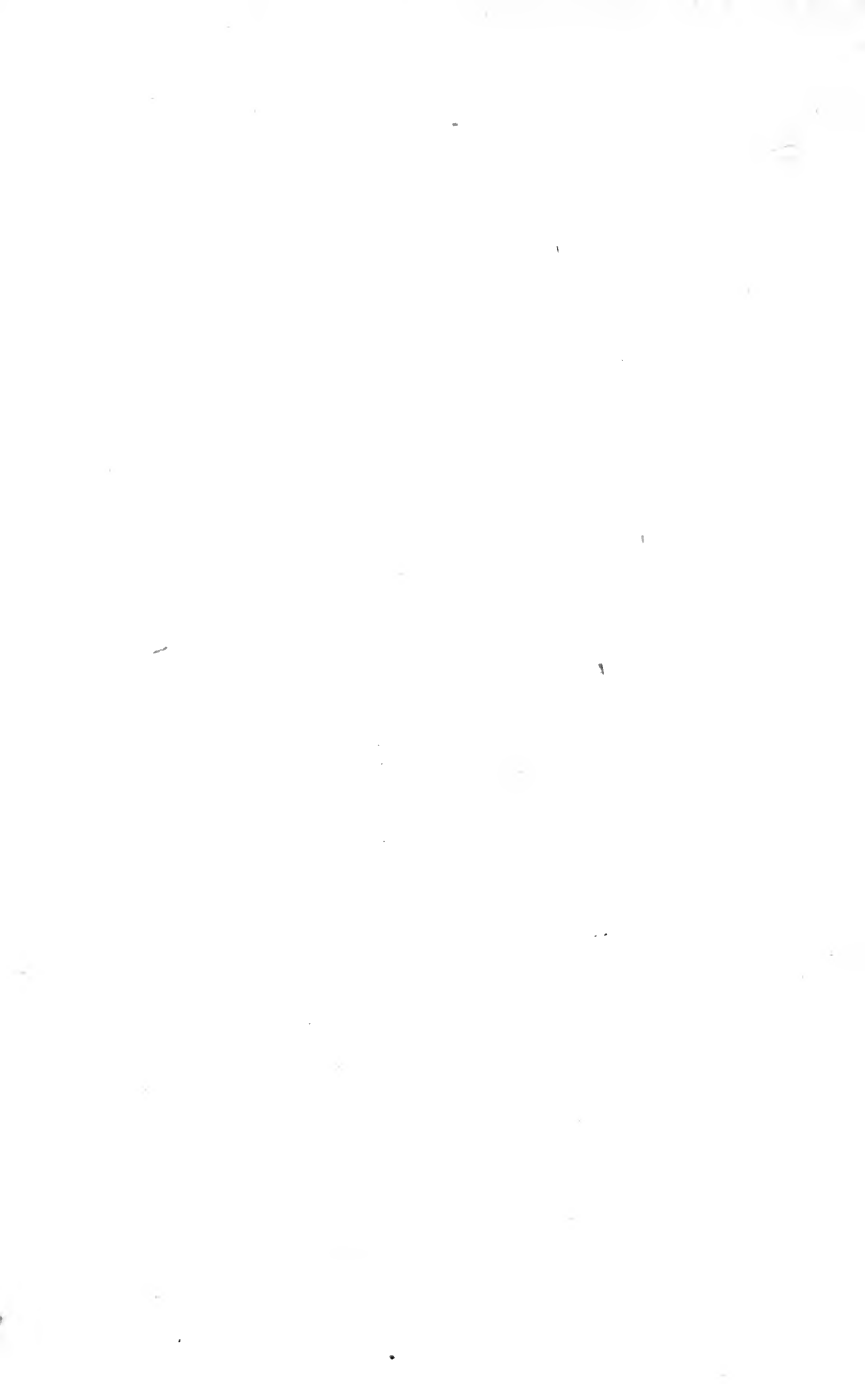
#### **Buttered Eggs and Mushrooms.**

Make some buttered eggs in the above manner, but before



**ROAST RIBS OF BEEF.**

Showing the first cut made in carving this joint. All subsequent cuts follow the first.





cooking them add some cooked minced mushrooms, peeled and sprinkled with salt and pepper. Serve on rounds of buttered toast.

#### **Fricassée of Eggs.**

Take three hard-boiled eggs, cut them in half and remove the yolks, and pound these together with a tiny taste of shallot, chopped parsley, seasoning and butter. Fill the whites with the mixture and keep them hot. Make some nice white sauce, pour over the eggs, and serve.

#### **Curried Eggs.**

Boil two eggs hard, and cut in fairly thick slices. Place each one on a croûton of fried bread, and pour a nice curry sauce over; or cut the eggs into quarters, and surround with a border of rice, and pour a good curry sauce over the eggs.

#### **Eggs à la Lucerne.**

Fry one small sliced onion and put it through a sieve, mix with it one dessertspoonful of flour which has been mixed smooth in rather less than half a pint of milk; season with pepper and salt. Stir over a slow fire for about seven minutes. Beat well two fresh eggs, stir these into the milk and onion, have ready some hot buttered toast, and after stirring the eggs for five minutes pour over the toast, and send at once to table.

#### **Savory Eggs.**

Parboil, slice and fry one large onion nearly brown, add half a pint of milk and three hard-boiled eggs cut in slices. Stir over a slow fire for two or three minutes. Beat well the yolks of two eggs with a teaspoonful of parsley (dried and chopped), one ounce of grated cheese, a little pepper and salt. Add and stir this over a slow fire for seven or eight minutes. Give one squeeze of lemon juice, and serve very hot.

#### **Savory Eggs.**

Boil three eggs until they are hard, then take off their shells and leave them until they are cold; then cut them in half and remove the yolks and pound these till quite smooth, mixing with them a little chopped parsley, tomato purée, salt and pepper. Slice a small piece off the tops of the whites, so that they will stand upright, and fill them with the mixture, putting a sprig of parsley into the center of each, and serve them on a bed of small salad.

#### **Egg Cutlets.**

Boil two or three eggs quite hard, shell, and cut into rather

thick slices. Dip each slice into beaten egg, seasoned with salt and pepper and minced parsley. Fry a light brown, and take them out of the pan the minute they are done. Drain, and arrange round a pyramid of savory rice, and pour tomato sauce round.

#### **Baked Eggs.**

Slice six hard-boiled eggs, place a layer of them in a well-buttered baking-dish, and sprinkle thinly with grated cheese. Then place another layer of egg, and so on, until all are used. Pour half a pint of strong white stock over the eggs and cover thickly with a mixture of breadcrumbs and grated cheese. Bake in a quick oven for ten minutes and serve in the same dish.

#### **Baked Eggs. (Another Method.)**

Place six sliced hard-boiled eggs in a buttered dish and pour over them a sauce made by stirring over a fire the following ingredients:—A tablespoonful of grated ham, an ounce of grated cheese, the same quantity of butter, half a cupful of stewed tomatoes, a cupful of white stock flavored with the juice of a lemon and a little nutmeg, parsley, pepper, and salt. This should be cooked twenty minutes and strained before adding to the eggs. Cover the whole with a fairly thick layer of bread crumbs and grated cheese, and bake in a quick oven.

#### **Baked Eggs. (Another Method.)**

Cover the bottom of a well-buttered dish with some thin slices of Gruyère cheese, and break over it eight new-laid eggs, taking care not to break the yolks. Season with a little pepper, salt, and nutmeg. Now pour a gill of good thick cream over the eggs and sprinkle with about two ounces of grated Gruyère cheese. Set the dish in an oven and bake for about a quarter of an hour. If the surface is not sufficiently browned a hot salamander can be passed over it.

Strips of thin dry toast should be passed round with this dish.

#### **Baked Eggs in Cases.**

Take some china or paper ramakin cases, butter them well inside, chop very finely a little parsley and a small piece of onion. Mix this with some fine breadcrumbs. Sprinkle some of this mixture in the cases. Put the cases on a hot baking-sheet, break an egg on each, and cover with the rest of the

mixture; put into a hot oven, and when set, but not hard, dish at once.

### **Baked Eggs and Tomatoes.**

Fry two teaspoonfuls of minced onion in a little clarified dripping until it is a pale golden color; then add the tomatoes which have been previously scalded and skinned and cut into small pieces, season with cayenne, salt and pepper, and let the contents of the pan simmer gently for twenty minutes. Put the breadcrumbs into a bowl, and when the tomatoes are ready turn out on to the crumbs and beat all together. Whisk the eggs thoroughly (whites and yolks together), with a patent egg-beater, and mix them with the tomatoes; scatter some browned crumbs over the top and bake in a quick oven for about ten minutes.

### **Creamed Eggs.**

Butter some little fireproof china saucepans, and break neatly into each a fresh egg. Pour over each a spoonful of cream, season with salt and white pepper. Put into the oven until set, and serve at once.

### **Egg Sandwiches.**

For these, pound two or three hard-boiled eggs, a small piece of butter and two teaspoonfuls of grated cheese, and of tomato purée, until a smooth paste is formed. Melt a lump of butter in a saucepan, add the mixture and stir until it is quite hot. Then spread between fingers of hot buttered toast. Garnish the top of each sandwich with the whites of the eggs and serve very hot.

### **Eggs Au Gratin.**

Boil three or four eggs quite hard. When cool cut into rather thick slices. Lay in a well-buttered fireproof dish. Sprinkle with grated cheese, fine breadcrumbs, salt and pepper. Pour over some white sauce. Sprinkle with brown crumbs, make thoroughly hot and brown with a salamander.

### **Eggs and Cheese.**

Cover the bottom of a large plate with equal parts of breadcrumbs, grated cheese and butter, and mix with the yolks of two eggs and any spices that are liked. Spread this thickly over the bottom of the plate and place in an oven until brown. Take out and at once break into the plate as many eggs as will cover it. Sprinkle these thickly with grated cheese and place in a quick oven until the eggs are set. If the cheese is

not sufficiently browned the use of a salamander will put this right.

### **Stewed Eggs and Cheese.**

Allow one egg for each person and take half the weight in butter and one-third of the weight in grated cheese. Thoroughly beat the eggs and then mix well with the cheese and butter, flavoring with pepper and salt. Cook in an earthenware pot or an enameled saucepan until the mixture is quite thick, and pour it into a deep dish before serving. A little chopped parsley may be added to this dish.

### **Broiled Eggs.**

Place the flesh of two tomatoes, without the skins and seeds, in a frying-pan with some boiling oil. Add a little salt and some minced fresh pimento, with herbs, and mix thoroughly. Break over this two eggs and mix the whole briskly over a fire until the eggs are set.

### **Eggs and Rice Cutlets with Macaroni.**

Grate the whites of four hard-boiled eggs and pound them in a mortar with the yolks of the eggs and half an ounce of butter; add a heaped tablespoonful of boiled rice, moisten the paste with a little cream, and season it with salt and black pepper. Divide the mixture and shape it on a floured board into the form of cutlets. Dip them into some beaten egg, and cover them thickly with fine breadcrumbs; leave them for a quarter of an hour, and then fry the cutlets in plenty of boiling fat. Boil some straight pipe macaroni until it is tender, and cut it up into small pieces about half an inch in length; then reheat it in a small quantity of parsley sauce. Arrange the macaroni in a hot dish, and put the cutlets round it.

### **Eggs Sur La Plat.**

Melt two ounces of butter in an omelette-pan; the moment the butter is melted, slip in three eggs carefully, avoiding breaking the yolks. Have three pieces of crisp toast on a hot dish, cover each piece lightly with anchovy paste; directly the eggs are set, place them carefully on the toast, one egg on each piece, and pour the hot butter from the pan over them; dust with a shake of cayenne, and sprinkle a little finely-chopped parsley over the center of each egg.

### **Egg Kromeskies.**

Poach as many eggs as are required in water to which a small quantity of vinegar has been added; cook them until

they are well set, and then put them into cold water. When cold drain the eggs on a clean cloth; sprinkle some salt and pepper over them; dip them into batter, and fry quickly in plenty of boiling fat, so that the batter has only time to become a pale golden brown.

#### **Eggs à la Reine.**

Remove the shells from four hard-boiled eggs, cut them in half lengthways, and remove the yolks. Put a quarter of a pound of rice cooked in stock into a bowl, season it with salt and pepper and a dust of curry powder, and add the yolks of the eggs after breaking them up with a fork, and beat the mixture for a few minutes, moisten it slightly with cream or milk, and then fill the whites of the eggs with it; dip them into some beaten egg, and then cover them thickly with fine crumbs, and put them aside for a quarter of an hour. Fry the stuffed eggs in plenty of boiling fat, and serve them on thick slices of tomato which have been cooked in clarified dripping, and garnish with parsley.

#### **Stuffed Eggs à la Diable.**

Hard boil the eggs, shell, place for a few minutes in cold water. Cut a little piece from the pointed end and halve each egg with a sharp knife. Remove the yolk; pound this with butter, salt and a seasoning of curry powder until a soft smooth paste is formed. Refill the eggs with this mixture and serve each on a little round of lightly fried bread. Scatter a little coralline pepper on each egg, and garnish with parsley or cress. This may be served cold. If a hot dish is needed, prepare the eggs as before, place in a fireproof entrée dish, pour a curry sauce or white sauce over, and make quite hot.

#### **Birds' Nests.**

Take the required number of hard-boiled eggs, cover them with smoothly-mashed potato, in which half a teaspoonful of curry powder has been mixed; roll in egg and breadcrumbs, and fry a golden brown. Cut in half and serve each half on a round of fried toast.

#### **Egg and Sausage Salad.**

Hard boil three eggs and cut them into slices, and cut some Bologna sausage into as many slices as you have pieces of egg. Place a slice of egg on each piece of sausage, and arrange them on some finely-shredded lettuce which has been dressed with oil and vinegar, and seasoned with salt and pepper.

### Eggs in Ramakin Cases.

Remove the pointed end from four hard-boiled eggs and cut a slice from the other end so that the eggs may stand evenly. Take out the yolks by making a small hole at the pointed end, either with an apple-corer or a skewer, but be careful not to break the white of the eggs. Put the yolks into a bowl and break them up with butter, using a small wooden spoon for the purpose, then add one tablespoonful of potted meat, one teaspoonful of parsley, one dessertspoonful of tomato catsup, and a little salt, pepper and curry powder, and rub the mixture through a pointed metal gravy strainer with a teaspoon on to a soup plate. Take up a small quantity at a time in the spoon and with the aid of a finely-pointed skewer fill the whites of the eggs with the prepared yolks letting the filling stand well above the white. Place each egg as it is filled in a china ramakin case, and when all are ready decorate them with small heart-shaped pieces of cucumber, which should be brushed over on one side with warm butter to make them adhere, or, if preferred, the eggs may be served plain.

### Egg and Cauliflower Croustades.

Cut some rounds from slices of bread (about half an inch thick) with a large cutter, and with a small cutter remove a little piece from the middle of each; dip the pieces of bread quickly into milk, and then into beaten egg, cover them with fine crumbs and fry them in boiling fat. Prepare some buttered eggs in the usual way, and while the mixture is soft and creamy add some small pieces of cooked cauliflower to it; season with salt and pepper, dust of curry powder, and if liked, a teaspoonful of grated cheese and stir until the egg begins to set, then pile up the mixture on the croustades (or bread cases), scatter a few browned breadcrumbs over the top, and serve as quickly as possible.

### Eggs in Batter.

Take four hard-boiled eggs, peel carefully and dip them in batter. Fry until brown, then dip and fry again, and continue the process till the eggs are twice their usual size. They may then be placed upon a purée of spinach or other green vegetable, or they may be served with tomato sauce.

### Eggs and Chestnuts.

Place in a stewpan two sliced sausages, one large sliced boiled carrot, a dozen roast chestnuts—without their shells—a spoonful of butter, and a small teacupful of any white stock.

Cook gently for twenty minutes, stirring all the while, and then add a spoonful of sherry with pepper and salt to taste. Pour this mixture over ten fried eggs on a dish.

#### Fried Eggs.

Fry four new-laid eggs in olive oil, and after removing them to a hot dish, mix with the oil in the cooking-pan six mushrooms, half a green chili finely minced, and half a cupful of clear stock. Cook carefully till the mushrooms are done and pour it around the eggs before serving.

#### Piedmontese Eggs.

Remove the bones and skin from four anchovies, mince finely, and warm them until thoroughly dissolved in half a pint of stock; but do not allow the stock to become too hot. Whip the yolks of six eggs and stir in the beaten whites of two with parsley, pepper, and salt. Add to the stock and stir the mixture over the fire until it is quite smooth, and then pour it into a well-buttered dish previously lined with slices of toast. Cover the surface rather thickly with grated cheese, and bake for ten minutes in a quick oven.

#### Carmelite Eggs.

Make a vegetable purée by boiling spinach, asparagus tips—or any other vegetable—with herbs and seasoning, and mixing it with a cupful of cream previous to pressing through a sieve. Pour the purée into a well-buttered baking dish, smooth the surface and break over it very carefully from four to six new-laid eggs. Bake in a moderate oven until the eggs are set.

#### Bercy Eggs.

Put half of the butter to be used in a dish; let it melt, break the eggs, taking care not to burst the yolks; baste the latter with the rest of the butter, and season. Cook until the whites are quite done and the yolks are glossy. Garnish with a small, grilled sausage, placed between the yolks, and surround with a thread of tomato sauce.

#### Eggs with Brown Butter.

may be prepared by either of these methods:—

(1) Cook the eggs in a dish as above and then cover them with one-quarter ounce of brown butter and a few drops of vinegar, which should be added after the butter.

(2) Put one-half ounce of butter into a small omelette-pan, and cook until almost black. Break the eggs into it,

season, cook, tilt them gently on to a dish, and besprinkle with a few drops of vinegar, with which the omelette-pan has been rinsed.

#### **Deviled Eggs.**

Cook the eggs in the omelette-pan; turn them with care, after the manner of pancakes. Slide them gently into a dish, and besprinkle them with brown butter and a few drops of vinegar with which the omelette-pan has been rinsed.

#### **Eggs à la Florence.**

Garnish the bottom of dish with spinach leaves stewed in butter; sprinkle thereon two pinches of grated cheese; break the eggs upon this garnish, and cover them with two tablespoonfuls of Mornay sauce. Place in a fierce oven, so that the cooking and glazing of the eggs may be effected simultaneously.

#### **Eggs Au Gratin.**

Put a tablespoonful of very hot Mornay sauce into a dish. Break the eggs into it, cover with Mornay sauce, sprinkle with grated cheese mixed with fine raspings, and cook in a fierce oven.

#### **Jockey Club Eggs.**

Cook the eggs in an omelette-pan; tilt them gently on to a dish, and trim them with a round fancy-cutter. Place each egg upon a round, thin piece of toast, and then cover with foie-gras purée. Arrange in the form of a crown, on a dish, and pour into the middle a garnish of calves' kidneys cut into dice and sautéd, and truffles similarly cut.

#### **Mirabeau Eggs.**

For ordinary butter substitute anchovy butter. Break the eggs and cook them. Surround each yolk with anchovy fillets, and garnish each with a spray of parboiled tarragon leaves. Place a large olive stuffed with tarragon butter on either side the yolks.

#### **Pacha Eggs.**

Garnish a dish with a large tablespoonful of minced onions cooked in butter and unbrowned. Break the eggs over the garnish, sprinkle with a small tablespoonful of dry, grated Parmesan cheese, and cook in a fierce oven so that slight gratin may form as soon as the eggs are done.

#### **Parmentier Eggs.**

Bake some potatoes in the oven. Open them, from above,



with an oval fancy cutter; remove the pulp from the inside, rub it through a sieve, and make a smooth purée of it. Half-fill the potato-shells with this purée, break an egg into each, besprinkle with cream, and cook in the oven. Replace the part of the baked shell removed in the first instance, and serve on a napkin.

#### **Eggs à la Portugaise.**

Put a tablespoonful of tomato fondue into a dish. Break the eggs upon this, season, and cook. Between the eggs and at each end of the dish put a little heap of tomato fondue, and on each heap drop a pinch of chopped parsley.

#### **Eggs à la Reine.**

Cook the eggs in an omelette-pan, and trim with a round fancy cutter. Put each egg upon a small disc of Duchesse potatoes, of the same size as the egg, previously browned in the oven. Arrange the eggs in a circle round the dish; in the middle put a chicken mincemeat, and surround with a border of *Suprême* sauce.

#### **Poached Eggs.**

Use perfectly fresh eggs, for it is quite impossible to obtain an even poaching without.

Have ready a saucepan containing boiling salted water (one-third of an ounce of salt per quart of water), slightly acidulated with vinegar. Break the eggs over that part of the water which is actually boiling.

Do not put more than six eggs at a time into the same saucepan, then the poaching will be effected more equally.

As soon as the eggs are in the water, let the latter simmer. The egg is poached when the white has enveloped the yolk, and when it may be touched without breaking. The usual time allowed for poaching is three minutes.

Withdraw the eggs by means of a slice; dip them into cold water, trim their whites, and put them back into moderately warm water until ready to serve.

#### **The Cooking of Soft-Boiled Eggs.**

These ought to be very fresh, as in the case of poached eggs. Keep the water boiling; plunge the eggs therein as directed; leave them to cook for six minutes from the time the water has regained the boiling-point; drain, steep for a moment in a bowl of cold water, and shell the eggs carefully. Keep them in a moderately-salted hot water until ready to serve.

**Poached Eggs Argentueil.**

Garnish the bottom of some tartlet crusts with cooked asparagus cut into pieces, and six green asparagus-heads, about one and one-half inches in length, arranged starwise. Place an egg, coated with cream sauce mixed with half its volume of asparagus purée, upon each tartlet.

**Poached Eggs à l'Aurore.**

Coat the eggs with Aurora sauce, and dish them on rounds of toast.

**Poached Eggs en Berceau.**

Bake some potatoes in the oven. Cut each in half, lengthwise, with the point of a small knife, and remove the pulp. Coat the interiors with a chicken mincemeat mixed with cream, and place an egg coated with Aurora sauce in each.

**Poached Eggs à la Bohémienne.**

Garnish the bottom of some tartlet crusts with a salpicon of foie-gras and truffles cohered with a few tablespoonfuls of the following sauce:—For six eggs, dissolve one teaspoonful of whitemeat glaze; add thereto half a teaspoonful of truffle essence, and finish with a lump of butter about the size of a pigeon's egg. Take enough of this sauce to effect the cohering of the salpicon; coat the eggs with Hungarian sauce, and place one upon each garnished tartlet.

**Poached Eggs Boiel-Dieu.**

Garnish the tartlets with a white chicken-meat, foie-gras, and truffle salpicon cohered with poultry veloute. Coat the eggs with a reduced and thickened poultry gravy.

**Poached Eggs à la Bruxelloise.**

Garnish some tartlet crusts with braised endives, thickened with cream. Place an egg, coated with cream sauce, upon each; sprinkle with bread raspings and set to glaze in a fierce oven.

**Poached Eggs à la Clamart.**

Garnish some tartlet crusts with green peas, cooked and mixed with finely-shredded lettuce which should have cooked with them. Place an egg, coated with cream sauce which has been finished with fresh pea purée upon each.

**Poached Eggs Colbert.**

Garnish some tartlet crusts with a macedoine of vegetable.

Place a plainly-poached egg upon each, and send Colbert butter, separately, to the table with the tartlets.

#### Poached Eggs à la Comtesse.

Garnish some tartlet crusts with white asparagus purée. Place an egg coated with sauce upon each, and sprinkle with chopped truffles.

#### Poached Eggs Grand Duc.

Place the eggs on fried rusks, with a nice slice of truffle on each; arrange them in a circle round the dish, coat with Mornay sauce, and set to glaze in a fierce oven. On withdrawing the dish from the oven, put in the center a garnish composed of asparagus heads and a small faggot of the latter, very green and cooked.

#### Poached Eggs Maintenon.

Garnish some tartlet crusts with a Soubise à la *Béchamel*, slightly thickened by reduction. Coat the eggs with Mornay sauce, besprinkle with grated cheese, and place them in the crusts.

Set the glaze in a fierce oven, and, on withdrawing the dish from the oven, surround the crusts with brown sauce.

#### Poached Eggs Massena.

Heat six medium-sized artichoke bottoms. Slightly hollow them, if necessary, and garnish each with a tablespoonful of Bearnaise sauce. Place an egg, coated with Portugaise sauce, upon each artichoke bottom; then place a slice of poached marrow and ox-tongue upon each egg, and a little chopped parsley upon each slice of marrow.

#### Poached Eggs Mornay.

Coat the eggs with Mornay sauce, and besprinkle with grated Parmesan cheese mixed with fine raspings. With a slice, carefully transfer the eggs to pieces of toast fried in butter. Arrange in a circle on a dish, sprinkle each egg with a few drops of melted butter, and set to glaze quickly in a fierce oven.

#### Poached Eggs d'Orsay.

Place the eggs upon the toast fried in butter. Arrange them in a circle on a dish, and coat them with Colbert sauce.

#### Poached Eggs Rossini.

Garnish some tartlet crusts, each with a slice of foie-gras seasoned, sprinkled with flour, and fried in butter. Place an egg, coated with thickened veal gravy with Madeira, on each

tartlet, and complete by means of a large slice of very black truffle or ox tongue on each egg.

#### Poached Eggs Sevigne.

Prepare some thin rusks; fry them in clarified butter, and stuff them with a mince of braised lettuce. Place an egg on each stuffed rusk; coat with veloute mixed with brown sauce; arrange in a circle on a dish, and complete by means of a ring of very black truffle and foie-gras on each egg.

#### Poached Eggs Victoria.

Garnish some tartlet crusts with a salpicon made from three ounces of spiny-lobster meat and one ounce of truffles, mixed with three tablespoonfuls of white sauce. Place an egg, coated with white sauce, on each tartlet. Dish, and set to glaze in a fierce oven.

#### Hard-Boiled Eggs Chimay.

Cut the eggs, lengthwise, in two. Remove the yolks, pound them into a paste, by pressing through a wire sieve, and add thereto an equal quantity of dry Duxelle. Fill the empty whites with the preparation; place them on a buttered gratin-dish; cover with Mornay sauce; sprinkle with grated cheese; pour a few drops of melted butter upon the sauce, and set to color brown in a fierce oven.

#### Hard-Boiled Eggs in Croquettes.

Cut the eggs into small dice (white and yolks). For every four eggs add four ounces of cooked mushrooms and one ounce of truffles, cut into dice.

Thicken the whole with one-quarter pint of reduced white sauce, and spread on a dish to cool.

When cold, divide the preparation into portions weighing about one and a half ounces; roll these portions into balls on a floured mixing-board, and then shape them like eggs. Dip them into a froth of well-beaten eggs and then roll them in fresh breadcrumbs, and finish off the shape. Put them into hot fat for four minutes before dishing up; drain, salt moderately, place on a napkin, with a center garnish of very green, fresh parsley, and send tomato sauce to the table with them.

#### Hard-Boiled Eggs in Rissoles.

Make a preparation of eggs as for croquettes, using a little more sauce. Roll some puff-paste trimmings to a thickness of one-quarter inch, and stamp it with a round indented cutter two and one-half inches in diameter.

Place a small tablespoonful of the preparation in the middle of each piece of paste; moisten slightly all round, and make the rissoles by folding the outside edges of the paste over one another to look like a closed purse, taking care to press them thus together so as to join them, thus completely enclosing the preparation. Egg and breadcrumb them, put them into hot fat four minutes before serving, and dish up on a napkin, with a center garnish of parsley.

#### Eggs à la Tripe.

For six eggs, finely mince two onions, and fry them in butter, without letting them take any color. Add one pint of Béchamel sauce, and set to cook gently for ten minutes. A few minutes before serving add the eggs, cut into large slices, to the sauce. Next add three spoonfuls of cream and well season as to taste.

Dish up in a timbale.

#### Eggs à la Tripe. (Another Method.)

For six eggs chop up one large onion and fry in butter, but not to take color. Sprinkle them with one-half ounce of flour, moisten with one pint of boiling milk, and season with salt, pepper, and nutmeg, and a little cayenne pepper.

Set to cook, gently, for fifteen minutes; pass through a fine sieve, transfer to a saucepan, and heat it well. Dish up the eggs, quartered, in a timbale, and cover with the preparation of onions, very hot.

#### Eggs en Cocotte.

To poach eggs en cocotte use the *bain-marie*.

Cocottes for eggs, which may be replaced by little china or plaited cases, are a kind of small saucepan in earthenware, in porcelain, or in silver, provided with a handle. The time generally allowed for the cooking or poaching of eggs in this way is ten minutes, but this is subject to variations either way.

Having garnished the cocottes and broken the eggs into them, as directed in the recipes which follow, set them in a flat pan and pour in enough boiling water to reach within one-half inch of the brims of the cocottes. Place in the oven and cover, just leaving sufficient opening for the steam to escape.

The eggs are done when the whites are almost set and the yolks are glossy. Dish them on a napkin or on a fancy dish-paper.

#### Eggs en Cocotte with Cream.

Heat the cocottes beforehand; pour a tablespoonful of cream

into each, followed by an egg, broken; season, and add two little lumps of butter, the size of one hazel nut. Place the cocottes in a *bain-marie*, and poach as before.

#### **Eggs en Cocotte à la Jeanne.**

Garnish the bottom of the cocottes with a thickness of one-third inch of chicken forcemeat with cream, mixed with a fourth of its volume of foie-gras. Break the egg over the middle, season, and poach in the usual way. When about to serve, surround the eggs with a line of thin white sauce.

#### **Eggs en Cocotte with Gravy.**

Break the eggs into buttered cocottes. Season, poach, and, when about to serve, surround the yolks with a thin but good gravy.

#### **Eggs en Cocotte à la Lorraine.**

Put a teaspoonful of pork, cut into dice and fried, into each cocotte, also two slices of Gruyère or Parmesan cheese and one tablespoonful of boiling cream. Break the eggs, season, and poach in the usual way.

#### **Eggs en Cocotte Roulotte.**

Garnish the bottom and sides of the cocottes with cooked spinach, chopped and pressed, lettuce leaves, which should be stewed in butter. Break the eggs, season, poach in the usual way, and, when about to send the eggs to the table, drop a touch of chopped parsley on each yolk.

#### **Eggs en Cocotte with Morels.**

Garnish the bottom and sides of the cocottes with minced morels fried in butter and thickened with a little reduced brown sauce. Break the eggs, season, poach, and surround the yolks with a thread of the same sauce when dishing up.

#### **Eggs en Cocotte à la Soubise.**

Garnish the bottom of the cocottes with a coating of thick Soubise purée. Break the eggs, season, and poach. When dishing up, surround the yolks with a thread of good gravy.

#### **Neapolitan Molded Eggs.**

Make a mixture consisting of scrambled eggs and Parmesan cheese, keeping it very soft; add per four scrambled eggs, two small raw eggs. Fill some little, well-buttered brioche-molds with this preparation, and poach in the *bain-marie*. As soon as contents are properly set, turn out the molds on to a buttered gratin dish, besprinkle with grated Par-

mesan cheese, and coat the eggs with reduced and buttered brown sauce with tomato.

#### Molded Eggs Palermitaine.

Butter some shaped or plain molds; garnish the bottoms with a slice of ox tongue, and besprinkle the sides with chopped parsley. Put the molds in ice for a while, to set the tongue in the butter. Break an egg into each mold, season, and poach in the *bain-marie*. Turn out the molds on tartlet crusts, garnish with macaroni and cream.

#### Princess Eggs.

Butter some narrow and deep dariole-molds; garnish their bottoms with a slice of truffle, and their sides with a very thin coating of chicken forcemeat.

Make a preparation of scrambled eggs, asparagus-heads, and truffles cut into dice, keeping them very soft, and add thereto raw beaten eggs in the proportion of one raw egg to every four scrambled.

Fill the molds nearly full with this preparation; cover the eggs with a coating of forcemeat, and poach in a *bain-marie* for fifteen minutes slowly.

Turn out the molds on a dish, and surround them with a thread of clear poultry brown sauce.

#### Eggs Printanier.

Butter some hexagonal molds, and garnish them, Chartreuse fashion, with cut-up, cooked vegetables, varying the shades. Break an egg into each mold; season, and poach in a *bain-marie*. Turn out the molds upon little round pieces of toast; arrange these in a circle on a dish and pour in their midst a cream sauce finished by means of a *Printanier* butter with herbs, in the proportion of one ounce of butter to one-quarter pint of sauce.

#### Scrambled Eggs.

This dish is the finest of all egg preparations, provided the eggs be kept soft and creamy.

They are mostly served in silver timbales, but may also be dished in special little croustades, or in tartlet crusts, with small pieces of toast shaped like crescents, lozenges, rings, palmettes, etc. Cook the eggs in the usual way, in a utensil in direct contact with the fire; but in order that the process of cooking may be progressive and gradual, see that the heat is only moderate.

**Method of Scrambling Eggs.**

For six eggs, slightly heat two ounces of butter in a saucepan. Add the six eggs, beaten moderately, together with a large pinch of salt and a little pepper and one tablespoonful of cream; place the pan on a slow fire, and stir constantly with a wooden spoon or whisk, taking care to avoid anything in the way of sudden, fierce heat, which would cause lumps to form in the mass—which should be guarded against.

When the eggs have acquired the proper consistence, and are still smooth and creamy, take the saucepan off the fire, and finish by means of one and one-half ounces of butter and one tablespoonful of cream. Only whisk the eggs to be scrambled when absolutely necessary.

**Eggs Scrambled with Mushrooms.**

Add to the scrambled eggs six ounces of cooked mushrooms cut into dice, or raw mushrooms, minced and *sautéd* in butter, for every four eggs.

Dish in a timbale; put a fine, cooked, and grooved mushroom in middle, and surround with a crown of mushroom buttons.

**Eggs Scrambled Chasseur.**

Dish the scrambled eggs in a timbale. Hollow out the middle, and place a garnish of one fine chicken's liver, *sautéd* per every four eggs. Sprinkle a pinch of parsley or tarragon on the garnish, and surround with a thread of brown sauce.

**Eggs Scrambled Chatillon.**

Dish the eggs in a timbale, well buttered and bread-crumbed, and place a garnish of mushrooms in the center. The mushrooms should be minced raw, and then *sautéd* in butter. Sprinkle a pinch of chopped parsley on the garnish, and surround with a thread of melted meat-glaze. Border the whole, close to the sides of the timbale, with small crescents of croûtons.

**Eggs Scrambled with Shrimps.**

Dish the scrambled eggs in a silver dish. Place a little heap of shrimps' tails bound with a few tablespoonfuls of shrimp sauce in the middle, and surround with a thread of the same sauce.

**Eggs Scrambled Fines Herbes.**

Add to the scrambled eggs a tablespoonful of chopped parsley, chervil and tarragon leaves in equal quantities.



**Eggs Scrambled with Cheese.**

Break the eggs, beat them, season and add thereto for every two eggs, two ounces of grated Parmesan. Cook the eggs in the usual way on a very moderate fire, to keep them creamy.

**Scrambled Eggs Georgette.**

Bake six potatoes in the oven. Open them by means of an incision on their tops; withdraw the pulp from the interior with the handle of a spoon, and keep the remaining shells hot. Prepare the scrambled eggs in the usual way, and finish them away from the fire with one and one-half ounces of crayfish butter, and eight or ten shelled crayfish tails, or lobster or oyster previously poached. Garnish the potato shells with the preparation and dish up on a napkin.

**Scrambled Eggs with Morels.**

Add to the scrambled eggs some minced morels, *sautéd* in butter and seasoned. Dish in timbales in the usual way.

**Eggs Scrambled Orloff.**

Break six eggs, beat them, and add a little fresh, thick cream. Cook them in the usual way, and add a few crayfishes' tails for every four eggs. Dish in little porcelain cases, place a fine slice of truffle in each of the cases, and arrange these on a napkin and dish up in usual way.

**Scrambled Eggs à la Piemontaise.**

Add to the scrambled eggs, per every three of the latter, one-half ounce of grated Parmesan cheese and a teaspoonful of raw grated truffles. Dish in a timbale, and garnish with a fine crown of sliced truffles.

**Scrambled Eggs à la Portugaise.**

Dish the eggs in a timbale, and place in the middle, some fine, *concasséd* tomatoes seasoned and *sautéd* in butter. Sprinkle a pinch of *concasséd* parsley on the tomatoes, and surround with a thread of brown sauce.

**Scrambled Eggs Rachel.**

Add some truffles, cut into dice, and some asparagus cut up, to the scrambled eggs. Dish up with a little faggot of asparagus-heads in the middle, and a thread of brown sauce.

**Scrambled Eggs Margot.**

Prepare the scrambled eggs in the usual way, and finish them with the necessary quantity of almond butter. Place this in small tartlet crusts, baked without coloration, and sur-

round the tartlets with a thread of Béchamel sauce, finished with pistachio.

#### Scrambled Eggs Rothschild.

Finely pound the remains of six crayfish, the tails of which have been put aside, and add gradually, two tablespoonfuls of thick cream. Rub through sieve.

Add this crayfish cream to the six beaten eggs; season, and cook on a moderate fire with the object of obtaining a smooth, soft, and creamy preparation. Serve in a timbale and garnish, with a small faggot of asparagus-heads placed in the middle of the eggs, with crayfish tails arranged in a circle round the asparagus, and with large slices of truffles arranged in a crown.

#### Scrambled Eggs with Truffles.

To the eggs add one tablespoonful of truffles, cooked in Madeira and cut into dice. Place these in a dish and garnish with a crown of sliced truffles.

#### Fried Eggs.

To cook these eggs properly, only one should be dealt with at a time.

Heat some oil in an omelette-pan until it begins to smoke slightly; break the egg on a plate; season it and let it slide into the pan. Then, with a wooden spoon, quickly cover up the yolk with the solidified portions of the white, in order to keep the former soft.

Drain the egg on a piece of stretched linen, and proceed in the same way with the other eggs until the required quantity has been treated.

#### Fried Eggs à la Bordelaise.

Prepare as many halved tomatoes as there are eggs, adding a pinch of chopped shallots to each halved tomato. When cooked, garnish with *cepes*, finely minced and *sautéd*; place a fried egg on each garnished half tomato, and arrange in a circle on a dish, with fried parsley in the middle.

#### Fried Eggs à la Portugaise.

Place each of the cooked eggs upon a half tomato *à la Portugaise*, i.e., stuffed with rice after having been previously half-baked in the oven. Arrange in a circle on a dish, and garnish the center with *concassed* tomatoes and *sautéd* in butter.

**Fried Eggs à la Provençale.**

Put each fried egg on a half tomato and seasoned, rolled in flour, and fried in oil.

Set in a circle on a dish, with fried parsley in the center.

Place the eggs, fried in oil, on little dish of spinach. The preparation of spinach should have anchovy fillets cut into dice, added to it, and a few chopped olives.

**Fried Eggs à la Romaine.**

Place the eggs, fried in oil, on a little dish of spinach. The preparation of spinach should have anchovy fillets, cut into dice, added to it, and a few chopped olives.

**Omelettes.**

An omelette is in reality scrambled eggs enclosed in a coat composed of coagulated egg, the seasoning of which comprises a small pinch of table-salt and a little pepper, and which requires one-half ounce of butter and one tablespoonful of cream for its preparation.

**To Prepare.**

Heat the omelette-pan until nearly a brown color. This will not only lend an exquisite taste to the omelette but will be found to ensure the perfect setting of the eggs.

Pour in the beaten and seasoned eggs, and stir briskly with a fork, in order to heat the whole mass evenly. If the omelette is to be garnished inside, this ought to be done at the present stage, and then the omelette should be speedily rolled up and transferred to a dish, to be finished in accordance with the nature of its designation.

**Omelette Charles V.**

Stuff the omelette with one tablespoonful of mushrooms, minced and *sautéd* in butter. Roll it up, and transfer it to a dish.

**Omelette à la Bruxelloise.**

Stuff the omelette with two tablespoonfuls of braised endives shredded and thickened with cream. Surround with a thread of white sauce.

**Omelette with Cepes.**

Finely mince two ounces of *cepes*; toss them in butter in an omelette-pan until they have acquired a brown color; add thereto a pinch of chopped shallots, and toss them again for a moment.

Pour the eggs into the omelette-pan; make the omelette; dish up, surround with a thread of brown sauce.

#### **Omelette with Mushrooms.**

Mince two ounces of raw mushrooms; toss them in butter in an omelette-pan; add the eggs thereto, and make the omelette. Transfer it to a dish, lay three little cooked and grooved mushrooms upon it, and surround with a thread of meat juice.

#### **Omelette à la Choisy.**

Stuff the omelette with one tablespoonful of braised lettuce shredded and mixed with Béchamel sauce.

#### **Omelette Princesse.**

Stuff the omelette with three tablespoonfuls of fresh cooked peas, bound with butter. Roll and dish the omelette, making an opening lengthwise in the center, and fill with a tablespoonful of fresh peas.

#### **Omelette with Spinach.**

Stuff the omelette with two tablespoonfuls of spinach with cream, and surround with a thread of white sauce.

#### **Omelette Fermière.**

To the beaten and seasoned eggs add one tablespoonful of very lean, cooked ham cut into dice. Pour the eggs into the omelette-pan, and cook them quickly, taking care to keep them very soft. Let the outside harden slightly; tilt into the dish after the manner of a pancake, and besprinkle the surface with a pinch of chopped parsley.

#### **Omelette Aux Fines Herbes.**

Add to four eggs one tablespoonful of parsley, finely chopped.

Make the omelette in the usual way.

#### **Omelette with Chicken's Liver.**

Stuff the omelette with two tablespoonfuls of chicken's liver which cut into dice or sliced, seasoned and quickly *sautéd* in butter, and one-half teaspoonful of brown sauce. Dish the omelette, make an opening lengthwise in the center, and place therein one tablespoonful of chicken's liver, and a soupcon of chopped parsley, and surround it with brown sauce.

#### **Omelette with Artichoke Bottoms.**

Finely mince four small cooked artichoke bottoms, season

them, and slightly color them in butter. Add the beaten and seasoned eggs, and make the omelette in the usual way.

#### **Omelette à la Lyonnaise.**

Take an onion and cook it with butter in an omelette-pan, but not to color. Add the eggs with which a pinch of chopped parsley has been mixed, and make the omelette in the usual way.

#### **Omelette Mousseuse.**

Beat the yolks of four eggs in a bowl with a small pinch of salt and pepper, and a tablespoonful of thick cream. Add thereto one tablespoonful of chopped parsley, the four whites, whisked to a stiff froth, and pour this preparation into a wide omelette-pan containing two ounces of very hot butter. *Sauté* the omelette, tossing it very quickly and taking care to turn the outside edges of the preparation constantly towards the center; when the whole mass seems uniformly set, roll the omelette up quickly, and serve at once.

#### **Omelette Parmentier.**

Add a pinch of chopped parsley to four eggs, and when about to pour the latter into the omelette-pan, add two tablespoonfuls of potato cut into dice, seasoned, *sautéd* in butter beforehand, and very hot. Make the omelette in the usual way.

#### **Omelette à la Paysanne.**

Fry with butter, in the omelette-pan, two ounces of breast of bacon cut into dice. Add to the eggs one tablespoonful of finely-sliced potatoes *sautéd* in butter, one-half tablespoonful of chopped parsley, and a pinch of crushed chervil.

Pour the whole over the bacon-dice; cook the eggs quickly, keeping them soft; turn the omelette after the manner of a pancake, tilt it immediately on to a dish and serve quickly.

#### **Omelette with Asparagus-Tops.**

Add one and one-half tablespoonfuls of blanched asparagus-tops, stewed in butter, to the omelette. Dish up the omelette, with the middle open, and a nice little faggot of asparagus-tops in the interspace. Serve at once.

#### **Omelette à la Provençale.**

Rub the bottom of the omelette-pan lightly with shallots or onions; put two tablespoonfuls of oil or clarified butter into the utensil, and heat until it smokes.

Throw into the oil a fine, peeled, pressed, and pipped tomato,

cut into dice and besprinkled with a pinch of *concassed* parsley. Cook quickly, tossing the white, and add it to the beaten and seasoned eggs. Make the omelette in the usual way.

#### Omelette with Kidneys.

Add to the omelette a tablespoonful of calves' or sheep's kidney, cut into dice, seasoned with salt and pepper, *sautéd* quickly in butter, and one tablespoonful of brown sauce. Having dished the omelette divide down the middle, lay some kidney-dice therein and surround with a thread of good sauce.

#### Omelette à la Rossini.

Add to the eggs one dessertspoonful of cooked foie-gras and as much truffle, cut into small dice. Having dished the omelette, place in the middle thereof a small piece of heated foie-gras and six slices of truffle on either side of the latter. Surround it with a thread of brown sauce flavored with truffle essence.

#### Omelette with Truffles.

Add to the omelette one tablespoonful of truffles, cut into dice. Make the omelette, dish it, and lay a row of fine slices of truffles upon it. Surround it with a thread of brown sauce.

#### Cold Eggs à l'Andalouse.

Cover six cold, well-dried poached eggs with a tomato purée mixed with a third of its volume of Soubise purée and half pint of melted aspic jelly per pint of sauce. Cut some pimentos, marinated in oil, into very thin strips, and lay these upon each egg.

Garnish as many oiled, oval tartlet molds as there are eggs with tomato purée thickened with jelly, and let the garnish set on ice. Turn out the molds, and put an egg upon each of the tomato tartlets; arrange on a dish surrounded with a chain of puff-paste croûtons and garnish the center with chopped aspic jelly.

#### Cold Eggs Argenteuil.

Coat some six well-dried, soft-boiled eggs, slightly cut at their base to make them stand, with a *chaud-froid* sauce combined with a good third of its volume of asparagus-tops purée. Sprinkle with cold, melted jelly, until a glossy coating is obtained. Brown sauce or white sauce or mayonnaise can be adopted instead of the jelly, if preferred.

#### Eggs.

Garnish the center of a dish with a salad of asparagus-

tops; surround this with fine slices of cold potato, cut up with a fancy-cutter about one inch in diameter, and arrange the eggs all round.

#### **Cold Eggs Capucin.**

Carefully dry six cold, poached eggs, and half-coat them lengthwise with a white chaud-froid sauce; complete the coating on the other side with a smooth purée of tomatoes thickened with jelly. Leave these two coats to set, placing the eggs in a cool place or on ice for that purpose.

Garnish the center of a round dish with a small pyramid of cold salad of lobster, and place the eggs round the latter.

#### **Cold Eggs Carême.**

Cook six eggs on a china dish, leave them to cool, and trim with an even fancy-cutter, round in shape. Place each egg on a tartlet crust, garnished with dice of cooked salmon, mixed with mayonnaise.

Surround with a caviare, and lay a thin slice of truffle on each egg.

#### **Cold Eggs Colbert.**

Garnish some small molds in any design according to taste. Put a small, cold, poached egg into each mold, fill up with melted, white jelly, and leave to set. Garnish the center of a dish with a vegetable salad; arrange the eggs taken from their molds around this, and surround with a little chopped jelly and quarters of yolk of hard-boiled eggs.

#### **Cold Eggs.**

Let a thin coat of jelly set upon the bottom and sides of some small, oval molds. Garnish the latter to any fancy design; now insert a very small, cold, poached egg into each mold, and fill up with a melted jelly.

Garnish the center of a dish with a vegetable salad, encircled by sliced, cold potatoes, place the eggs, removed from their molds, all round. Border with jelly.

#### **Cold Eggs, Frou-Frou.**

Poach six eggs of equal size, cover them with a white chaud-froid sauce or mayonnaise combined with about a third of its volume of a purée of hard-boiled egg-yolks.

Garnish the top of each egg with a slice of truffle, and surround the base of the eggs with a narrow ribbon of ox tongue cut very thin. Glaze with jelly, and leave to set on ice.

Prepare a salad of green vegetables (peas, French beans

cut into dice or lozenges, asparagus-tops) and thicken with a very little mayonnaise mixed with melted jelly. For dishing up place the salad in the middle of a dish and surround the base with a line of chopped jelly.

#### **Cold Eggs à la Neva.**

Cut off the ends of three hard-boiled eggs. Surround the tops and the bases with little anchovy fillets, and place a little caviare half-way along each egg. Eggs prepared in this way resemble little barrels of the anchovy fillets representing the iron hoops, and the bits of caviare the bungs. By means of a scraper empty the eggs with care; garnish them with truffle mayonnaise.

Place each egg in an artichoke-bottom, garnished with finely-chopped jelly, and arrange in a circle on a dish with chopped jelly.

#### **Cold Eggs à la Reine.**

Prepare six soft-boiled eggs to cool. Make as many croustades of potatoes as there are eggs. Garnish the bottom and the sides of these croustades with a fine mince of chicken-meat, thickened with mayonnaise, and season moderately. Place a shelled soft-boiled egg in each croustade; coat thinly with mayonnaise slightly thickened by means of one sheet of gelatine; lay a piece of truffle on each egg, and when the sauce has set, glaze with jelly, using a fine brush for the purpose. Dish up on a napkin decorated to taste.

#### **Cold Eggs Deutschland.**

Season some cooked young shoots of hops with salt and pepper; add thereto some chopped parsley, and chervil, and a purée of plainly-cooked tomatoes mixed with jelly. Mold in oiled tartlet molds, and serve on glass dish with a salad of hop shoots garnished with chopped aspic jelly.



## JOINTS.

### Hints About Roasting Meat.

It is well to bear in mind that during the hot weather meat can only be kept for a short time, and freshly-killed meat requires longer to roast than meat which is well hung. The usual time allowed for a joint of mutton and beef, when meat is preferred somewhat underdone, is a quarter of an hour for each pound of meat and a quarter of an hour besides, in a good steady oven. But when meat is liked well done and also in the case of a solid piece of meat which has been freed from bone, such as a rolled rib of beef, or the top-side of the round, twenty minutes to every pound of weight will not be too much time to allow. When the meat is cooked in the oven it is a good plan to put a salt jar containing boiling water into the oven when the meat is put in; the steam which is given off will prevent the meat from becoming too dry and the objectionable odor of burnt fat, which too often pervades the house, will be prevented. If the water is not exhausted about a quarter of an hour before the joint is ready, it should be taken out of the oven so that the meat is nicely browned.

### To Roast a Fowl.

Choose a nice fresh fowl and wipe it well all over with a cloth wrung out of borax and water; dry it thoroughly and rub it over with dripping and place a small piece the size of a walnut inside the bird and also a small onion, with two cloves stuck in it, which will improve the flavor. Place the fowl in a baking-tin and surround it with plenty of dripping and put it into a well-heated oven and baste it with plenty of dripping, and do this frequently during the process of cooking, as it cannot be kept too moist. The bird, if very young, should take about forty minutes to cook, but an hour, or even longer, should be allowed for a fair-sized bird. About ten minutes before taking the bird from the oven it should be lightly dredged with flour, seasoned with salt, and basted with melted butter or dripping to produce the brown blistered appearance which is usually seen on a fowl prepared in this way. Melted

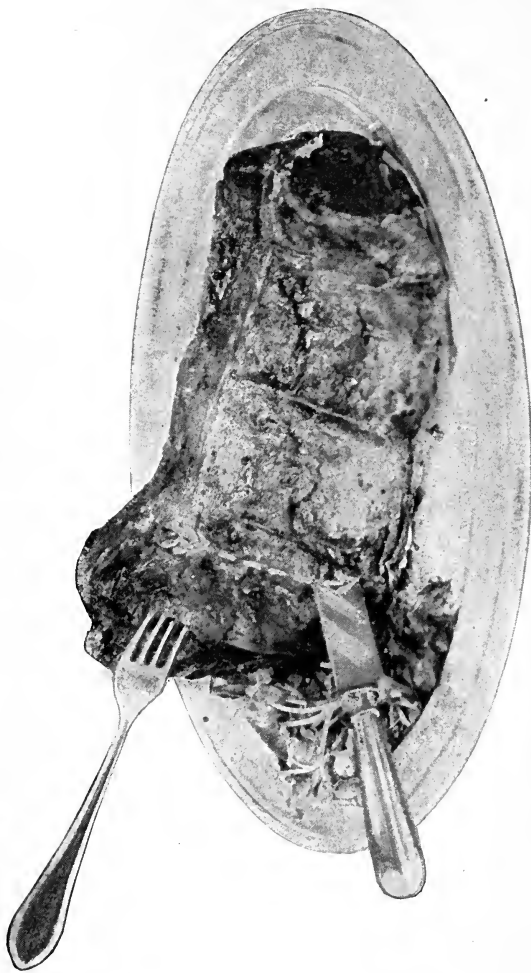
butter is preferred to dripping in that it froths in a way in which dripping does not and consequently produces a better result. Should the heat of the oven be really hot at first, the temperature may be slightly reduced after a little and kept at a steady heat until the bird is done.

#### **Boiled Corned Beef.**

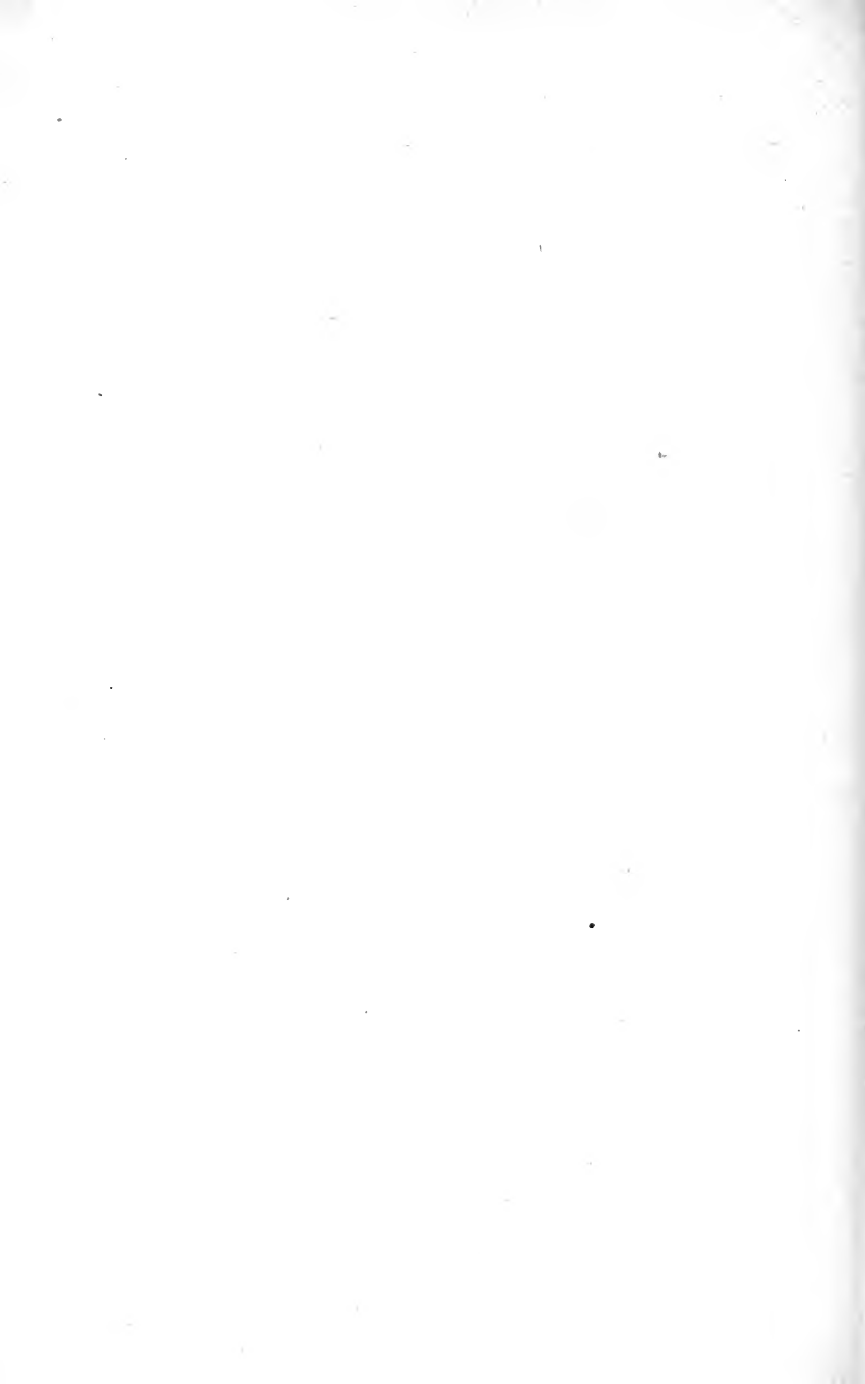
Procure from your butcher about five pounds of silverside of beef which has been in brine for about twelve days. Wash the meat, trim off any superfluous fat, and rub it over on the inside with a seasoning composed of half an ounce of black pepper, half an ounce of mace, and half an ounce of ground cloves, unless the flavor of spices is objected to, when they should be omitted. Then roll up the meat and tie it into shape, and wrap it in a cloth. Put the meat into a saucepan with plenty of tepid water; when it boils remove the scum, and add carrots, turnip, onion, and celery seed and twelve whole peppers tied together in muslin. Cover the saucepan and let the meat simmer very slowly for five hours. If it is to be served cold, leave it in the saucepan until the liquor in which it is cooked is cold, then take it up, tighten the cloth, and place it between two baking-sheets with weights on the top, and let it remain all night. The following morning remove the cloth, wipe the meat thoroughly, trim and coat it with glaze, brushing it over several times. For the glaze, soak an ounce of gelatine in a gill of cold water, then let it dissolve in a small saucepan with a gill of boiling water and add sufficient Parisian essence to make the mixture a rich but not too dark brown. Pour the glaze into a bowl, and use it before it gets cold.

#### **Savory Round of Beef.**

Three or four pounds of the top-side of the round of beef should be rolled into a compact little round by the butcher; after washing and drying it, proceed to insert little pieces of bacon all over it at intervals in the following manner:—Cut some fat bacon into strips measuring about a quarter of an inch in width and four inches in length; pierce a hole in the lean portion of the beef with a sharply-pointed wooden skewer and fill this hole with a strip of bacon; make another hole two or three inches away and fill this in the same way and so on until about eight strips of bacon have been used. Season the meat with salt and pepper and roast it in a well-heated oven in the usual manner, basting it frequently until it is done. This joint is equally nice hot or cold.



SADDLE OF MUTTON. No. 1.  
Showing the first cut which should be made.



### Stuffed Loin of Lamb.

Have the bones removed from a loin of lamb (about three to four pounds in weight); wash the meat and dry it well, and flour and salt. Make a forcemeat according to the recipe given below, and spread it evenly over the meat, then roll it up tightly, tie it with narrow tape at each end, and in the middle, and roast it, basting it frequently, until it is thoroughly cooked. The appearance of the meat will be much improved if it is glazed after it has been allowed to get cold. For the forcemeat take the contents of a small can of button mushrooms, drain them from the liquor in which they were preserved, and chop them up into small pieces; pour half the mushroom liquor into a bowl containing the breadcrumbs, add the chopped mushrooms, veal (or beef) suet, three ounces of bacon, half a teaspoonful of chopped mint, one tablespoonful of chopped parsley, and a quarter of a grated lemon and an onion, season well with celery salt and pepper, and add a little grated nutmeg; moisten the mixture with the egg and a little milk, if necessary, and it will be ready for use. This is an excellent cold dish, but it may be served hot, surrounded by clear gravy.

### Baked Leg of Mutton.

Boil two or three cloves of garlic in three different waters in order to remove the pungent flavor, and then mince them finely with half a dozen boned anchovies. Take a small leg of mutton, cut numerous slits across the skin and well rub the garlic and anchovy mixture into these slits. Cover the leg of mutton as thickly as possible with breadcrumbs and put it into a baking-pan with half a pint of clear stock. Let it bake from an hour and a half to two hours, according to size, basting it from time to time with the sauce.

The joint should be served on a dish surrounded with a border of mixed vegetables or macaroni.

### Larded Leg of Mutton.

Carefully raise and turn back the skin of a small leg of mutton, being careful not to tear it. Then lard the joint all over with fine strips of celery previously half cooked in a little stock, strips of cucumbers, a few branches of tarragon, and some strips of fat bacon. Cover the whole rather thickly with a mixture of minced anchovies and minced herbs, with pepper and salt. Now replace the skin and carefully sew it to the joint so as to cover over the larded surface. Roast the whole on a spit before an open fire and serve with its gravy.

**Baked Fillet of Veal.**

Line a baking-dish with strips of bacon and cover with a layer of carrots, onions, and turnips sliced, an ounce of minced ham, and a little parsley, and two or three cloves. Sprinkle with pepper and salt and moisten with half a pint of clear stock. Place upon these a fillet of veal four inches thick, cut so as to just fit the dish. Cover closely and bake until tender, basting it frequently. The gravy, strained and thickened with flour, should be served in the same dish with tomatoes and fried potatoes.

**Rolled Veal.**

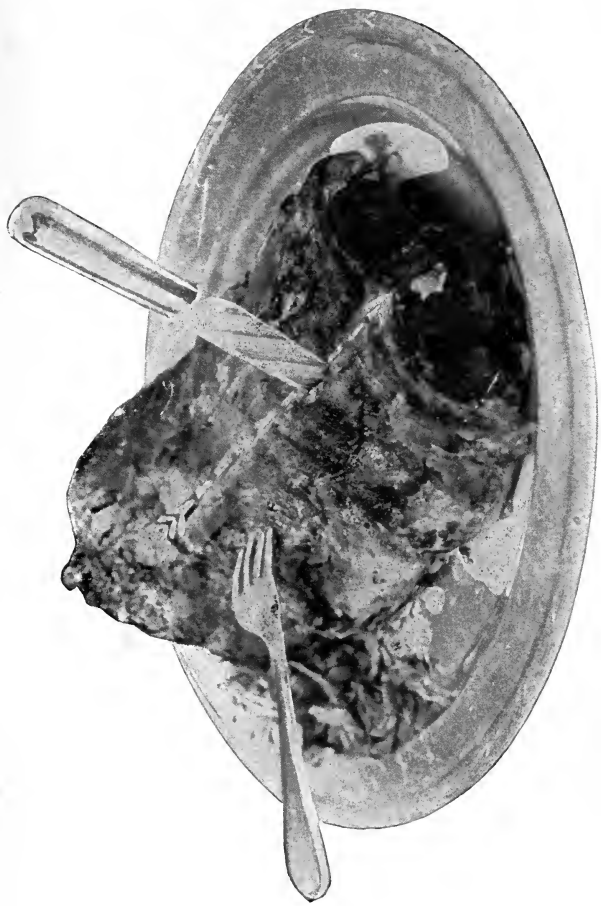
Put a pint of white stock (or water) into a saucepan with an onion in which two cloves have been stuck, a blade of mace, salt and pepper to taste, and let it boil gently for half an hour. Melt an ounce of butter in a stewpan and stir in gradually two large tablespoonfuls of flour, and when it is well mixed add the stock by degrees; let it boil up and simmer for five minutes, then pour in sufficient milk to make the sauce white and slightly thinner; strain it and put it aside until it is required. Spread about two pounds of fillet of veal out on a board, and cover it with a layer of sausage-meat, then roll it up, secure it with tape and fry it for ten minutes in a small quantity of clarified dripping without letting it acquire any color. Then place it in a stewpan, cover it with the prepared sauce and let it cook gently in a moderately hot oven for three hours. Remove the tape when the meat is ready, and place it on a hot dish; add a dessertspoonful of parsley to the sauce and pour it over the veal.

**Stuffed Breast of Veal.**

Remove the bones from a breast of veal and spread the meat on a board; flatten it out with a rolling-pin and cover it with a thick layer of sausage meat, mixed with some bread-crumbs, herbs and sufficient beaten egg to bind it. Then roll up the meat, tie it with white string or narrow tape and bake it in a moderate oven, basting it frequently. Remove the string from the veal, dish it up on a hot dish, garnish it with lemon cut into fancy shapes, and surround it with some thick brown sauce. The meat is equally nice cold.

**SOYER'S PAPER-BAG COOKERY.****ROAST.****Sirloin, Ribs, or Round of Beef.**

Well grease with dripping (but this is not absolutely neces-



SADDLE OF MUTTON. No. 2. (*See also p. 222.*)

Showing the second cut, right down the centre of joint. Having made this cut, the carver proceeds to slice the joint to left or right, taking care that the slices are of moderate thickness—say one-quarter of an inch.





sary). Put the joint in a bag. Do not season the joint before cooking. Put the joint on a grid in a *moderate oven* (300° Fahr.).

For a three-pound joint allow forty-five minutes; seven pound, one hour and twenty minutes; fourteen pound, two hours and fifteen minutes; twenty pound, three hours.

#### **Veal, Mutton or Pork**

can be cooked in the same way as beef. If a thick gravy is required roll the joint in flour before placing it in the paper bag. *Allow the same time as for beef.*

#### **Venison.**

Trim the joint of all skin and nerves. Roll in flour, cover the joint with fat ham, bacon, or dripping. Well season, according to taste; add two glasses of port wine (if desired). Seal joint in bag; allow plenty of space in the oven. Allow for joint of three pounds, one and a quarter hours; seven pounds, two and a half hours; fourteen or fifteen pounds, four hours. This must be cooked in a *moderate oven* (300° Fahr.).

#### **Venison Sauce.**

The natural juice from the cooking is strained into a stew-pan. Take off all fatty matter. It can be thickened with a little flour, cornflour, or arrowroot, by mixing a teaspoonful of either with one glass of port wine, sherry, Madeira, stock, or water. Mix up with the juice. Bring to the boil, add lemon juice or any condiment, according to taste.

## SWEETS AND PASTRY.

### PASTRY.

Pastry is one of the most important branches of culinary science, and possibly one of the oldest, for at a very early period the Orientals understood the art of utilizing flour for this purpose. In its primitive form pastry was simply a mixture of flour, oil and honey; and it appears to have been confined to these substances for centuries, even among the southern nations of the European continent. At the commencement of the middle ages a change began to take place; butter frequently replaced the oil, salt was used as a flavoring ingredient, and the qualities of richness and lightness which are imparted by eggs had been discovered. The next step was to use paste as an enclosure for meat, and when this advance was made, its use in combination with fruit, cream, etc., followed as a matter of course. The art advanced step by step until the middle of the nineteenth century, the dinner tables of the intervening period having afforded considerable scope for the display of constructive and decorative skill. Since the dinner *à la Russe* banished almost everything of an edible nature from the table, any talent in this direction has been chiefly expended on small pastries, which, if less imposing in structure than those of past ages, afford a wide field for ingenuity, taste and manipulative skill.

The recipes on the following pages comprise what may be termed standard pastes, and also their many variations. Numerous illustrations are given of the methods in which the respective preparations may be utilized for pies, tarts, tartlets, etc., with directions for compounding the mixtures employed for filling such pastry.

#### Pastry Making.

The quality especially to be desired in pastry is lightness, and this depends almost entirely upon the amount of cold air in the pastry when expansion takes place in the oven. The best pastry is therefore that which contains the greatest quantity of the coldest air prior to baking. The repeated foldings

and rollings to which puff paste is subjected have this increase of air in view; while in short crust the expansion is aided by adding baking-powder, or other acid, and alkaline substances, which, when moistened, combine to form a constituent identical in its composition and effect with that of the atmospheric air to which puff entirely owes its lightness. The difference between puff, or flaky, and short crust is that in the former there are thin layers of air and pastry alternating, and in the latter the air fills small cavities all over the paste.

### Puff Paste

usually consists of flour and butter in equal proportions, but in short crust the proportions of fat and flour vary, and may be one-fourth for an economical paste, or three-fourths for a rich short crust. For ordinary purposes one-half pound of butter or fat to each pound of flour, will, with the addition of a good teaspoonful of baking-powder, make a sufficiently rich crust. Fine starchy flour makes the lightest pastry, the larger proportion of gluten in household flour — although exceedingly valuable from a dietetic point of view — tends to make pastry tough. Flour should always be stored in a cool, perfectly dry place. By sifting it before use, air is introduced, and if there are any lumps these may be rubbed out, with the result that the pastry will be lighter. When baking-powder is used it should be sieved with the flour, as this ensures its even distribution.

The amount of liquid required to moisten a given quantity of flour varies within narrow limits, but it may be approximately stated as being one-half to that of the flour. As a rule one pound of flour will need about one-half pint of water, but allowance must be made for the addition of eggs, or when the fat has been reduced to a semi-liquid condition by undue friction, or prolonged contact with hot hands. The consistency of the butter determines the amount of water to be added to puff paste; when the butter is soft the paste must be equally so, otherwise it is impossible to keep the layers separate, and thus the paste is deprived of some of its flakiness. Rich short crust is lighter and more crumbly when made very stiff, but unless plain short crust is sufficiently moistened it is hard and tough. Lemon juice, like other acids, tends to make pastry lighter.

### Butter and Fat.

The butter used for making pastry should be good and

sweet, for nothing imparts its own unpleasant flavor to everything it comes in contact with more decidedly than inferior butter. Salt butter is not objectionable, if before being used it is well washed, and afterwards squeezed in a floured cloth to free it from moisture. Rancid butter may have some of its disagreeable flavor removed by kneading it first in new milk and afterwards in water. For ordinary pastry clarified fat may be recommended in preference to lard or dripping, for it is entirely free from the fatty taste which characterizes the purest home-made lard, while that bought ready prepared is frequently adulterated, and moreover, has occasionally a strong, unpleasant taste. The objectionable characteristic flavor of dripping may be in some measure removed by creaming it, that is beating it with a knife on a plate, and raising it well with every movement of the hand, so as to subject every part to the purifying influence of the atmosphere.

#### **Manipulation.**

The fat should be lightly, but very thoroughly, rubbed in with the tips of the fingers, never with the palms of the hands. The water should be added gradually but quickly, to prevent hard lumps being formed, and to keep the consistence of the whole mass uniform. A knife should always be used for mixing, it being so much cooler than the hand. Some little practice is necessary to acquire the light, firm, even pressure and dexterous movements upon which success so largely depends. Paste should never be rolled backwards and forwards, but in short forward rolls, lifting the rolling-pin between the rolls. Puff paste should never be rolled off the edges, as this may force out some of the air; it is better to thin the edges by a little pressure, or an inward roll.

#### **Puff Paste**

is allowed to stand between the turns in order that the butter may harden, and thus keep the layers of paste and butter separate. Paste to which baking-powder has been added should be put into the oven as speedily as possible, otherwise some of the effect of the baking-powder is wasted, its action beginning immediately the paste is moistened.

#### **Baking.**

All kinds of pastry should be baked in a moderately hot oven, for a high temperature is necessary to expand the air or gas, and thus make the pastry light, and also to burst the grains of the flour, thereby enabling these to absorb the fat

immediately it melts. Unless the heat is sufficiently great to act upon the flour in this manner, the melted fat runs out and leaves the paste less rich, and also, probably, both heavy and tough. An oven with a good bottom heat is desirable for baking tarts and tartlets; when heated from above it is advisable to bake, or partially bake, the tarts before filling them.

### PASTE, CRUST, ETC.

#### Batter for Frying.

INGREDIENTS.—Eight ounces of flour, one ounce of butter (melted), two tablespoonfuls of cream, two yolks of eggs, four whites of eggs, two good pinches of salt, one-eighth of a pint of warm water (about).

METHOD.—Sieve the flour into a bowl, add the salt, yolks of egg, butter and cream, and stir until smooth, adding the water gradually. Beat well, put aside for at least half an hour, then add the whites of eggs, previously stiffly whipped, and use as required.

#### Batter for Frying.

INGREDIENTS.—Eight level tablespoonfuls of flour, two tablespoonfuls of salad oil, or oiled butter, four stiffly-whisked whites of eggs, two good pinches of salt, one-half a pint of warm water (about).

METHOD.—Sieve the flour into a bowl, add the salt and salad oil, stir gently, adding the water gradually until the batter is sufficiently liquid to offer little resistance to the spoon, then beat well for ten minutes. Put aside for about half an hour, add warm water until the batter has the consistency of good single cream, then stir in the stiffly-whisked whites of eggs, and use as required.

#### Brioche Paste.

INGREDIENTS.—Two pounds of flour, eight ounces of butter, one ounce of yeast, four large or six small eggs, one-half of a gill of milk, two teaspoonfuls of castor sugar, salt.

METHOD.—Mix the yeast with a little tepid water, stir in sufficient flour to form a stiff batter, and let it stand for one hour in a warm place. Put the remainder of the flour into a bowl, add a good pinch of salt and the beaten egg. Warm the milk, melt the butter, add gradually to the yeast, etc., then mix together the contents of the two bowls, and knead well for at least fifteen minutes. Cover, let it remain in a moderately cool place for two or three hours, then shape or mold as desired, and bake in a brisk oven.

**Choux Paste.**

**INGREDIENTS.**—Eight ounces of fine flour, eight ounces of butter, four ounces of sugar, four large or six small eggs, one pint of water, salt, vanilla essence or other flavoring.

**METHOD.**—Put the water, butter, sugar, and two good pinches of salt into a stewpan, and when boiling add the flour, previously well dried and sieved, and stir and cook gently for at least ten minutes. Let it cool a little, then beat in the eggs one at a time, add a few drops of the flavoring ingredient and use as required.

**Dripping Crust. (For Plain Pies and Puddings.)**

**INGREDIENTS.**—Two pounds of flour, twelve ounces of clarified dripping, one pint of water.

**METHOD.**—With a knife mix the flour to a smooth paste, adding the water gradually. Roll the paste out thinly, two-sixths of the dripping over it in small pieces, and fold over. Repeat this process twice, using two-sixths of fat each time, and use as required.

**Flaky Paste. (For Pies, Tarts and Tartlets.)**

**INGREDIENTS.**—Twenty-four ounces of flour, eighteen ounces of butter (or butter and lard mixed), one-half pint of water (about).

**METHOD.**—Sieve the flour into a bowl, and rub in lightly two-sixths of the butter. Add the water and mix into a smooth paste, more or less moist, according to the consistency of the butter, with which it must agree in this respect; roll it out into a long, narrow strip. Divide the remainder of the butter into three equal portions; put one portion on the paste in small pieces, dredge lightly with flour, fold it evenly in three, turn it round so as to have the folded edges to the right and left when rolling, press the edges lightly with the rolling-pin, to prevent the air escaping, and roll out as before. Repeat this process with the other portions of butter. The pastry may be used at once, but it will be lighter if allowed to stand for one hour in a cool place before being used. In making-up, handle as lightly, and roll as evenly, as possible. Bake in a hot oven, and avoid opening the oven door until the pastry has risen and become partially baked.

**Flead Crust.**

**INGREDIENTS.**—Two pounds of flour, one pound of flead (the leaf or pork from which lard is made), two teaspoonfuls

of baking-powder, one-half of a teaspoonful of salt, one pint of cold water.

**METHOD.**—Remove any skin there may be, and slice the flead into thin flakes, and mix it with the flour on the paste-board. Roll it lightly with the rolling-pin. Place in a bowl, add the baking-powder, salt, and sufficient cold water to form a fairly stiff paste. Roll out, and use for meat-pies, etc.

#### **French Crust or Pate Brisée.**

**INGREDIENTS.**—Two pounds of flour, twelve ounces of butter, four eggs, one saltspoonful of salt, one pint of water (about).

**METHOD.**—Sieve the flour, add the salt, rub the butter lightly in, and mix into a smooth paste with the eggs and water, adding the latter gradually, as the paste must be very firm.

#### **French Puff Paste.**

**INGREDIENTS.**—Two pounds of good butter, two pounds of flour, the yolks of four eggs, one saltspoonful of salt, about one-half a pint of water.

**METHOD.**—Remove as much moisture as possible from the butter by squeezing it well in a dry cloth. Put four ounces aside, form the remainder into a ball, and keep in a cool place. Sieve the flour, rub in the four ounces of butter, add the salt, and moisten with the yolks of eggs and water, adding the latter gradually, until the right consistency is obtained. Knead quickly and lightly until smooth, then roll out to the thickness of about one-half an inch. Enfold the ball of butter in the paste, press lightly with the rolling-pin until the butter is flattened, and afterwards roll out as thinly as possible without allowing the butter to break through. Fold the paste in three, roll out thinly as before, again fold in three, and put it aside. Except in very hot weather, the paste will become sufficiently cool and firm in about twenty minutes, when it should be rolled out twice, and again put aside in a cold place for about twenty minutes before receiving its fifth and sixth turns. After the sixth turn the paste is ready for use, and may be converted into tartlets, patties, vol-au-vent, etc., particulars of which will be found under respective headings.

#### **Genoise Paste.**

**INGREDIENTS.**—Six ounces of fine flour, eight ounces of castor sugar, four ounces of butter, ten eggs.

**METHOD.**—Dry and sieve the flour, separate the whites of

the eggs from the yolks, to the latter add the sugar, work vigorously until it has a thick creamy appearance, then stir in the butter (melted). Whip the whites to a stiff froth, stir in the flour, then mix lightly, but thoroughly, with the contents of the other bowl. Pour the mixture into a papered buttered tin, and bake in a moderately hot oven.

#### **Genoise Pastry.**

**INGREDIENTS.**—Six ounces of fine flour, six ounces of butter, eight ounces of castor sugar, eight eggs.

**METHOD.**—Break the eggs into a bowl, add the sugar, place the bowl over a saucepan of boiling water and whisk until lukewarm. Now remove the bowl and continue the whisking until the mixture becomes thick and creamy, then add the butter (melted) and stir in the previously sifted flour, as lightly as possible. Have ready a well-buttered papered tin, pour in the mixture, and bake in a moderately hot oven.

#### **Neapolitan Paste.**

**INGREDIENTS.**—Twenty ounces of flour, sixteen ounces of castor sugar, eight ounces of butter, twelve ounces of sweet almonds, two ounces of bitter almonds, the yolks of twelve eggs, the finely-grated rind of two lemons, salt.

**METHOD.**—Blanch and pound the almonds to a smooth paste, moistening from time to time with a little cold water to prevent them oiling. Add the flour, sugar, butter, lemon rind, and a good pinch of salt, and stir in the yolks of eggs. Work into a smooth paste, put aside in a cool place for about one and a half hours, then roll out rather thinly, and cut into squares or rounds. Bake in a moderate oven.

#### **Pancake Batter.**

*See* Batter for Frying.

*See* Yorkshire Pudding.

#### **Paste for Raised Pies.**

**INGREDIENTS.**—Two pounds of flour, twelve ounces of lard, one-half a pint of water, one teaspoonful of salt.

**METHOD.**—Put the flour and salt into a warm bowl, and let it stand near the fire until it feels dry and warm. Boil the lard and water for five minutes, then pour the mixture into the center of the flour, and mix well with a spoon until cool enough to knead with the hands. Knead well, keeping it warm during the process, let it remain near the fire for about one hour, then re-knead and use at once.



Throughout the processes of mixing, kneading and molding, the paste must be kept warm, otherwise molding will be extremely difficult. On the other hand, if the paste be too warm, it will be so soft and pliable that it cannot retain its shape, or support its own weight. Fine flour is not to be recommended for this purpose, for it is deficient in gluten, a sticky tenacious substance which greatly increases the adhesive properties of the paste, and so makes it easier to mold.

#### **Paste, Transparent.**

**INGREDIENTS.**—Two pounds of flour (dry and sifted), six-eighths of a pound of butter, two eggs.

**METHOD.**—Wash the butter in two or three waters, and afterwards remove as much moisture as possible by means of a dry cloth. Melt the butter over a gentle fire, let it remain until nearly cold, then stir in the flour and egg. Knead lightly until smooth, roll out very thinly, and use for tartlets, etc.

#### **Paste, to Keep.**

Paste not intended for immediate use should be enfolded in grease-proof or slightly-buttered paper, and kept in a cool place.

#### **Potato Paste.**

**INGREDIENTS.**—Two pounds of dry floury potato, two pounds of flour, four ounces each of lard and dripping, two eggs, a little warm milk, two good teaspoonfuls of baking-powder, two good pinches of salt.

**METHOD.**—Bake enough potatoes (in their skins), to yield two pounds of potato, which mash smoothly or pass through a sieve. Rub the lard and dripping lightly into the flour, add the potato, baking-powder and salt, and stir in the egg and enough milk to form a smooth paste. Roll out to about one inch in thickness, cut into rounds or squares, place in a greased tin, and bake in a moderate oven, turning two or three times during the process, that both sides may be equally browned. Split, butter liberally and serve at once.

#### **Potato Paste, German (To Serve with Game or Poultry).**

**INGREDIENTS.**—Four pounds of hot potatoes, four ounces of butter, four eggs, grated Parmesan cheese, eggs and bread-crumbs, frying fat.

**METHOD.**—Pass the hot potato quickly through a sieve or mash them smoothly. Stir in the butter and eggs, spread smoothly on a dish, making the layers about three-quarters of an inch in thickness, and, when cold, cut it into rounds or

squares. Coat carefully with egg and breadcrumbs mixed more or less liberally with cheese, according to taste, and fry in hot fat until nicely browned. Serve as an accompaniment to game or poultry.

#### **Puff Paste.**

**INGREDIENTS.**—Two pounds of flour, two pounds of butter, two teaspoonfuls of lemon juice, about two-sixths of a pint of cold water.

**METHOD.**—Wash and squeeze the butter in cold water, dry well in a floured cloth, shape into a square about the size of a slice of sandwich bread, and keep in a cool place while the paste is being prepared. Sift the flour on to a marble slab, or board, make a hole in the center, put in the lemon juice, and add water gradually until a smooth paste is formed. The condition of the butter determines the consistency; when soft, the paste must be equally so. Knead the paste until smooth, then roll it out into a strip a little wider than the butter, and rather more than twice its length. Place the butter on one-half of the paste, fold the other half over, enclosing the butter entirely, and press the edges together with the rolling-pin. Let it remain in a cool place for about fifteen minutes, then roll out to about three times the original length, but keeping the width the same, and fold exactly in three. Turn the paste round so that the folded edges are on the right and left, roll and fold again, and put aside for fifteen minutes. Repeat this until the paste has been rolled out six times. The rolling should be done as evenly as possible, and the paste kept in a long narrow shape which, when folded, forms a square. Each time the paste is rolled out it may be well sprinkled with flour, but it must be evenly distributed with a paste-brush, and all the loose flour carefully brushed off before beginning to roll. When the paste has had its sixth roll it is ready for use; it should be baked in a hot oven, and until the paste has risen and become partially baked, the oven door should not be opened, because a current of cold air may cause the flakes to collapse on one side.

#### **Rough Puff Paste, or Half-Puff Paste.**

**INGREDIENTS.**—Sixteen ounces of flour, twelve ounces of butter (or equal quantities of butter and lard), one teaspoonful of lemon juice, salt, about one-half a pint of water.

**METHOD.**—Sift the flour on to a pasteboard, divide the butter into pieces about the size of a small walnut and mix

them lightly with the flour. Make a well in the center, put in the lemon juice, salt, and one tablespoonful of water, mix lightly, keeping the piece of butter intact, and add water gradually until a moderately stiff paste is formed. Roll into a long strip, fold it equally in three, turn it round so as to have the folded edges to the right and left, and roll out as before. Repeat until the paste has been rolled out four times, then use; or, if convenient, let it remain for one hour in a cool place before being used.

#### **Rich Short Crust.**

**INGREDIENTS.**—Two pounds of flour, six-eighths of a pound of butter, four yolks of eggs, two level tablespoonfuls of castor sugar, two teaspoonfuls of baking-powder.

**METHOD.**—Run the butter lightly into the flour, add the baking-powder, sugar, yolks of eggs, and a little water if necessary, but this paste must be rather stiff, and when the butter is soft, or the paste is being mixed in a warm place, only a few drops of water may be required. Roll out thinly and use at once. The crust for fruit tarts should be lightly brushed over with cold water, and dredged with castor sugar before being baked.

#### **Short Crust.**

**INGREDIENTS.**—Sixteen ounces of flour, four ounces of butter, four ounces of lard, two yolks of eggs, two teaspoonfuls of baking-powder, two good pinches of salt, about two-eighths of a pint of water.

**METHOD.**—Rub the butter and lard lightly into the flour, add the baking-powder, salt, yolk of egg, and as much water as is necessary to form a stiff paste. Roll out to the required thickness and use at once.

#### **Short Crust, Plain.**

**INGREDIENTS.**—One pound of flour, six ounces of lard, clarified fat or dripping, two teaspoonfuls of baking-powder (heaped), one-half teaspoonful of salt, one-half pint of water.

**METHOD.**—Pass the flour, salt, and baking-powder through a sieve into a large bowl, then rub in the fat, add the water and work into a smooth paste with a knife. Roll out to desired shape and thickness, and use at once. When required for fruit tarts, two tablespoonfuls of sugar should be added to the above ingredients.

#### **Suet Crust, Rich.**

**INGREDIENTS.**—Sixteen ounces of flour, six ounces of bread

crumbs, twelve ounces of suet, two heaped teaspoonfuls of baking-powder, one-half teaspoonful of salt, about two-sixths of a pint of water.

**METHOD.**—Free the suet from skin, shred and chop it finely. Mix well together the flour, bread-crumbs, suet, salt and baking-powder, and add water to form a paste soft enough to roll out easily, but not sufficiently moist to stick to the board and rolling-pin. This paste makes an exceedingly light and easily-digested pudding, but in consequence of its extreme lightness it is liable to break if turned out of the bowl.

#### Suet Crust.

**INGREDIENTS.**—Twenty-four ounces of flour, twelve ounces of suet, two teaspoonfuls of baking-powder, one-half teaspoonful of salt, two-sixths of a pint of water.

**METHOD.**—Chop the suet finely with a little of the flour, mix it with the other dry ingredients, and add water to form a moderately stiff paste. Roll out and use at once. This paste is equally suitable for meat pudding, fruit pudding, jam roly-poly, or plain suet pudding.

#### Suet Crust for Meat Pies.

**INGREDIENTS.**—Twenty-four ounces of flour, twelve ounces of suet, two heaped teaspoonfuls of baking-powder, one-half teaspoonful of salt, two-sixths of a pint of cold water.

**METHOD.**—Free the suet from skin, shred it into fine flakes, but do not chop it. Add the flour to the suet, and mix both well together in a bowl, then add the salt, baking-powder, and as much water as is necessary to mix the whole into a fairly stiff paste. Knead lightly, then roll out, and use for any kind of pie intended to be eaten hot.

#### Sweet Paste for Tartlets.

**INGREDIENTS.**—Two pounds of fine flour, sixteen ounces of castor sugar, ten ounces of butter, six eggs, the finely-grated rind of lemon.

**METHOD.**—Sift the flour into a bowl, make a hole in the center, put in the sugar, butter and eggs, and mix the whole into a stiff paste. Roll and use as required.

#### Tarts, Tartlets, Etc.

**INGREDIENTS.**—Short paste, eight ounces of ground almonds, eight ounces of castor sugar, three-fourths of an ounce of cornflour, one ounce of butter, two whole eggs, two yolks of eggs, raspberry or strawberry jam, nutmeg.

**METHOD.**—Beat the eggs, add them gradually to the corn-flour and stir until perfectly smooth. Add the sugar, almonds, butter (melted) and a pinch of nutmeg. Line nine or ten patty pans with paste, spread about one teaspoonful of jam on the bottom of each one, and fill with the mixture. Bake from twenty to twenty-five minutes in a moderately hot oven.

#### **Alma Pudding.**

**INGREDIENTS.**—Sixteen ounces of flour, twelve ounces of castor sugar, eight ounces of butter, four ounces of currants, four ounces of sultanas, eight eggs, two teaspoonfuls of baking-powder, the grated rind of two lemons.

**METHOD.**—Clean and pick the currants and sultanas. Cream the butter and sugar together until thick and white, then beat in the eggs, and add the rest of the ingredients. Have ready a well-buttered mold or bowl, pour in the mixture, and steam for two hours. Serve with a suitable sauce.

#### **Almond Pudding, Baked.**

**INGREDIENTS.**—Two penny rolls, four ounces of ground almonds, two ounces of butter, two ounces of castor sugar, two pints of milk, six eggs, the grated rind of two lemons, two good pinches of cinnamon.

**METHOD.**—Butter a pie-dish and line the bottom with thin, buttered slices of roll. Mix the almonds, lemon rind and cinnamon together and put one-half into the pie-dish. Cover with thin slices of roll, then add the rest of the almond mixture, and again cover with slices of roll. Boil the milk, and add to it the sugar; beat the eggs well, then pour on to them the hot, NOT BOILING, milk, and stir well. Now add the milk, etc., to the rest of the ingredients in the pie-dish, but in tablespoonfuls, to avoid floating the slices of roll. Cover the pudding and let it stand for half an hour, then bake it gently for about an hour.

#### **Almond Pudding, Baked.**

**INGREDIENTS.**—Eight ounces of ground almonds, six ounces of butter, four ounces of sugar, four ounces of cake crumbs (stale sponge cakes serve), two pints of milk, the juice and grated rind of one lemon, eight eggs, puff paste.

**METHOD.**—Cream the butter and sugar together, add the eggs, beating each one in separately, the cakecrumbs, lemon rind and juice and almonds. Boil the milk, pour it over the rest of the ingredients, stirring all the time, return to the saucepan, and stir over the fire until the mixture thickens.

Have ready a pie-dish with the edges lined with paste, pour in the mixture, and bake gently until brown and set. Serve either hot or cold.

#### Apple Amber Pudding.

**INGREDIENTS.**—Twelve large apples, six ounces of brown sugar, four ounces of butter, six eggs, two lemons, cherries, strips of angelica, short paste, or puff paste trimmings, castor sugar.

**METHOD.**—Line the edge of a pie-dish with thin strips of paste about three inches wide, and decorate the edge with overlapping leaves or small rounds of pastry, which must be securely fixed by means of white of egg. Peel and slice the apples, stew them gently with the butter, sugar, and lemon rind until tender, then pass through a fine sieve, and add the yolks of eggs. Pour the mixture into the pie-dish, bake gently for twenty minutes, then pile the stiffly-whisked whites of eggs on the top. Dredge liberally with castor sugar, decorate with cherries and angelica, and replace in the oven until the whites of eggs harden and acquire a little color. Serve either hot or cold.

#### Apples, Baked.

**INGREDIENTS.**—Twelve apples, two whites of eggs, castor sugar, jam or jelly.

**METHOD.**—Pare and core the apples, keeping them whole; roll up an apple-paring tightly, and place it in the center of each apple. Brush over with whites of eggs, and put aside until it dries; then re-coat, sprinkle with castor sugar, put the apples into a pie-dish, cover with a greased paper and bake in a slow oven until tender. Be careful not to over-cook or they may break. When done, remove the apple-paring and fill the cavity with blackberry or black currant jelly, blackberry or raspberry jam, or whatever may be preferred; a small piece of butter and some brown sugar is liked by many.

#### Apple Charlotte.

**INGREDIENTS.**—Four pounds of good cooking apples, eight ounces of brown sugar, or to taste, two ounces of butter, the rind of two lemons. For lining the mold: thin slices of bread, oiled butter.

**METHOD.**—Peel, core and slice the apples, put them into a stewpan with the sugar and two tablespoonfuls of water, and cook until tender. When the apples are reduced to a soft smooth pulp, add the butter and lemon rind, and sweeten to

taste. Meanwhile take a plain soufflé mold, and cover the bottom with a round of bread, previously cut in quarters and dipped into the melted butter. If a pretty dish is desired, the sides of the mold should be lined with rounds of bread, of three-quarters of an inch diameter, arranged over-lapping each other; but as three or four tiers may be required this method occupies considerable time. It may be more quickly lined with long narrow strips the size of Savoy biscuits, these may also overlap each other, or they may be laid flat against the tin. Each piece of bread must be dipped into the oiled butter before being used. When the mold is ready put in the apple pulp, cover the top with a round of bread, and bake in a moderate oven for about thirty minutes.

#### Apple Charlotte. (Another Method.)

INGREDIENTS.—Two pounds of apples, six ounces of finely-chopped suet, six ounces of white breadcrumbs, four ounces of brown sugar, one lemon (rind only), two tablespoonfuls of browned breadcrumbs.

METHOD.—Peel, core and cut the apples into thick slices. Grease a pie-dish, and coat it thickly with browned breadcrumbs; mix together the suet and breadcrumbs, and grate the lemon rind. Fill the pie-dish with alternate layers of apple and mixed suet and crumbs, letting the bottom and top layers be rather thick ones of breadcrumbs; the lemon rind should be mixed with the sugar and sprinkled on each layer of apple. Cover with a double layer of greased paper, and bake in a moderate oven for about one and a quarter hours. When ready, loosen the edges with a knife, and invert on to a hot dish.

#### Apple Cheesecakes.

INGREDIENTS.—Three pounds of apples, six ounces of sugar, three ounces of butter, six eggs, two lemons, paste.

METHOD.—Peel, core and slice the apples, place them in a stewpan with the sugar, and two tablespoonfuls of water, simmer gently until tender, and rub them through a hair sieve. Return the apple-pulp to the stewpan, add the lemon juice, and the rind finely grated, re-heat, stir in the yolks of six eggs and the whites of two and cook until the mixture thickens. Have ready the patty-pans lined with paste and partially baked, fill with the apple preparation, cover lightly with stiffly-whipped sweetened whites of eggs, and bake in a moderate oven for about fifteen minutes.

**Apple Dumplings, Baked.**

INGREDIENTS.—One pound of short paste (*See Pastry*) ten or twelve apples, according to size, two tablespoonfuls of currants, a little moist sugar.

METHOD.—Peel and core the apples and fill the center with currants. Roll out the paste thinly, and cut it into rounds nearly large enough to cover the apples. Place one in the center of each round, wet the edges of the paste and press gently to the top of the apple. Put them join downwards on a baking-sheet, and bake them twenty or thirty minutes in a moderately hot oven. When nearly done, brush lightly over with water, sprinkle over with moist sugar, and return to the oven to finish baking. Serve either hot or cold.

**Apple Dumplings, Boiled.**

INGREDIENTS.—One and a half pounds of suet paste, twelve apples, twelve cloves, moist sugar.

METHOD.—Pare and core the apples, fill the cavities with sugar, and add a clove. Roll the paste and cut rounds large enough to rather more than three-quarters cover the apples. Place one on each round of paste, slightly wet the edges, and press them gently to the top of the apples where they must be completely joined. Tie each dumpling in the corner of a well-floured pudding cloth, put them into boiling water, and boil gently from forty to fifty minutes.

**Apple Pudding, Baked.**

INGREDIENTS.—Twelve sour cooking apples, one pint of breadcrumbs, four or six tablespoonfuls sugar, two ounces of butter, two eggs.

METHOD.—Pare, core and cut the apples into slices, put them into a stewpan with the sugar and four or six tablespoonfuls of water, cook until tender, then stir in the butter and well-beaten egg. Coat the bottom and sides of a well-buttered pie-dish thickly with breadcrumbs, put a few pieces of butter on the top, and bake gently for about three-quarters of an hour, keeping the dish covered with greased paper to prevent the surface from becoming too brown.

**Apple Pudding, Boiled.**

INGREDIENTS.—Twenty-four ounces of flour, twelve ounces of suet, two teaspoonfuls of baking-powder, four pounds of apples, four tablespoonfuls of moist sugar, twelve cloves, if liked.

METHOD.—Peel, core and cut the apples into rather thick



slices. Make the paste as directed in recipe. Cut off rather more than a quarter of the paste for the lid, roll out the remainder, and with it line the bowl, previously well greased. Put in half the fruit, then the sugar, intersperse the cloves, cover with the remainder of the fruit and add one gill cold water. Roll out the rest of the pastry to the size of the top of the bowl, moisten the edges slightly, and join them carefully to the edges of the pastry lining the bowl. If the pudding is to be boiled, cover the top with a well-floured cloth; if steamed, two folds of greased paper may be used. Cook from two and a half to three hours.

#### Apples and Rice.

INGREDIENTS.—Eight or ten apples, two and a half pints of milk, four tablespoonfuls of rice, two heaped tablespoonfuls of sugar, two ounces of butter, lemon rind and other flavoring, two good pinches of salt, raspberry jam, or sugar and butter.

METHOD.—Wash the rice, put it into a saucepan with the salt, lemon rind and milk, simmer until the greater part of the milk is absorbed and the rice becomes tender, then stir in the butter and sugar, and remove the lemon rind. Peel and core the apples, place them in a pie-dish, fill the cavities with raspberry jam or a little butter and sugar. Fill the spaces between the apples with rice, and bake in a slow oven until the apples are tender, but not broken.

#### Apples and Sago.

INGREDIENTS.—Eight or twelve cooking apples, two pints of water, four tablespoonfuls of moist sugar, two tablespoonfuls of fine sago, the rind and juice of one lemon, a few drops of carmine or cochineal.

METHOD.—Peel and core the apples, keeping them whole. Boil the water, sprinkle in the sago, stir and cook until clear. Now add the apples, sugar, lemon rind and juice, and simmer very gently until the apples are tender; then remove them, place them in a deep dish, add a few drops of cochineal to the syrup, and pour it over the apples.

#### Apples with Custard Sauce.

INGREDIENTS.—Twelve apples, raspberry jam. For the custard, one pint of milk, four yolks of eggs, two whites of eggs, two dessertspoonfuls of sugar.

METHOD.—Pare and core the apples, keeping them whole; roll up an apple paring tightly, and place it in the center of

each apple. Put them in a deep baking-dish, barely cover the bottom of the dish with cold water, place on the top an inverted dish or pie-dish to keep in the steam, and bake gently until tender. Lift carefully on to a hot dish, remove the apple-parings, fill the cavity with jam, and pour the custard round. (*See* custard sauce.)

#### Apple Snow.

INGREDIENTS.—Twelve sour cooking apples, eight ounces of sugar, or to taste, yolks of eight eggs, four whites of eggs, the grated rind of one lemon, vanilla pod, one pint of milk, two tablespoonfuls of cream.

METHOD.—Pare, core and slice the apples, put them into a stewpan with the lemon rind, four ounces of sugar and a little water. Cook until tender, rub them through a fine sieve, let the purée cool, then stir in the cream. Simmer the milk and vanilla pod together until sufficiently flavored, then remove the pod (dry it and place in castor sugar for future use), add sugar to taste, stir in the well-beaten yolks of eggs, and cook by the side of the fire until they thicken, stirring meanwhile. Now put the apple purée into a buttered pie-dish, pour the custard on the top, and cover with the stiffly-whisked whites of eggs. Dredge liberally with castor sugar, and bake in a moderate oven until the surface hardens and acquires a little color. Serve hot or cold.

#### Buttered Apples.

Peel and core some large apples, but do not cut them up. Now cut some round slices of stale bread just large enough for an apple to stand upon each. Butter an earthenware cooking-pot, place bread and apples therein with a little piece of fresh butter on the top of each. Cover the vessel and place over a gentle fire. A better result will be obtained if the Continental method is adopted of heaping hot coals on the top of the cooking vessel.

From time to time the apples must be examined and the hollows refilled with sugar and butter. Great care must be taken that the fire does not get sufficiently hot to burn the bread. When almost done the hollows in the apples should be filled with jam.

#### Flaming Apples.

Peel some small apples and arrange on the bottom of a stewpan. Just cover them with water and add the grated

rind of an orange or a lemon, a little cinnamon and plenty of sugar. Boil gently till the apples are cooked, but be careful that they do not break. Now take them cautiously one by one and arrange in the form of a pyramid on a dish. Keep very hot while you reduce the water in which they have been boiled to a thick syrup. Pour this over the apples and powder well with sifted sugar. Now sprinkle freely with rum and set on fire just before serving.

#### Apple Miroton.

Mix together half a pound each of apricot marmalade and of apple marmalade, and pile in a mound in the middle of a fireproof plate. Next core and peel twelve large apples and slice them evenly. Place them in a dish with a large glass of brandy, to which has been added the juice of two lemons, a quarter of a pound of castor sugar, and a teaspoonful of powdered cinnamon. After soaking for three or four hours take out the slices of apple and arrange them carefully over it. About half an hour before the dish is required place it in the oven and bake till the apples are thoroughly cooked.

#### Apple Pie.

Stew one pound of pared and cored apples in a syrup made by dissolving half a pound of sugar in a pint of water. Be very careful that they do not break. Now line a dish with puff paste and arrange the apples inside, filling the center of each with orange marmalade. Sprinkle with a little chopped citron peel and then pour over them the syrup in which they have been cooked, previously reduced by boiling down with a little essence of vanilla. Now lay strips of puff paste over the apples, bake till the paste is done, and serve cold with whipped cream.

#### Apple Tart.

Make a dough of two pounds of flour, one pound of butter, two eggs, half a pint of milk, and a spoonful of sifted sugar. Add one ounce of yeast and let it rise. When sufficiently risen roll the dough out thin and place it on a buttered plate, spreading over it a little melted butter, and sprinkling freely with powdered sugar and grated cinnamon. Peel, core and slice twenty apples, lay them closely over the dough and bake in a brisk oven. It will take about an hour. Other fruit, such as plums and apricots, can be treated in the same manner.

#### Apple Tart. (Another Method.)

INGREDIENTS.—Four pounds of apples, four tablespoonfuls

of moist sugar, eight cloves or one-half teaspoonful of grated lemon rind, short paste.

**METHOD.**—Peel, core and cut the apples into thick slices. Roll the paste into an oval form a little larger than the top of the pie-dish, invert the dish in the center of the paste, and cut round, leaving a quarter of an inch margin on all sides. Line the edge of the pie-dish with the trimmings, put in half the apples, add the sugar, and flavoring ingredients, then the remainder of the fruit. Moisten the paste, lining the edge of the dish with water, put on the cover, press the edges together and notch them at intervals of about one-quarter of an inch. Bake in a brisk oven from forty to fifty minutes, and when the paste has risen and set, brush it over lightly with cold water, and dredge well with castor sugar. This must be done quickly, and the tart immediately replaced in the oven. If the tart is to be eaten cold, directly it leaves the oven the crust should be raised gently with a knife, to allow some of the steam to escape, otherwise it may lose some of its crispness.

#### Apple Tart, Creamed.

**INGREDIENTS.**—Short crust, four pounds of apples, four tablespoonfuls of moist sugar, two ounces of butter, two pints of custard.

**METHOD.**—Pare, core and cut the apples into thick slices, put them into a stewpan with the sugar, butter, and two or three tablespoonfuls of water, and cook very gently until tender. Pass the apples through a hair sieve, add more sugar, if necessary, and put the purée into a pie-dish lined with pastry.

Bake in a quick oven until the paste has risen and set, then add the prepared custard, and bake more slowly until the pastry is sufficiently cooked and the custard firm. Serve either hot or cold.

#### Apple Timbale.

Take a bowl or deep dish, line with good puff paste, and bake till done. Next cook some apples in a syrup flavored with vanilla and reduce until of a somewhat thick consistency. Pour this into the dish, and when quite stiff turn out carefully and serve cold with custard sauce.

#### Arrowroot Pudding, Baked.

**INGREDIENTS.**—Two pints of milk, two tablespoonfuls of arrowroot, two tablespoonfuls of castor sugar, six eggs, two pinches of salt.

**METHOD.**—Mix the arrowroot smoothly with a little milk,

boil the remainder and add it to the arrowroot, stirring all the time. Return to the saucepan and boil gently until it thickens, then cool slightly. Add the sugar, yolks of eggs, previously well beaten, and stir by the side of the fire for two or three minutes. Whip the whites to a stiff froth, lightly add them to the rest of the ingredients, pour into a well-buttered pie-dish, and bake slowly for about half an hour.

#### Arrowroot Pudding, Steamed.

**INGREDIENTS.**—Two tablespoonfuls of arrowroot, two tablespoonfuls of moist sugar, two pints of milk, the grated rind of one lemon, four eggs.

**METHOD.**—Mix the arrowroot smoothly with a little of the milk, boil the remainder and pour it over the arrowroot, stirring all the time. Return to the saucepan, stir and cook over the fire until thick, then cool slightly, and add the sugar, lemon rind and eggs, previously well beaten. Pour into a buttered mold, and steam gently from one and a quarter to one and a half hours. Serve with custard, wine, or any other suitable sauce.

#### Austrian Pudding.

**INGREDIENTS.**—One pint of raspberries, moist sugar, eight ounces of cakecrumbs, four ounces of castor sugar, four ounces of ground almonds, four ounces of glacé cherries, eight eggs, two tablespoonfuls of cream, one ounce butter.

**METHOD.**—Put the raspberries and two tablespoonfuls of moist sugar into a jar placed in a saucepan containing boiling water and half cook them. Meanwhile work the yolks of the eggs and the castor sugar together in a bowl until thick and creamy, then add the cakecrumbs, ground almonds, cream, oiled butter, and lastly the stiffly-whisked whites of eggs. When the raspberries are ready, place them with their juice in a buttered fireproof china soufflé dish, cover with the preparation, decorate with the halved glacé cherries, and bake in a moderate oven for about one-half hour. Serve hot. Raspberries preserved in bottles may be used when fresh ones are not obtainable.

#### Baba with Rum Syrup.

**INGREDIENTS.**—One and a half pounds of flour, one ounce of yeast, four ounces of castor sugar, eight ounces of butter, three ounces of currants cleansed and picked, one-third of a pint of milk, two good pinches of salt. For the syrup, one

and a half pints of water, four ounces of loaf sugar, four tablespoonfuls of apricot jam, two wineglassfuls of rum.

**METHOD.**—Dry the flour thoroughly, sift eight ounces of it into a warm, dry bowl, add the salt, and make a hole in the center. Mix the yeast smoothly with a little warm milk, add it to the flour, knead the preparation into a smooth dough, then cover with a cloth, and let it rise in a warm place. Sift the remainder of the flour into a large bowl, make a hole in the center, and put in the salt, sugar, warmed butter, eggs, and the remainder of the milk, beat with the hand for fifteen minutes and cover with a cloth. When the dough has risen to twice its original size, mix the contents of the bowl together, add the currants and knead lightly for fifteen minutes. Have ready one large or eight small well-buttered molds with straight sides, sprinkle the bottom and sides with a few currants, half fill with dough, stand near the fire until it rises nearly to the top of the mold, then bake in a moderately hot oven. When done, turn on to a sieve, and baste well with rum syrup, then place in a hot dish, pour the syrup over, and serve hot. To make the syrup; boil the sugar and water together until considerably reduced, then add the jam, boil for ten minutes, strain, return to the stewpan, put in the rum, bring to boiling point, and use as directed.

#### **Babas with Kirsch.**

**INGREDIENTS.**—Two pounds of fine flour, one and a half ounces of yeast, sixteen to eighteen ounces of butter, two tablespoonfuls of currants, cleaned, two tablespoonfuls of sultanas, cleaned, two tablespoonfuls of castor sugar, ten eggs, the grated rind of the lemon, salt. For the syrup: one and a half pints of water, four ounces of loaf sugar, kirschwasser to flavor.

**METHOD.**—Dry and sift the flour into a large bowl, make a hole in the center, and add the yeast mixed smoothly with a little tepid water. Let it stand for about half an hour, then add the well-creamed butter, currants, sultanas, sugar, lemon rind, two good pinches of salt, and the eggs. Beat the mixture until smooth, then cover with a cloth, and let it stand until it rises to nearly twice its original size. Have ready some buttered timbale molds, half fill them with the preparation, let them stand until it rises nearly to the top of the molds, and bake in a moderately hot oven. Meanwhile boil the sugar and water until the syrup is formed, flavor with kirschwasser, pour it over the babas, or dip them in it and serve.

**Bachelor's Pudding.**

INGREDIENTS.—Sixteen ounces of flour, eight ounces of finely-chopped suet, eight ounces of sugar, four ounces of raisins, stoned, four ounces of sultanas, cleaned and picked, two eggs, two teaspoonfuls of baking-powder, one-half pint of milk.

METHOD.—Mix all the dry ingredients together, add the milk and the egg (previously beaten), and stir well. Put into a well-greased pie-dish, and bake gently for about one and a quarter hours. When ready, turn out of the dish, dredge well with sugar, and serve hot.

**Baroness Pudding.**

INGREDIENTS.—One and a half pounds of finely-chopped suet, one and a half pounds of flour, one and a half pounds of raisins (stoned) one pint of milk, two saltspoonfuls of salt.

METHOD.—Mix all the dry ingredients together, add the milk and stir well. Put into a well-greased bowl, and boil or steam for about three hours. Serve with any suitable sweet sauce, or with a little sugar.

**Batter Pudding, Baked.**

INGREDIENTS.—Two pints of milk, four eggs, eight heaped tablespoonfuls of flour, salt, dripping.

METHOD.—Put the flour and two good pinches of salt into a bowl, make a hole in the center, break in the eggs, stir, gradually mixing in the flour from the sides, and add milk by degrees until a thick, smooth batter is formed. Now beat well for ten minutes, then add the remainder of the milk, cover, and let it stand for at least one hour. When ready to use, put two tablespoonfuls of dripping into a pie-dish, and while it is heating give the batter another good beating. Pour into the dish, and bake in a quick oven for about thirty-five minutes. Serve with sugar, butter and sugar, jam or stewed fruit.

**Berlin Pudding.**

INGREDIENTS.—Four ounces of flour, four ounces of butter, four ounces of castor sugar, four ounces of almonds, eight eggs, one pint of milk (rather less), salt.

METHOD.—Blanch, peel and shred the almonds finely, then dry them in a cool oven. Dry and sieve the flour, add to it about half the milk, and stir vigorously until a smooth batter is formed. Put the remainder of the milk and the butter into a stewpan, when boiling add the sugar, batter, and a good pinch of salt, and stir over the fire until it thickens. Now let

it cool slightly, then beat in each yolk of egg separately, stir in the almonds, and lastly add the stiffly-whipped whites of eggs. Turn the preparation into one large or eight small well-buttered molds, and steam a large pudding from one and a half to two hours, and small ones for about forty minutes. Serve with custard sauce or other suitable sweet sauce.

#### **Black-Cap Pudding.**

**INGREDIENTS.**—Eight ounces of flour, two ounces of sugar, two ounces of currants, cleaned and picked, one pint of milk, two eggs, two good pinches of salt.

**METHOD.**—Put the flour and salt into a basin, make a hole in the center of the flour, break in the eggs, add the milk a little at a time, and stir, gradually working in the flour from the sides. When about half the milk has been used, give the batter a good beating, then add the rest of the milk, the sugar and currants. The pudding may be cooked at once, but it will be lighter if allowed to first stand one hour. Cover with a greased paper, steam for one and a half hours, and serve with melted butter.

#### **Black-Currant Tartlets.**

**INGREDIENTS.**—Short crust, two pounds of black-currants, four tablespoonfuls of moist sugar, one-half of a pint of cream, castor sugar.

**METHOD.**—Cook the black-currants with the sugar, and four tablespoonfuls of water, in a jar on the stove or in a slow oven. Line twelve patty-pans with the paste, fill them with rice placed in buttered papers, and bake until crisp in a brisk oven. When cold, fill them with the prepared cold fruit and syrup, cover with stiffly-whipped, sweetened cream, and serve cold.

#### **Cherry Tartlets.**

**INGREDIENTS.**—One pound of short paste, two pounds of cooking cherries, four tablespoonfuls of moist sugar, four large or six small eggs, castor sugar.

**METHOD.**—Remove the stalks from the cherries, put them into a small stewjar with the moist sugar, stand the jar in a saucepan, surround it with boiling water, and cook until the cherries are tender. Meanwhile line ten or twelve patty-pans with the paste, fill them with rice, placing a buttered paper between it and the paste, and bake in a quick oven. When the cherries are sufficiently cooked, strain off the syrup into a small stewpan, add the yolks of eggs, previously beaten, and stir by the side of the fire until the custard thickens. Fill the



patty-cases with cherries, cover with a layer of custard, on the top spread a little stiffly whipped white of egg, and sprinkle with castor sugar. Replace in the oven until the white of egg hardens, and acquires a little color, then serve hot or cold.

#### Brandy Pudding.

INGREDIENTS.—Two wineglassfuls of brandy, one pint of cream, one pint of milk, eight eggs, two stale French rolls, four ounces of macaroons or ratafias, eight ounces of sugar, one teaspoonful of grated lemon rind, grated nutmeg, glacé cherries.

METHOD.—Decorate a well-buttered mold with halved cherries, and afterwards line it with thin slices of roll. About half fill the mold with alternate layers of macaroons and sliced roll, adding a few cherries, the brandy, and a little sugar. Mix the eggs, cream, and milk, add the sugar, lemon rind, and a little nutmeg, and pour the whole into the mold. Let it stand for one hour, then steam it gently for one and a half hours, and serve with a suitable sauce.

#### Bread and Butter Puddings, Baked.

INGREDIENTS.—Ten or twelve thin slices of bread and butter, two pints of milk, four eggs, two dessertspoonfuls of sugar, sultanas, currants or candied lemon, if liked.

METHOD.—Cut off the crust and divide each slice of bread into four squares, arrange them in layers in a well-buttered pie-dish, and sprinkle each layer with sultanas or whatever is being used. Beat the eggs, add the sugar, stir until dissolved, then mix in the milk and pour gently over the bread, which should only half fill the dish. Let it stand at least one hour for the bread to soak, then bake in a moderately cool oven for one hour.

#### Bread Cutlets.

Take some thick slices of stale bread, soak them in custard till they are just moistened, and then dip in breadcrumbs and fry in butter. These are eaten with baked apples, each apple having a little currant jam laid on it. The dish is usually accompanied by a sauce made by boiling together cider, sugar, and cinnamon.

#### Brown Bread Pudding.

Melt in a saucepan a quarter of a pound of butter with eight ounces of brown breadcrumbs. When thoroughly mixed, stir in half a pint of claret and let the whole get cold. Now add

twelve beaten eggs, half a pound of sifted sugar, a teaspoonful of ground cinnamon, the grated almonds, and a few cardamom seeds. When thoroughly mixed, turn into a bowl, cover, and boil for two hours and a half.

#### **Bread and Butter Puddings, Steamed.**

**INGREDIENTS.**—Ten or twelve slices of bread and butter, one and a half pints of milk, two dessertspoonfuls of sugar, four eggs, sultanas, raisins, currants, or candied peel, if liked.

**METHOD.**—Butter a pudding bowl, sprinkle it with currants, or chopped peel, or arrange raisins or sultanas in some simple design on the bottom and sides of the bowl. Cut each slice of bread into four pieces, place them in layers, each layer being sprinkled with fruit and a little finely-chopped candied peel. Beat the eggs, add the milk and sugar, stir until the sugar is dissolved, then pour slowly over the bread, etc. Let it stand at least one hour, if convenient for two hours, before being cooked. Cover the top with a greased paper, and steam slowly for about one hour. Serve with a sweet sauce or fruit syrup.

#### **Cabinet Pudding.**

**INGREDIENTS.**—Stale sponge cakes or Savoy biscuits, one and a half pints of milk, eight yolks and four whites of eggs, twelve or sixteen ratafia biscuits, two tablespoonfuls of castor sugar, a few drops of vanilla, a few cherries, and a little angelica to ornament the mold.

**METHOD.**—Butter a mold with plain straight sides, ornament the bottom with strips of angelica and cherries cut in halves, and line the sides with narrow strips of sponge cake or savoy biscuits. Break the trimmings of the cake or six or eight biscuits into small pieces, put them, together with the ratafias, into the mold. Beat the eggs, add to them the sugar, flavoring and milk, stir until the sugar is dissolved, then pour the custard slowly into the mold. Cover with a buttered paper, and steam gently for nearly one hour.

#### **Cabinet Pudding, Plain.**

**INGREDIENTS.**—Ten or twelve thin slices of bread, two pints of milk, four eggs, two tablespoonfuls of sugar, four tablespoonfuls of raisins, a few drops of almond essence, or other flavoring.

**METHOD.**—Cut the raisins in halves and remove the stones. Cut the crusts off the bread, divide each slice into strips one inch wide, taper one end and trim to a uniform length. Have ready a well-buttered bowl, decorate with raisins, and line with

strips of bread. Beat the eggs, add to them the sugar, milk and flavoring, and stir until the sugar is dissolved. Cut all the bread-trimming into dice, put them into the prepared bowl, pour on the custard, cover with a greased paper, and steam gently for one hour.

#### Canadian Pudding.

INGREDIENTS.—Twelve tablespoonfuls of Indian meal, four tablespoonfuls of castor sugar, eight eggs, the thin rind of two small lemons, two quarts of milk, raisins stoned and halved.

METHOD.—Mix the meal with a little cold milk, infuse the lemon rind in the remainder for fifteen minutes, then strain the boiling milk over the meal. Replace in the stewpan, add the sugar, and simmer gently for ten minutes. When cool, add the well-beaten eggs, and pour the mixture into a mold or bowl previously well-buttered and decorated with raisins. Steam for two and a half hours, then serve with a suitable sauce.

#### Caramel Pudding.

INGREDIENTS.—For the caramel: four ounces of loaf sugar, four tablespoonfuls of cold water. For the custard: one pint of milk, eight yolks and four whites of eggs, two tablespoonfuls of castor sugar, a few drops of vanilla or other flavoring.

METHOD.—Boil the loaf sugar and cold water together until the liquid acquires a light brown color, then pour it into a charlotte or plain timbale mold, and turn the mold slowly round and round until every part of it is coated with the caramel. Beat the eggs, add to them the sugar, flavoring and milk, and stir until the sugar is dissolved. Strain the custard into the mold, cover with a greased paper, steam very slowly for about forty minutes, then turn out carefully. No other sauce is needed than the caramel, which runs off when the pudding is inverted. This pudding is equally nice cold; when intended to be served thus, it may be allowed to cool before being turned out of the mold, and so lessen the probability of its breaking. If preferred six dariole molds may be used instead of one large mold.

#### Caramel Rice Pudding.

INGREDIENTS.—For the caramel: eight ounces of loaf sugar, one-half pint of water. For the pudding: six ounces of rice, two pints of milk, two tablespoonfuls of castor sugar, four eggs, vanilla essence.

METHOD.—Prepare the caramel and line the mold as directed

in the preceding recipe. Simmer the rice in the milk until tender, cool slightly, then stir in the well-beaten eggs, sugar, and a few drops of vanilla essence. Turn into the prepared mold, cover with buttered paper, and steam for nearly one hour. Serve either hot or cold. If preferred the rice may be steamed in dariole molds.

#### Cassell Pudding.

**INGREDIENTS.**—Four eggs and their weight in butter, castor sugar and flour, two saltspoonfuls of finely-grated lemon rind, jam.

**METHOD.**—Whisk the eggs well, stir in the sugar and flour, and add the butter slightly warmed. Have ready some well-buttered cups, cover the bottom of each one with jam, and fill it three-quarters full with the mixture. Bake in a moderate oven for twenty-five minutes, and serve with boiled custard (*see* recipes for same.)

#### Chestnut Pudding.

**INGREDIENTS.**—Twelve ounces of chestnuts (weighed after the skins are removed), two ounces of chocolate, four ounces of cakecrumbs, four ounces of flour, four ounces of butter, two ounces of castor sugar, eight eggs, one pint of milk, one teaspoonful of essence of vanilla.

**METHOD.**—Bake or roast the chestnuts, remove both skins, put them into a stewpan with a very small quantity of water, cook until tender, then rub through a fine sieve. Break the chocolate into small pieces, put it and the milk into a stewpan, and simmer until dissolved. In another stewpan melt the butter, stir in the flour, cook for two or three minutes, then add the milk, and stir until it boils. The cakecrumbs must now be added, and the mixture stirred and cooked until it leaves the sides of the stewpan clear. Allow it to cool a little, then beat in the yolks of the eggs, and add the chestnut purée and the vanilla essence. Whisk the whites of the eggs to a stiff froth, stir them lightly into the mixture, pour into a well-buttered mold, cover with buttered paper, and either steam for one and a half hours or bake in a moderately hot oven for one hour. Serve with vanilla or custard sauce.

#### Chestnut Amber.

**INGREDIENTS.**—One pint of chestnuts, one pint of milk, four ounces of breadcrumbs, two ounces of castor sugar, two ounces of butter, four eggs, two lemons, vanilla essence, puff paste.

**METHOD.**—Bake or roast the chestnuts for about twenty minutes and remove the skins. Put them into a stewpan, with just sufficient water to cover the bottom of the pan, simmer gently until tender, and rub through a fine sieve. Simmer the thinly-cut rind of the lemon and the milk for fifteen to twenty minutes and strain it over the breadcrumbs. Cream the butter and sugar together, until thick and smooth, add the yolks of the eggs, the juice of the lemon, a few drops of vanilla essence and stir in the chestnuts, breadcrumbs and milk. Have the pie-dish ready lined with paste, as directed for Apple Amber, pour in the mixture, and bake in a moderately hot oven from twenty-five to thirty minutes, or until the mixture is firm and brown, and the paste sufficiently cooked. Whip the whites to a stiff froth, sweeten with a little sugar, pile lightly on the top of the pudding, and dredge well with castor sugar. Return to the oven until the meringue is set and acquires a little color.

#### **Chestnut Pudding.**

Parboil and peel a quart of chestnuts and then let them cook very gently for an hour with a cupful of milk. Next rub the whole through a fine sieve and add a cupful of sifted sugar, half a teaspoonful of vanilla, a small pinch of salt, and a little powdered mace. Now stir in the whisked yolks of five eggs, after which beat the whites to a very stiff froth and add to the other materials. When thoroughly blended place the whole in a dish and bake for a quarter of an hour.

It may be eaten either hot or cold and is generally served with jam or whipped cream.

#### **Chocolate Pudding.**

**INGREDIENTS.**—Eight ounces of chocolate, four ounces of cakecrumbs, four ounces of flour, four ounces of butter, two ounces of castor sugar, eight eggs, one pint of milk, one teaspoonful of vanilla essence.

**METHOD.**—Break the chocolate into small pieces, put it with the milk into a stewpan, simmer until dissolved and cool. In another stewpan melt the butter, stir in the flour, cook a little without browning, then put in the milk and stir until boiling. Now add the cakecrumbs, and cook gently until the mixture becomes thick and leaves the sides of the stewpan clear. Let it cool a little, then beat in the yolks of the eggs and add the vanilla essence. Whisk the whites to a stiff froth, stir them

lightly into the mixture, pour into a well-buttered plain mold, cover with buttered paper, and steam for one and a half hours, or bake for one hour in a moderate oven. Serve with custard, chocolate, or vanilla sauce.

#### Chocolate Pudding. (Another Method.)

INGREDIENTS.—Seven ounces of breadcrumbs, four ounces of chocolate, three ounces of castor sugar, three ounces of butter, four eggs, one-half pint of milk (about), vanilla essence.

METHOD.—Break the chocolate into small pieces, put it into a stewpan with the milk, and simmer until dissolved. Cream the butter and sugar together, stir in the yolks of eggs, breadcrumbs, milk, chocolate, and a few drops of vanilla essence, and mix well together. Whisk the whites stiffly, add them lightly to the rest of the ingredients, pour into a well-buttered mold, cover with a greased paper, and steam from one and a quarter to one and a half hours. Or, put the mixture into six well-buttered, large-sized dariole molds, and steam about twenty-five minutes. Serve with custard or vanilla sauce.

#### Chocolate Tartlets.

INGREDIENTS.—Short paste, four ounces of grated chocolate, eight ounces of cakecrumbs, six ounces of castor sugar, four ounces of butter, one ounce of cornflour, four eggs, chocolate icing.

METHOD.—Cream the yolks of the eggs and sugar well together, add the cakecrumbs, chocolate, cornflour, and the butter (melted). Whip the whites of the eggs stiffly, and stir them in as lightly as possible. Have ready twelve patty-pans lined with short paste, fill them with the mixture, and bake in a moderately hot oven from twenty to twenty-five minutes. When cold cover the surface of each tartlet with chocolate icing, allow it to harden, then serve.

#### Christmas Pudding.

INGREDIENTS.—One pound of beef suet, four ounces of flour, one pound of raisins, one-half pound of mixed peel, one grated nutmeg, one ounce of mixed spice, one ounce of ground cinnamon, two gills of milk, two wineglassfuls of rum or brandy, one pound of breadcrumbs, one pound of sultanas, one-half pound of currants, two lemons, four ounces of desiccated cocoanut or shredded almonds, two pinches of salt, eight eggs.

METHOD.—Skin the suet and chop it finely. Clean the fruit, stone the raisins, finely shred the mixed peel; peel and chop the lemon rind. Put all the dry ingredients in a bowl and

mix well. Add the milk, stir in the eggs one at a time, add the rum or brandy, and the strained juice of the lemon. Work the whole thoroughly for some minutes, so that the ingredients are well blended. Put the mixture in a well-buttered pudding bowl or pudding cloth; if the latter is used it should be buttered or floured. Boil for about four hours, or steam for at least five hours.

#### Plum Pudding, Christmas. (Another Method.)

INGREDIENTS.—Sixteen ounces of moist sugar, sixteen ounces of finely-chopped suet, sixteen ounces of sultanas, cleaned, sixteen ounces of raisins, halved and stoned, sixteen ounces of currants, washed and dried, eight ounces of shredded mixed candied peel, eight ounces of flour, eight ounces of breadcrumbs, four ounces of almonds, blanched and shredded, the grated rind of two lemons, eight eggs, two saltspoonfuls of nutmeg grated, one teaspoonful of salt, one-half pint of milk, two wineglassfuls of brandy.

METHOD.—Mix all the dry ingredients together, stir in the well-beaten eggs, milk and brandy, turn the mixture into two well-buttered bowls, steam from five to six hours.

#### Corn Pudding.

INGREDIENTS.—Six tablespoonfuls of Indian meal, two tablespoonfuls of castor sugar, one-half of a teaspoonful of finely-grated lemon rind, six eggs, two pints of milk.

METHOD.—Mix the meal with a little cold milk, boil up the remainder, add the meal, sugar, and lemon rind, stir and cook gently for a few minutes. When cool, add the well-beaten eggs, half fill well-buttered cups with the mixture, and bake in a moderately hot oven for half an hour.

#### Cornflour Pudding.

INGREDIENTS.—Two pints of milk, four tablespoonfuls of cornflour, two tablespoonfuls of castor sugar, four eggs, two pinches of salt, the grated rind of a lemon.

METHOD.—Mix the cornflour smoothly with a little milk, boil the remainder, and add to it the cornflour, stirring all the time. Return to the saucepan, and boil gently until it thickens, then cool slightly. Add the sugar, yolks of eggs, salt and lemon rind, and stir for two or three minutes by the side of the fire. Whisk the whites to a stiff froth, lightly add them to the rest of the ingredients, pour into a buttered pie-dish, and bake slowly for half an hour.

**Cranberry Pudding.**

(See apple pudding, and damson pudding.)

**Cream Buns.**

INGREDIENTS.—Choux paste, one pint of cream, castor sugar.

METHOD.—Shape the paste as directed in the receipt for Coffee Eclairs, and bake them from ten to fifteen minutes. When cool, make an incision on one side, scoop out the soft interior, and fill them with stiffly-whipped sweetened cream. Dredge with castor sugar, and serve.

**Croquets of Rice.**

INGREDIENTS.—Eight ounces of Carolina rice, four ounces of castor sugar, one ounce of butter, lemon rind, about three pints of milk, four yolks of eggs, two whole eggs, breadcrumbs, frying-fat, salt.

METHOD.—Wash and drain the rice, put it into a stewpan with two pints of milk, two good pinches of salt, a little thin lemon rind and cook until the rice is tender, adding more milk as required. When done, take out the lemon rind, add the sugar, and the yolks of eggs, stir over the fire until sufficiently cooked, then spread the mixture on a plate. When ready, form into pear or cork shapes, coat with egg and breadcrumbs, and fry in hot fat until lightly browned. Drain well, dredge with castor sugar, and serve with a fruit syrup or suitable sweet sauce.

**Currant Pudding, Boiled.**

INGREDIENTS.—One pound of currants, cleaned, one pound of suet finely chopped, two pounds of flour, milk, lemon, butter, sugar.

METHOD.—Mix the dry ingredients together, and add sufficient milk to form a stiff batter. Turn the mixture into a floured cloth, boil gently for two and a half hours, and serve with a cut lemon, fresh butter and sugar. For directions for making a pudding of fresh fruit, see apple pudding, boiled, and damson pudding.

**Custard Pudding, Baked.**

INGREDIENTS.—One pint of milk, two dessertspoonfuls of loaf or castor sugar, four eggs.

METHOD.—Beat the eggs, add to them the sugar and milk, and stir until the sugar is dissolved. Strain into a buttered pie-dish, and bake in a slow oven until set (about thirty minutes.) When the oven is too hot the dish should be placed in a tin of water, to prevent the custard baking too quickly.



**Custard Pudding Baked. (Another Method.)**

INGREDIENTS.—Two pints of milk, two tablespoonfuls of sugar, two teaspoonfuls of flour, one ounce of butter, four eggs, lemon rind, bay leaves or laurel leaves for flavoring, two pinches of salt, a pinch of nutmeg.

METHOD.—Simmer the milk with the flavoring ingredient for about twenty minutes, then remove the lemon rind, or whatever has been used, and put in the butter and sugar. Mix the flour smoothly with a little cold milk or water, pour it into the stewpan, stir until it boils, cook for five minutes, then cool a little. Beat the eggs, add them to the rest of the ingredients, pour into a buttered pie-dish, and bake in a slow oven for about forty minutes, or until set.

**Custard Pudding, Steamed.**

INGREDIENTS.—One pint of milk, two dessertspoonfuls of castor sugar, six eggs, a few drops of essence of vanilla or other flavoring.

METHOD.—Beat the eggs, add the sugar, milk and vanilla essence, stir until the sugar is dissolved, then pour the mixture into a buttered bowl, and steam VERY GENTLY for half an hour. Serve with wine sauce. A very nice pudding may be made with the same quantity of milk, half the quantity of sugar, and two eggs, but it must be served in the bowl.

**Custard Pie.**

INGREDIENTS.—Two quarts of milk, two tablespoonfuls of sugar (or to taste) two level tablespoonfuls of cornflour, six eggs, the rind of a lemon, or other flavoring, salt, paste.

METHOD.—Mix the cornflour smoothly with a little milk, simmer the remainder with the lemon rind for about twenty minutes, then remove the lemon rind and add the milk to the cornflour, stirring all the time. Replace in the stewpan, stir and cook for two or three minutes, add the sugar and two pinches of salt, and allow the mixture to cool slightly. Meanwhile beat the eggs, and add them to the rest of the ingredients. Line two deep dishes or twelve deep patty-pans with paste, pour in the custard, and bake in a moderately hot oven until the paste is sufficiently cooked and the custard set. If the oven has not a good bottom heat the paste should be partially baked before putting in the custard.

**Damson Tart.**

INGREDIENTS.—Short paste, three pints of damsons, four heaped tablespoonfuls of brown sugar, or to taste.

**METHOD.**—Prepare the crust as directed for apple tart. In the center of the pie-dish place an inverted cup or a ventilating cup and funnel to retain the juice, half fill the dish with fruit, add the sugar, then put in the remainder of the fruit. Cover with paste, brush lightly over with cold water, sprinkle liberally with castor sugar, and bake in a quick oven.

### **Eclairs.**

**INGREDIENTS.**—Choux paste, chocolate or coffee icing, cream, custard or jam.

**METHOD.**—Put the choux paste into a forcing-bag, and press it out on to a buttered baking-sheet in the form of small savoy biscuits. Or if a bag and pipe are not available, roll it on a floured board to the same shape. Bake from fifteen to twenty minutes in a moderate oven, let them cool on a sieve, then make an incision on the side of them and scoop out the soft interior. Fill the cavities with stiffly-whipped sweetened cream, confectioners' custard or jam, and coat them with chocolate or coffee icing.

### **Filbert Tartlets.**

**INGREDIENTS.**—Paste, six ounces of filberts, two ounces of ground almonds, six ounces of castor sugar, one ounce of corn-flour, eight yolks of eggs, one gill of cream or milk.

**METHOD.**—Blanch and peel the nuts and chop them finely. Mix the cornflour smoothly with the milk, and stir it over the fire until it thickens. Cream the yolks of eggs and sugar together until thick and smooth, add the prepared nuts and almonds, then stir in the cornflour and milk. Put the mixture into twelve patty-pans lined with paste, fix two thin strips of paste across each tartlet, brush over with milk, and dredge with castor sugar. Bake in a moderate oven for about twenty minutes.

### **Flan of Apples.**

**INGREDIENTS.**—Six or eight apples, two tablespoonfuls of moist sugar, four tablespoonfuls, of sherry, eight cloves, four whites of eggs, castor sugar, one pound of short crust.

**METHOD.**—Peel, core, and cut each apple into eight sections, place them in a stewpan, add the cloves and sherry, cover closely, stand the stewpan in a tin containing boiling water, and cook until tender, but not sufficiently so as to break easily. Meanwhile line a six-inch diameter flan or paste-ring with paste rolled out to about a quarter of an inch in thickness, fill it with rice, placed on an interlining of buttered paper, and bake in a

quick oven. When done, remove the rice and paper, fill with the apples, arranged in a pyramid, strain the juice (if any) over them, and sprinkle well with sugar. Whip the whites of eggs to a stiff froth, spread it lightly over the apples, dredge well with castor sugar, and bake in a cool oven until lightly-browned. Serve either hot or cold.

There are two ways of making a flan without the aid of a ring. The first is by means of a round cake-tin. The tin is placed in the center of the rolled-out paste, which is cut round, leaving a margin of about one inch, to be afterwards raised and molded to the shape of the tin. Before removing the tin, a narrow-folded band of greased paper must be pinned lightly round this raised border. In the second method, the bottom is cut out to the required size, and a narrow strip of paste fastened to the edge of it by means of white of egg. A band of paper must support the border; and in both cases the inside should be filled with rice before baking.

#### **Flan of Pineapple.**

**INGREDIENTS.**—A preserved pineapple, castor sugar, four eggs, one pound of short crust.

**METHOD.**—Prepare and bake the flan as for Apple Flan. Cut the pineapple into dice and remove all the specks. Strain the syrup, place half a pint of it in a stewpan with a dessert-spoonful of sugar, bring to boiling point, and simmer for three or four minutes. Let it cool slightly, then add the yolks of the eggs, and cook gently by the side of the fire until they thicken, stirring meanwhile. Now place the pineapple in the prepared flan, cover with the custard, and spread the stiffly-whipped whites of eggs on the top. Bake in a moderately cool oven until the meringue hardens, and browns slightly. Serve either hot or cold.

#### **Flan of Strawberries.**

**INGREDIENTS.**—Two pounds of strawberries, castor sugar, four whites of eggs, one pound of short crust.

**METHOD.**—Make the flan as directed; when about three-quarters baked remove the rice, and fill with strawberries from which the stalks have been removed. Pile the fruit high in the center, dredge well with castor sugar, and cover with stiffly-whisked white of egg. Cover the surface lightly with castor sugar, replace in the oven, and bake slowly for about fifteen minutes. When the meringue is set, cover with paper

to prevent it browning too much before the strawberries are sufficiently cooked. Serve either hot or cold.

#### Fluted Rolls.

INGREDIENTS.—Puff paste, castor sugar.

METHOD.—Roll out the puff paste, dredge it well with castor sugar, and fold as usual. Repeat this twice, then roll it out to about one-quarter of an inch in thickness, and stamp out some rounds with a fluted two-inch cutter. Roll them up, brush lightly over with water, dredge with castor sugar, bake in a moderate oven until crisp and lightly browned.

#### Frangipane.

Whisk half a dozen eggs until they are very light, and add carefully a pint of milk and two spoonfuls of flour. Place in a double saucepan—or in a large bowl immersed in a saucepan of water—with a quarter of a pound of sugar, and stir till the custard becomes moderately thick, adding gradually two ounces of butter, two ounces of crushed macaroon biscuits, the grated rind of a small lemon, and a wineglassful of rum. When nearly done stir in a spoonful of essence of vanilla.

This is served cold in custard cups, and is sometimes made into little tarts with puff paste.

#### Frangipan Tart.

INGREDIENTS.—Short crust, eight eggs, three ounces of butter, three ounces of sugar, one-half ounce of flour, one pint of milk, two bay-leaves, four or six fine strips of lemon rind, nutmeg.

METHOD.—Mix the flour with a little milk, simmer the remainder with the bay-leaves, lemon rind, and two pinches of nutmeg, for about fifteen minutes, then strain it on the blended flour and milk, stirring meanwhile. Return to the stewpan, add the butter, sugar, and slightly-beaten eggs, and stir by the side of the fire until the mixture thickens, but do not let it boil. Line a tart-tin with the paste, pour in the preparation when cool, and bake from twenty-five to thirty minutes in a moderate oven. Serve cold.

#### Fruit or Jam Turnovers.

INGREDIENTS.—Short crust or puff paste, stewed fruit or jam, castor sugar.

METHOD.—Roll the paste out thinly, and cut it into rounds about four inches in diameter. Place a little fruit or jam in the center of each round, moisten the edges with water, and

fold the paste over on three sides in the form of a triangle. Seal the join carefully, turn them over, brush lightly with cold water, and dredge well with castor sugar. Bake in a moderate oven.

#### Geneva Pudding.

INGREDIENTS.—Four pounds of sour cooking apples, six ounces of rice, two ounces of butter, sugar, about three pints of milk, one-half of a teaspoonful of ground cinnamon, salt.

METHOD.—Wash and drain the rice, place it in a stewpan with two pints of milk, and two good pinches of salt, cook until tender, adding more milk as required, and sweeten to taste. While the rice is cooking, pare, core and slice the apples, place them with the butter, cinnamon, and two good tablespoonfuls of sugar in a jar, stand the jar in a saucepan half full of boiling water, cook until tender, then rub through a fine sieve. Butter a fireproof china soufflé dish, arrange the rice and apple purée in alternate layers, letting rice form the bottom and top layers, and bake in a moderate oven from thirty-five to forty minutes.

#### Gingerbread Pudding.

INGREDIENTS.—One pound of flour, one-half pound of finely-chopped suet, one pound of treacle, two eggs, two teaspoonfuls of baking-powder, two teaspoonfuls of ground ginger, one-half pint of milk, salt.

METHOD.—Mix the flour, suet, ginger, baking-powder, and a good pinch of salt well together. Add the milk, treacle and well-beaten egg, mix thoroughly, then turn into a well-greased mold or bowl, and steam from two and a half to three hours. Serve with a suitable sauce.

#### Golden Pudding.

INGREDIENTS.—Eight ounces of breadcrumbs, eight ounces of finely-chopped suet, eight ounces of marmalade, four ounces of sugar, four eggs, milk, salt.

METHOD.—Mix the breadcrumbs, suet, sugar, and two good pinches of salt well together. Beat the eggs well, add the marmalade and milk, stir into the dry ingredients, and when well mixed turn into a greased mold or bowl. Cover with a greased paper, steam from two to two and a quarter hours, and serve with cornflour, marmalade or other suitable sauce.

#### Gooseberry Pudding, Baked.

INGREDIENTS.—Three pints of gooseberries, one pint of bread-

crumbs, four ounces of sugar, or to taste, three ounces of butter, six eggs.

**METHOD.**—Cut off the tops and tails of the gooseberries, cook them until tender in a jar placed in a saucepan containing boiling water, then rub through a fine sieve. Add to the gooseberry purée the breadcrumbs, butter, sugar, and the eggs well beaten. Have ready a pie-dish with the edge lined with paste, pour in the preparation, bake for about forty minutes, or until set, then dredge well with castor sugar, and serve hot.

#### Gooseberry Tart.

**INGREDIENTS.**—Three pints of gooseberries, one-half pound of short crust, one-half pound of moist sugar.

**METHOD.**—With a pair of scissors cut off the tops and tails of the gooseberries; put them into a deep pie-dish, pile the fruit high in the center, and put in the sugar; line the edge of the dish with short crust, put on the cover, and ornament the edges of the tart; bake in a good oven for about three-quarters of an hour, and before serving dredge with castor sugar.

#### Granville Tartlets.

**INGREDIENTS.**—Short paste, six ounces of castor sugar, four ounces of butter, four ounces of currants, cleaned and picked, two ounces of ground rice, two ounces of finely-shredded candied peel, six ounces of cakecrumbs, two ounces of desiccated cocoanut, four whites of eggs, two tablespoonfuls of cream, lemon essence, transparent icing.

**METHOD.**—Cream the butter and sugar together until thick and smooth, add the currants, ground rice, peel, cakecrumbs, cream, eight or ten drops of lemon essence, and lastly, the stiffly-whipped whites of eggs. Line eighteen small oval tartlet molds with paste, fill them with the preparation, and bake from fifteen to twenty minutes in a moderate oven. When cool, mask the tartlets with icing, and sprinkle them with desiccated cocoanut.

#### Italian Pudding.

Crush a quarter of a pound of any sweet biscuits with six macaroons, and mince finely two ounces of candied peel, an ounce of sultanas, and one ounce of pistachio nuts or almonds. Bind thoroughly with the yolks of ten eggs, and the whites of three, and add half a pint of cream and a small glass of rum. When thoroughly mixed place the whole in a buttered mold and cook in a *bain-marie* for about an hour.

With this should be served a sauce made in the following

manner:— Mix in an enameled saucepan half a pound of sugar, a quarter of a pint of rum, a little grated lemon peel, and a few drops of essence of vanilla. When thoroughly hot set it on fire, and about five seconds afterwards extinguish by putting the lid on the saucepan. Then add the juice of one orange and pass the whole through a strainer.

#### **Jam Profiterolles.**

Heat without boiling half a pint of milk, two ounces of butter and an ounce of sugar. When thoroughly blended stir in a spoonful of orange-flower water and sufficient flour to make a moderately stiff paste. Next add three beaten eggs, then form the paste into balls as large as a small orange, and bake them in a cool oven. When crisp take them out, and after cooling split each ball and fill the interior with jam or whipped cream.

#### **Kleiner.**

Beat two whole eggs with the yolks of six others and a quarter of a pound of sifted sugar. When thoroughly blended stir in an ounce of melted butter with two tablespoonfuls of cream, and then work in nearly one pound of flour. If the eggs happen to be very small it will not be practical to use so much flour. Thoroughly knead and then roll out very thin, sprinkling a little more flour as you roll the paste. Cut into oblong pieces from three to four inches in length, make a slit in the middle of each and twist one end through it. Throw into boiling fat and cook until they are a golden brown.

#### **Lemon Cheesecakes.**

**INGREDIENTS.**— Short paste, two pounds of loaf sugar, one-half pound of butter, twelve eggs, the grated rind of four lemons and the juice of six, finely-shredded candied peel.

**METHOD.**— Put the sugar, butter, lemon rind and strained lemon juice into a stewpan, and stir until the sugar is dissolved. Beat the yolks of eggs, add them to the contents of the stewpan, and stir and cook slowly until the mixture thickens. Let it remain in a cool dry place until required. Line the patty-pans with paste, three-quarters fill them with the preparation, add a few strips of candied peel, and bake for about twenty minutes in a moderately hot oven.

#### **Lemon Pudding, Baked.**

**INGREDIENTS.**— Four lemons, four ounces of castor sugar, two ounces of butter, six sponge cakes, six eggs, one pint of milk, paste.

**METHOD.**—Put the milk, butter, sugar and grated lemon rind into a stewpan, boil up, let it infuse for about fifteen minutes, then pour over the well-beaten yolks of the eggs, stirring meanwhile. Add the crumbled sponge cakes and lemon juice, mix well together, and pour into a pie-dish, the edges of which must be previously lined and decorated with the paste. (*See Apple Amber.*) Bake in a moderate oven from thirty to thirty-five minutes, or until the mixture is set, then cover with the stiffly-whisked whites of eggs, and dredge liberally with castor sugar. Replace in the oven until the meringue hardens and acquires a little color.

#### Lemon Pudding, Boiled.

**INGREDIENTS.**—Sixteen ounces of breadcrumbs, four ounces of flour, eight ounces of finely-chopped suet, eight ounces of sugar, four lemons, four eggs, milk.

**METHOD.**—Mix the breadcrumbs, flour, suet, and sugar together, add the well-beaten yolks of eggs, the lemon juice, and the finely-grated rinds, add milk gradually until a stiff yet thoroughly moistened mixture is formed. Turn into a buttered bowl and steam for about two and a half to three hours. Serve with cornflour or sweet melted-butter sauce.

#### Lemon Tartlets.

**INGREDIENTS.**—Short paste, eight ounces of butter, eight ounces of castor sugar, six yolks of eggs, two lemons.

**METHOD.**—Cream the butter and sugar well together, beat each yolk of egg in separately, and add the juice of the lemon and the rind finely grated. Let the mixture stand in a cool, dry place for at least twenty-four hours, then bake in patty-pans, previously lined with the short paste.

#### Lemon Tartlets. (Another Method.)

**INGREDIENTS.**—Short paste, eight lemons, eight ounces of loaf sugar, eight ounces of blanched finely-shredded almonds.

**METHOD.**—Pare the lemons thickly, boil the fruit in two or three waters until tender, then pound or rub through a fine sieve. Replace in the stewpan, add the sugar, almonds and lemon juice, and boil until a thick syrup is obtained. Line ten or twelve patty-pans with paste, fill them with the preparation, and bake for about twenty minutes in a moderately hot oven.

#### Macaroni or Spaghetti Pudding.

**INGREDIENTS.**—Two ounces of macaroni or spaghetti, two ounces of butter, two ounces of sugar, two pints of milk, four eggs, the grated rind of one lemon, or other flavoring, salt.



**METHOD.**—Break the macaroni or spaghetti into half-inch lengths, put them with two pinches of salt into the milk when boiling, and simmer until tender. Add the sugar, butter, lemon rind and the well-beaten yolks of the eggs, stir in the mixture by the side of the fire for a few minutes, but do not let it boil. Lastly, add the stiffly-whisked whites of eggs, then turn the mixture into a buttered pie-dish, and bake slowly from twenty-five to thirty minutes.

#### **Madeira Pudding.**

**INGREDIENTS.**—Eight ounces of bread in small dice, four ounces of castor sugar, four eggs, one pint of milk, two wine-glassfuls of Madeira or sherry, two teaspoonfuls of grated lemon rind.

**METHOD.**—Mix the bread, sugar and lemon rind together in a bowl. Boil the milk, pour it on the beaten eggs, stirring meanwhile, add the sherry, and pour over the dice of bread, etc. Let it soak for fifteen or twenty minutes, then pour into a buttered mold, and steam gently for two hours. Serve with custard, or wine sauce, or jam syrup.

#### **Maids of Honor.**

**INGREDIENTS.**—Puff paste, eight ounces of castor sugar, four ounces of Jordan almonds, one ounce of fine flour, four yolks of eggs, four tablespoonfuls of cream, two tablespoonfuls of orange-flower water.

**METHOD.**—Blanch and dry the almonds, and pound them in a mortar with the sugar until fine. Add the yolks of eggs one at a time, and mix in the flour, cream and orange-flower water. Line eight or nine small tartlet molds with paste, fill them with the mixture, and bake in a moderate oven.

#### **Mid-Lent Fritters.**

Boil three cupfuls of milk with an ounce of butter and a little sugar, and then blend it with the yolks of four eggs and sufficient semolina to make the whole into a tolerably firm paste. Add a tablespoonful of brandy or any other flavoring essence that is preferred. Form the paste into rings, dust with flour, and fry in lard. They should be sprinkled with sugar before serving, and are usually eaten with gooseberry jam.

#### **Mincemeat.**

**INGREDIENTS.**—Two pounds of finely-chopped suet, two pounds of currants, washed and picked, two pounds of raisins, stoned and quartered, two pounds of chopped apples, two

pounds of castor sugar, one pound of sultanas, one-half pound of shredded mixed candied peel, four lemons, one gill of brandy, one saltspoonful each of nutmeg, mace and cinnamon.

**METHOD.**—Pare the lemons thinly, simmer the rinds in a little water until perfectly tender, then pound them or rub them through a fine sieve. Mix all the ingredients well together, press into a jar, cover closely, and keep in a cool dry place for at least one month before using.

#### **Mincemeat. (Another Method.)**

**INGREDIENTS.**—Two pounds of finely-chopped apples, two pounds of currants, cleaned and picked, one and a half pounds of finely-chopped suet, one and a half pounds of raisins, stoned and quartered, one and a half pounds of castor sugar, one-half pound of finely-shredded mixed candied peel, the grated rind and juice of four lemons, one teaspoonful of cinnamon, ground cloves, mace and nutmeg, mixed in equal proportions, one-half pint of brandy.

**METHOD.**—Mix all these ingredients well together, press them into a jar, cover closely and store in a cool dry place until required. It should be kept for one month at least before being used.

#### **Mincemeat. (Another Method.)**

**INGREDIENTS.**—Two pounds of chopped apples, one and a half pounds of currants, washed and picked, one pound of raisins, stoned and quartered, one pound of finely-chopped suet, one pound of castor sugar, four ounces of chopped candied peel, the juice and grated rind of two lemons, two saltspoonfuls of grated nutmeg.

**METHOD.**—Mix all these ingredients well together, and keep in closely-covered jars in a cool dry place, until required.

#### **Mincemeat, Lemon.**

**INGREDIENTS.**—Four large lemons, twelve large apples, one pound of suet, two pounds of currants, one pound of sugar, four ounces of candied lemon peel, two ounces of citron, mixed spice to taste.

**METHOD.**—Pare the lemons, squeeze them, and boil the peel until it is tender enough to mash. Add to the mashed lemon peel the apples, which should be pared, cored and minced, the chopped suet, currants, sugar, sliced peel and spice. Strain the lemon juice into these ingredients, stir the mixture well, and put it in a jar with a close-fitting lid. Stir occasionally, and in a week or ten days the mincemeat will be ready for use,

### Mince Pies.

INGREDIENTS.—Puff paste, mincemeat.

METHOD.—When the paste has had the necessary number of turns, roll it out to about a quarter of an inch in thickness, and line some large-sized patty-pans with it. Fill with mincemeat, cover with paste, brush over lightly with cold water, and dredge with castor sugar. Bake in a moderately hot oven from twenty-five to thirty minutes, and serve either hot or cold.

### Nouille Pudding.

INGREDIENTS.—Eight ounces of nouille paste, sixteen ounces of castor sugar, one ounce of butter, two ounces of finely-shredded mixed candied peel, twelve eggs, two teaspoonfuls of vanilla essence.

METHOD.—Roll the nouille paste out thinly, cut it into fine strips, put them into rapidly boiling salted water, to which the butter has been added, cook for ten minutes, and drain well. Meanwhile cream the yolks of the eggs and sugar together until thick and smooth, add the peel, vanilla essence, the nouilles when sufficiently cool, and lastly, the stiffly-whisked whites of eggs. Turn into a well-buttered mold, cover with a buttered paper, and steam from one and a quarter to one and three-quarter hours. Serve with a suitable sauce.

### Oatmeal Pudding.

INGREDIENTS.—Two tablespoonfuls of fine oatmeal, two dessertspoonfuls of flour, two and a half pints of milk, two eggs, salt.

METHOD.—Mix the oatmeal and flour smoothly with a little cold milk, boil up the remainder, and add the blended oatmeal and flour. Stir and boil gently for five minutes, add salt to taste, and when cool, put in the egg. Turn the whole into a buttered pie-dish, bake gently for twenty minutes, and serve with cream and sugar, or golden syrup.

### Open Tart of Strawberry or Any Other Kind of Preserve.

INGREDIENTS.—Trimmings of puff paste, any kind of jam.

METHOD.—Butter a tart-pan of the usual shape, roll out the paste to the thickness of one-eighth of an inch, and line the pan with it, prick a few holes at the bottom with a fork to prevent the paste rising and blistering, and bake the tart in a brisk oven from ten to fifteen minutes. Let the paste cool a little; then fill it with preserve, place on it a few stars or leaves, which have been previously cut out of paste and baked,

and the tart is ready for table. By making the tart in this manner, both the flavor and the color of the jam are preserved, which would be spoiled, were it baked in the oven on the paste, and less jam is required.

#### Orange Tartlets.

**INGREDIENTS.**—Four good oranges, six ounces of butter, six ounces of sugar, six yolks of eggs, two whites of eggs, one teaspoonful of vanilla essence, and short paste.

**METHOD.**—Remove the rinds of the oranges as thinly as possible, and chop them finely. Cream the butter and sugar well together, beat each yolk in separately, add four tablespoonfuls of orange juice, the orange rind and vanilla essence. Whisk the whites of eggs stiffly, add it lightly to the rest of the ingredients and pour the mixture into the tartlet molds, previously lined with paste. Bake from fifteen to twenty minutes in a moderate oven, and when three-quarters baked, dredge them well with castor sugar.

#### Orange Tartlets. (Another Method.)

**INGREDIENTS.**—The finely-grated rind of four oranges, the juice of two oranges, six ounces of butter, six ounces of castor sugar, three ounces of cakecrumbs, four eggs, two tablespoonfuls of cornflour, short paste.

**METHOD.**—Cream the butter and sugar well together, beat each yolk in separately, add the grated orange peel, cornflour and orange juice previously mixed smoothly together, the cakecrumbs, and lastly, the stiffly-whipped whites of eggs. Pour the mixture into ten or twelve tartlet-tins previously lined with paste, and bake for about twenty minutes in a moderately hot oven. When cold, mask with the icing prepared as below.

#### Parisian Tartlets.

**INGREDIENTS.**—Short paste, six ounces of butter, six ounces of castor sugar, four ounces of cakecrumbs, two ounces of cornflour, two ounces of ground almonds, four small eggs, four tablespoonfuls of cream, two dessertspoonfuls of lemon juice, one teaspoonful of ground cinnamon.

**METHOD.**—Cream the butter and sugar well together until thick and smooth, add the eggs separately and beat well. Mix the cream and cornflour smoothly together, stir the ingredients into the mixture, add the ground almonds, cakecrumbs, cinnamon and lemon juice, and mix well together. Line twelve tartlet-molds with paste, fill them with the preparation and bake in a moderate oven from fifteen to twenty minutes.

When about three-quarters baked, dredge them well with castor sugar.

### Pastry Sandwiches.

INGREDIENTS.—Pastry trimmings, jam, castor sugar.

METHOD.—Knead the trimmings lightly into a smooth round ball and roll out very thinly, keeping the shape as square as possible. Spread jam evenly over one-half, fold the other half over, wet the edges, and press them lightly together. Brush over with water, dredge well with castor sugar, and with the back of knife blade mark the paste across in lines about one inch apart. Bake for about twenty minutes in a moderate oven, and when cold cut the paste into strips. If preferred, currants, with the addition of a little sugar and shredded candied peel, may be used instead of jam.

### Compôte of Pears.

Cut a French roll into thin slices, toast or bake until a golden brown and perfectly dry, after which crush the slices to a coarse powder. Place in an earthenware cooking pot or an enameled sauce-pan with three pints of water, two crushed cloves, and eight large pears previously peeled, cored, and sliced. Cover and let the whole cook gently for an hour, after which press through a sieve and put it back into the cooking-vessel with a glass of Sauterne or other white wine, the juice of one lemon, and two ounces of sugar. Stir well and let it simmer for another twenty minutes, after which pour into a large bowl or glass dish and place upon the ice.

This is usually eaten very cold and with sponge cakes and cream.

### Pfeffernusse.

Mix together the grated rind of a lemon, a teaspoonful of cinnamon, half a spoonful of ground cloves, one grated nutmeg, about three ounces of citron very finely minced, and a teaspoonful of baking-powder. Now blend thoroughly with one pound of sifted flour and work in four whipped eggs and one pound of castor sugar. Make this into small balls and place them in a buttered baking-dish not too close together, as they should swell considerably in the cooking. Bake them carefully in a slow oven.

### Picatostes.

Cut some slices of stale bread into strips about the thickness of a finger. Soak in water, and after draining for a moment

place in a cooking pot, cover, and heat until the slices swell up. Then fry them in oil or other fat. These are usually eaten with butter.

#### **Cossack Plum Pudding.**

One pound of flour, three-quarters of a pound of stoned raisins, three-quarters of a pound of fat of salt pork (well washed and cut into small dices or chopped), two tablespoonfuls of sugar or treacle, add one-half pint of water, mix all together, put into a cloth tied tightly. Boil for four hours and serve. If time will not admit, boil only for two hours. How to spoil the above. Add anything to it.

#### **Plum Pudding.**

**INGREDIENTS.**—Twelve ounces of flour, twelve ounces of breadcrumbs, twelve ounces of finely-chopped suet, twelve ounces of moist sugar, twelve ounces of raisins, halved and stoned, twelve ounces of currants, washed and dried, two heaped teaspoonfuls of baking-powder, two saltspoonfuls of salt, one saltspoonful of ground mace, one saltspoonful of grated nutmeg, about one pint of milk.

**METHOD.**—Mix all the dry ingredients well together, add sufficient milk into a very stiff batter, and turn into a well-greased bowl. Boil for six hours, or steam for at least seven hours.

#### **Pound Pudding.**

**INGREDIENTS.**—Two pounds of finely-chopped suet, two pounds of currants, cleaned, two pounds of raisins, stoned, one pound of breadcrumbs, one pound of flour, four ounces of shredded mixed peel, two teaspoonfuls of ground ginger, one grated nutmeg, one pint of milk, eight eggs.

**METHOD.**—Mix all the ingredients well together, and add a little more milk if necessary. Turn into a well-buttered mold and boil for three and a half to four hours.

#### **Polish Tartlets.**

**INGREDIENTS.**—Puff paste trimmings, raspberry and apricot jam, chopped pistachios, grated cocoanut.

**METHOD.**—Roll the paste out thinly, cut it into two and a half inch squares, moisten each corner, fold them over to meet in the center, and cover the joint with a small round of paste. Bake in a moderately hot oven for about fifteen minutes. When cold place a little jam at each corner, and sprinkle cocoanut on the raspberry jam, and a little finely-grated pistachio nut on the apricot jam.

### Prune Tarts.

INGREDIENTS.— One and a half pounds of prunes, two table-spoonfuls of cranberry juice, sugar to taste, short paste.

METHOD.— Scald the prunes, remove the stones, and take out the kernels; put the fruit and kernels into the cranberry juice, and add the sugar; simmer for ten minutes, when cold make the tarts. Any stone fruit can be cooked in the same way.

### Pumpkin Pie.

INGREDIENTS.— To every quart of pumpkin, strained, allow six eggs, one-quarter pound of butter, one-half pint of sweet milk, one-half pound of white sugar, one tablespoonful of French brandy, one gill of Madeira or sherry, paste.

METHOD.— Cut the pumpkin into large pieces; peel these, and put them into cold water over a very slow fire; simmer, without boiling, until every piece is tender, then strain through a colander, and afterwards through coarse muslin. To every quart of the pumpkin add the ingredients given above, the eggs previously beaten till thick and light, and the butter and sugar stirred to a cream. When well mixed, bake in a pie-dish lined and covered with paste.

### Puff Paste Rings with Jam.

INGREDIENTS.— Puff paste trimmings, jam, white of egg, castor sugar.

METHOD.— Roll the paste out to about a quarter of an inch in thickness, and stamp out an equal number of rounds two and a half and one and three-quarter inches in diameter. Brush the larger rounds over with white of egg; stamp out the center of the smaller rounds, thus forming them into rings, one of which must be pressed lightly on the top of each round of paste. Bake in a moderately hot oven, and when cold fill with jam.

### Queen's Pudding.

INGREDIENTS.— Eight ounces of finely-chopped suet, four ounces of castor sugar, twelve bananas sliced, six eggs, two breakfast-cupfuls of wholemeal, two breakfast-cupfuls of boiling milk.

METHOD.— Mix the suet, sugar, bananas and meal together, add the milk, and cover closely. Let the preparation stand for at least one hour, then add the eggs and a little more milk if at all stiff, and beat well. Turn into a buttered bowl, steam gently for about one hour, and serve with wine sauce.

### Raspberry Tartlets.

INGREDIENTS.— Short paste, two pints of raspberries, one pound of loaf sugar, one-half pint of water, one glass of brandy (optional), desiccated cocoanut.

METHOD.— Boil the sugar and water together until reduced to a syrup, add the raspberries, and cook gently for a few minutes. Drain, replace the syrup in the stewpan, boil rapidly until considerably reduced, then let it cool, and add the brandy. Line ten or twelve patty-pans with paste, fill them with rice, placed in buttered papers, and bake in a moderately hot oven until crisp. When cool, fill them with the prepared fruit, add an equal portion of syrup to each tartlet with cocoanut, and serve cold.

### Red Currant and Raspberry Tart.

INGREDIENTS.— Three pints of red currants, one pint of raspberries, four or six tablespoonfuls of moist sugar, short crust.

METHOD.— Strip the currants from the stalks, put half of them into a pie-dish with an inverted cup in the midst, add the sugar and raspberries, then the remainder of the currants, piling them rather high in the center. Cover with paste, brush lightly over with water, dredge well with castor sugar and bake for three-quarters of an hour in moderate oven.

### Rice Fritters.

Take a pint of milk, five ounces of rice flour, an ounce of crushed macaroons, a quarter of a pound of sugar, and the grated rind of a lemon, and make into a batter. Stir well over the fire, add three beaten eggs, and let the whole cool. When nearly cold form the batter into balls, roll them in breadcrumbs, and fry till a golden brown. Sprinkle thickly with powdered sugar before serving.

### Roly-Poly Pudding.

INGREDIENTS.— Sixteen ounces of flour, eight ounces of finely-chopped suet, one teaspoonful of baking-powder, two salt-spoonfuls of salt, four or six tablespoonfuls of jam.

METHOD.— Mix the flour, suet, baking-powder and salt into a stiff paste with a little cold water. Roll it into a long piece about a quarter of an inch thick, spread on the jam to within one inch of the edge, and moisten the sides and far end with water. Roll up lightly, seal the edges, wrap the pudding in a scalded pudding-cloth, and secure the ends with string. Boil from one and a half to two hours, or bake in a quick oven for half that length of time.



**St. Cloud Tartlets.**

INGREDIENTS.—Short paste, puff paste or puff paste trimmings, one pound of greengage jam, castor sugar, vanilla sugar, one gill of cream, glacé cherries, angelica.

METHOD.—Line the patty-pans with short paste, brush the edges lightly over with beaten egg or water, and sprinkle with castor sugar. Fill them with jam, and bake in a moderately hot oven from ten to fifteen minutes. Roll the puff paste out to about one eighth of an inch or less in thickness, and stamp out some rings fully half an inch less in diameter than the tartlets. Brush them over with milk, turn the wet side on to the castor sugar, and place on the baking-sheet sugar side upwards. Bake in a quick oven; when cold, place the rings of paste on the tartlets, and fill the center with cream, stiffly-whipped and sweetened with vanilla sugar. Place half a glacé cherry in the center of each, and insert a few strips or leaves of angelica to complete the decoration.

**St. Denis Tartlets.**

INGREDIENTS.—Pastry, four ounces of butter, four ounces of castor sugar, four ounces of ground almonds, two level tablespoonfuls of cornflour, four yolks of eggs, two whites of eggs, vanilla essence, raspberry jam.

METHOD.—Cream the butter and sugar together until thick and smooth, beat in the yolks of eggs, add the ground almonds, cornflour, a few drops of vanilla essence, and lastly, the stiffly-whisked whites of eggs. Line twelve tartlet molds with paste, spread a small teaspoonful of jam at the bottom of each one, fill them with the preparation, and fix two narrow strips of paste across the top. Bake in a moderate oven from fifteen to twenty minutes.

**Savarin.**

INGREDIENTS.—Sixteen ounces of flour, one ounce of yeast, four ounces of castor sugar, six ounces of butter, eight eggs, two tablespoonfuls of cream, a little milk, salt.

METHOD.—Dry and sift the flour, put four ounces of it into a warm bowl, add two pinches of salt, and make a hole in the center. Mix the yeast smoothly with a little tepid milk, add it to the flour, work into a smooth sponge or dough, and let it stand in a warm place until it expands to twice its original size. Put the remainder of the flour into a large bowl, add the sugar, warmed butter, the eggs one at a time, and a little tepid milk if required. Beat well for ten or fifteen minutes,

add the dough when sufficiently risen, work in the cream, and beat all well together for ten minutes longer. Have ready a well-buttered border mold, sprinkle the inside with ground rice and fine sugar mixed in equal quantities, or finely-shredded almonds, or cocoanut. Half fill with the dough, cover, and let it stand in a warm place until it rises, nearly to the top of the mold, then bake in a hot oven.

#### Savarin with Pineapple.

**INGREDIENTS.**—Savarin border, prepared as directed, preserved pineapple, four tablespoonfuls of apricot marmalade, glacé cherries. For the syrup: one and a half pints of water, six ounces of loaf sugar.

**METHOD.**—Prepare a border as directed in the preceding recipe. Boil the loaf sugar and water to syrup, add to it the strained apricot marmalade, simmer until sufficiently thick, then put in the pineapple, cut into dice, and allow it to become thoroughly hot. When ready, place the savarin on a hot dish, baste it well with the syrup, then pile the pineapple in the center, garnish with cherries, and strain over the remainder of the syrup. Variety may be obtained by using apricots or peaches instead of the pineapple.

#### Savoy Pudding.

**INGREDIENTS.**—Twelve ounces of stale savoy or sponge cake, four ounces of butter warmed, about four ounces of shredded mixed peel, two ounces of castor sugar, six eggs, about one-half pint of boiling milk, one glass of sherry or Marsala.

**METHOD.**—Pass the cake through a fine wire sieve, add to it all the ingredients except the whites of eggs, and beat well. Whisk the whites of eggs stiffly, stir them lightly in, and pour the mixture into a buttered pie-dish. Bake in a moderate oven for half an hour. Or bake the mixture before adding the whites of eggs, which afterwards pile in a rocky form, dredge liberally with castor sugar, and bake until set and very lightly browned.

#### Saxon Pudding.

**INGREDIENTS.**—Eight sponge cakes, twelve macaroons, thirty-six ratafias, eight eggs, one pint of milk, one-half pint of cream, two glasses of sherry, four ounces of almonds, a few glacé cherries, angelica, vanilla essence.

**METHOD.**—Blanch, peel, shred and bake the almonds until nicely browned. Butter a plain charlotte mold, decorate the

bottom with halves of cherries and strips of angelica, and sprinkle the sides thickly with the prepared almonds. Fill the mold with alternate layers of slices of sponge cake, pieces of macaroon and ratafias. Beat the eggs well, add the milk, cream, wine, and a few drops of vanilla. Pour this into the mold, cover with a buttered paper, and let the mixture stand for one hour. Then steam from one and a half to one and three-quarters hours, and serve with fruit syrup, German or other suitable sauce. This pudding is exceedingly nice cold, with whipped cream as an accompaniment.

#### Semolina Pudding.

**INGREDIENTS.**—Three pints of milk, six to eight tablespoonfuls of semolina, two tablespoonfuls of moist sugar, four eggs, bay-leaves or other flavoring, salt.

**METHOD.**—Put the milk, with a good pinch of salt and the bay-leaves into a stewpan; when boiling, sprinkle in the semolina and cook gently for ten minutes, stirring meanwhile. Cool slightly, remove the bay-leaves, stir in the sugar, yolks of the eggs, and lastly the stiffly-whisked whites of the eggs. Turn into a buttered pie-dish, and bake gently from twenty-five to thirty minutes.

#### Snowdon Pudding.

**INGREDIENTS.**—Eight ounces of finely-chopped beef suet, eight ounces of breadcrumbs, eight ounces of castor sugar, eight ounces of raisins, stoned and halved, two ounces of glacé cherries, halved, two ounces of ground rice, four eggs, one gill of milk, the grated rind of two lemons, four tablespoonfuls of apricot marmalade or jam, one teaspoonful of ground cinnamon, salt.

**METHOD.**—Decorate the bottom and sides of a well-buttered mold or bowl with some of the halved cherries and raisins. Put the remainder into a bowl, add the suet, breadcrumbs, sugar, ground rice, lemon rind, cinnamon, and two good pinches of salt. Beat the eggs, stir in the milk and marmalade, and when well mixed, add them to the dry ingredients, and beat well. Pour the mixture into the prepared mold, cover with a buttered paper, and steam from one and a quarter to one and a half hours. Serve with fruit syrup or suitable sweet sauce.

#### Swiss Pudding.

**INGREDIENTS.**—Twelve large sour baking apples, about sixteen ounces of breadcrumbs, brown sugar, butter, twelve cloves.

**METHOD.**—Pare, core and slice the apples. Cover the bot-

tom of a buttered pie-dish with breadcrumbs, add a layer of apple, sprinkle with sugar, moisten with water, and add two or three cloves and a few small pieces of butter. Repeat until all the materials are used, letting the breadcrumbs form the top layer. Pour on a little oiled butter, cover with a greased paper, and bake gently for about three-quarters of an hour. As soon as the apples begin to fall remove the paper to allow the surface to brown.

#### **Tapioca Pudding.**

Soak a cupful of tapioca all night in three pints of cold water, and in the morning cook for one hour in a double saucepan, stirring frequently. When done add half a teacupful of sugar, half a teaspoonful of salt, and a tumblerful of red currant or any other fruit jelly. When thoroughly mixed pour into a mold and let it get cold.

This pudding should be served with cream and castor sugar.

#### **Tapioca or Sago Pudding.**

**INGREDIENTS.**—Two pints of milk, four tablespoonfuls of tapioca or sago, two tablespoonfuls of sugar, or to taste, four eggs (optional), nutmeg, salt.

**METHOD.**—Boil the milk, sprinkle in the tapioca or sago, stir until boiling, and simmer gently until it becomes clear, stirring occasionally. Add the sugar and two good pinches of salt, and when a little cool, add the eggs, beaten. Pour into a greased pie-dish, and bake in a slow oven for about half an hour.

#### **Cream of Tea.**

Take half a pint of strong infusion of China tea, add five ounces of sugar, and mix with the beaten yolks of four eggs. Stir over the fire till it thickens, being careful that it does not boil, and then strain through a cloth. Now add a gill and a half of cream, and three and a quarter ounces of gelatine melted in a little hot water. Stir thoroughly and then beat in sufficient whipped cream to make one pint. Pour the whole into a mold and place upon ice to set.

#### **Timbales of Semolina.**

**INGREDIENTS.**—Two bottles of apricots, or an equal quantity of freshly-cooked fruit, two pints of water, six ounces of semolina, four ounces of castor sugar, six whole eggs, angelica, glacé cherries, almonds, four tablespoonfuls of cream, Maraschino, vanilla pod.

**METHOD.**—Simmer the vanilla pod in the milk until sufficiently flavored, then remove it (dry it and keep for further use), sprinkle in the semolina and boil for a few minutes, stirring meanwhile. Let it cool slightly, then add the sugar, and beat in separately six yolks and two whites of eggs. Continue the beating until the mixture is nearly cold, then add the cream and stiffly-whisked whites of four eggs. Put the preparation into well-buttered timbale or dariole molds, and steam for half an hour. Meanwhile heat, between two plates, as many halves of apricots as there are timbales. Boil the apricot syrup until well reduced, and flavor it with a little Maraschino, if liked. When ready, turn out the timbales on to a hot dish, place an apricot on the top of each, decorate with shredded almonds, strips or leaves of angelica, and halves of cherries, all of which should be previously prepared and warmed. Strain over the syrup, and serve.

#### Torrijas.

Take some slices of bread about as thick as one's finger and soak them first in a glass of milk sweetened and mixed with the yolk of an egg, and afterwards in port or any other sweet wine. Drain and fry in butter. Sprinkle with powdered sugar and grated cinnamon and serve hot.

#### Molasses Pudding.

**INGREDIENTS.**—Two pounds of flour, sixteen ounces of finely-chopped suet, four ounces of breadcrumbs, molasses, the grated rind of two lemons, two teaspoonfuls of baking-powder, salt.

**METHOD.**—Mix the flour, suet, baking-powder, and a good pinch of salt together, and form into a stiff paste with cold water. Divide it into two equal portions; with one line the bowl, from the other portion cut off sufficient paste to form the lid, and roll the remainder out thinly. Put a layer of molasses in the bowl, sprinkle liberally with breadcrumbs, and lightly with lemon rind. From the rolled-out paste cut a round sufficiently large to rather more than cover the molasses, etc., in the bowl, moisten the edges of it with water, and join them carefully to the paste lining of the bowl. Now add another layer of molasses, breadcrumbs and lemon rind, and cover with pastry as before. Repeat until the pudding bowl is full, then cover with a greased paper, and steam for two and a half hours.

#### Vermicelli Pudding.

**INGREDIENTS.**—Four ounces of vermicelli, two ounces of

sugar, or to taste, four eggs, two pints of milk, lemon rind, bay-leaves or other flavoring.

**METHOD.**—Boil the milk and flavoring ingredients together, add the vermicelli broken into short pieces, and simmer until tender. Now take out the bay-leaves, or whatever has been used, add the sugar and eggs, mix all lightly together, and pour into a buttered pie-dish. Bake in a moderate oven for about thirty minutes, then serve.

#### **Vanilla Pudding.**

Rub half a dozen sponge cakes through a sieve, or crush the same number of large sweet biscuits. Pound six macaroons, and mix the whole in a bowl with four yolks and two whites of eggs well whisked. Beat up the whole for some time, adding a gill of cream and a little essence of vanilla. Next whisk the two remaining whites of eggs to a froth and stir well into the mixture which is then placed in a buttered mold lined with buttered paper. This should be steamed for about an hour, or the mold may be placed in a vessel half full of boiling water, covered over with a sheet of buttered paper and then placed in a brisk oven for an hour.

This pudding is eaten with fruit syrup or any other sweet sauce.

#### **Victoria Pudding.**

**INGREDIENTS.**—Sixteen ounces of finely-chopped beef suet, eight ounces of breadcrumbs, six ounces of flour, eight ounces of apples, eight ounces of apricot jam, four ounces of finely-shredded mixed peel, six ounces of dried cherries cut in quarters, six ounces of sugar, eight eggs, two glasses of brandy, one gill of cream.

**METHOD.**—Peel, core and chop the apples finely, and mix with them the suet, breadcrumbs, flour, peel, cherries and sugar. Beat the eggs well, add the jam, cream and brandy; when well mixed, stir them into the dry ingredients, and beat well. Pour into a well-buttered mold, cover with the buttered paper, and steam from one and a half to two hours. Serve with a suitable sauce.

#### **Viennoise Pudding.**

**INGREDIENTS.**—Ten ounces of white bread cut into small dice, six ounces of castor sugar, six ounces of sultanas picked and cleaned, four ounces of finely-shredded candied peel, two ounces of almonds, the grated rind of two lemons, eight yolks of eggs, one pint of milk, six tablespoonfuls of sherry, caramel.

**METHOD.**—Blanch, shred, and bake the almonds until well browned. Heat the milk, add sufficient caramel or burnt sugar to make it a deep nut-brown color, then pour it on the well-beaten yolks of eggs, stirring meanwhile. Mix the bread dice, sugar, sultanas, peel, almonds, and lemon rind well together, add the sherry and prepared milk, etc., cover, and let it stand for one hour. When ready, turn the mixture into a well-buttered mold, steam for about two hours, and serve with German custard, arrowroot, or other suitable sauce.

#### Welsh Pudding.

**INGREDIENTS.**—Sixteen ounces of finely-chopped suet, sixteen ounces of breadcrumbs, sixteen ounces of sugar, the juice of four large lemons, and the finely-grated rind of two lemons, four eggs.

**METHOD.**—Mix all the dry ingredients together, add the eggs, and a little milk if the mixture appears too stiff. Turn into a buttered bowl, steam or boil from three and a half to four hours, and serve with a suitable sauce.

#### Wine Pudding.

Heat a quart of Sauterne or other white wine to boiling point and then add a heaped teaspoonful of cornflour, the juice and grated rinds of two lemons and half a pound of sugar. Blend thoroughly, and then stir in the beaten yolks of seven eggs. Be very careful that the mixture does not boil after adding the eggs or it will curdle. Pour out into a bowl and place upon ice until it is wanted.

#### Yorkshire Pudding.

**INGREDIENTS.**—Two pints of milk, four eggs, eight heaped tablespoonfuls of flour, salt, dripping.

**METHOD.**—Put the flour and two good pinches of salt into a bowl, make a hole in the center, break in the eggs, stir, gradually mixing in the flour from the sides, and add milk by degrees until a thick smooth batter is formed. Now beat well for ten minutes, then add the remainder of the milk, cover, and let it stand for at least one hour. When ready to use, cover the bottom of a pudding-tin with a thin layer of dripping taken from the meat tin, and while the tin and dripping are getting thoroughly hot in the oven, give the batter another good beating. Bake the pudding for ten minutes in a hot oven to partially cook the bottom, or, if more convenient, place the hottest shelf from the oven on the meat stand, and at once put the pudding in front of the fire, and cook it until set and

well browned. "Yorkshire" pudding is always cooked in front of the fire; when baked in the oven, the term "batter pudding" is applied to it by the people in the county whence it derives its name.

## SOYER'S PAPER-BAG COOKERY.

### SWEETS.

Pastry, cakes, and sweets generally are wonderfully improved by being cooked in paper bags. The concentration of heat which is thus gained has the effect of making puff paste lighter and more regular in texture, and all cake mixtures "rise" in a manner that the open oven cannot produce.

Then again, the cooking takes much less time, and I need not point out the value of this. In the old style the oven door had frequently to be opened to watch the progress. The pastry was thus exposed to draughts of cool air, which could not but produce "doughy," heavy and unsatisfactory results.

#### Puff Paste.

Take one pound of flour, three-quarters of a pound of butter. Mix the flour with water and salt lightly until the consistency of butter. Leave this dough for half an hour, then flatten with your hand and lay your butter on the top of the paste. Then, fold four-corner way, and give it two rolls, as usual. Leave your paste in a cool place for forty-five minutes, and then roll twice more. Leave it for forty-five minutes and then roll twice again. Place it in a large paper-bag which will not touch the paste. Put on grid and *allow twenty minutes in hot oven* (350° Fahr.).

#### Tart in a Pie-Dish.

Place in a paper bag well sealed. Put on the grid. *Allow thirty-five to forty-five minutes in 350° Fahr.*, but use previously cooked fruit.

#### Sausage Rolls

or any other pastry, can be cooked by the same method. The fatty matter inside the pastry (by the paper-bag method) helps by the even heat to keep the paste light and, consequently, perfect. *Allow twenty to twenty-five minutes*, according to size *in hot oven* (350° Fahr.).

#### Apple Dumpling.

Make in the usual way. Cook in the paper bag. *Allow twenty minutes in hot oven* (350° Fahr.).



**Bananas, Apples, or Other Cooking Fruit.**

Put fruit in the paper bag, with or without butter or jam. Flavor to taste. Add sugar if desired. *Bake twenty minutes in hot oven (350° Fahr.).*

**Scone.**

Any kind of scone or breakfast rolls should be placed in large loose greased bags in *hot oven (350° Fahr.). Allow ten to fifteen minutes*, according to size.

**Genoise Paste.**

Take six ounces of flour and sift it on a sheet of paper, then half a pound of sifted castor sugar, five ounces of butter, melted, but not hot. Break six eggs in a bowl, and place the bowl in some boiling water in a separate pan placed over gentle heat. Beat the eggs and butter for twenty minutes or so with a whisk to a nice consistency. Take the bowl off the fire, and beat the contents a little again. Add flour and butter, mix lightly with a wooden spoon, but not to stir it up to a cream. Flavor according to taste. Take any kind of mold or tin you like, well butter it, and dredge with castor sugar. Three parts fill it with the paste and place in the paper bag. *Allow thirty-five minutes in a moderate oven (300° Fahr.).*

**Any Kind of Cake,**

plain, madeira, sultana, raisin, etc.—can be cooked in the loose paper bag, on grid, in *fairly hot oven (300° Fahr.). Allow one and a quarter hours*, according to size.

**Petit Nid.**

Peel and core half a dozen cooking apples. Empty the contents of a sixpenny bottle of fruit syrup (for preference pineapple) into a thickly-buttered bag. Add the apples, seal bag, and place on grid, simmer very gently until cooked, but take care that they do not get broken. Line a paper soufflé case with puff paste, place carefully in a well-greased bag, put the apples in this, and twist long strips of citron and angelica round them. Place four ounces of butter in a clean bowl, sift in eight ounces of sugar, and whip to a cream. Then add the well-whisked yolks of four eggs, and season to taste with grated nutmeg. Place on the fire, and stir gently until very hot, then add the whites of the eggs whisked to a stiff froth. Stir these in lightly, then pour over the apples; place in the bag, put it in the oven without loss of time, and bake to a golden hue. Dust thickly with sifted sugar, and serve either

hot or cold. Plenty of citron or angelica must be used to give the idea of a nest.

#### **Pommes à la Duchesse.**

Take from eight to ten large apples; wash and dry them. Then core with a proper apple-corer. Place a bit of cinnamon stick in each apple, and pour over them a tablespoonful of rum. Place them in a buttered bag and bake on a grid. When quite done remove the cinnamon and fill the center of each apple with a little strawberry, raspberry, or apricot jam. Cover the whole with very stiffly-whipped cream. Ornament with chopped pistachio nuts and pine kernels, and serve at once, or leave upon ice till needed. Sweet, not sour, apples should be selected. They should be placed on a clean dish and allowed to cool before the jam and cream are added.

#### **Pudding à la Munich.**

Take some slices of stale French bread, and toast to a light crisp brown; then spread thickly first with butter and then with golden syrup. Place a layer of golden syrup in a well-greased paper soufflé dish, sprinkle it with washed and dried chopped currants, chopped sultanas, a little chopped lemon peel, and a very little grated nutmeg or allspice. Put a layer of the toast, then currants, sultanas, peel, and spice, and repeat the layers until the dish is full. Make a custard with half a pint of milk, the well-beaten yolk of an egg, and a tablespoonful of sifted sugar. Pour over the whole, and leave for fifteen minutes. Meanwhile, whip the white of the egg to a stiff froth, with a few drops of lemon juice; add a little sifted sugar and pile high on the top of the pudding. Put in a well-buttered bag, *bake to a golden brown for thirty minutes* in 350° Fahr. and serve. The meringue mixture may be omitted, and the custard made with the whole egg. In that case *bake the pudding for thirty-five minutes*. Dust some sifted sugar over, and serve.

#### **Pudding à la Mayence.**

Rub one-half pint of breadcrumbs through a fine wire sieve, add a tumblerful of any wine and water, the grated rind of a small lemon, first washed and dried, three heaped-up tablespoonfuls of sifted sugar, and one ounce of butter. Mix all together, and then pour the mixture into a buttered soufflé dish. Add the well-beaten yolks of two eggs, and the juice of a small lemon carefully strained. Beat the whites of the eggs to a stiff froth, with a pinch of salt and sifted sugar to

taste; color to a pale green with a few drops of spinach greening, or pale pink with a little carmine coloring or cochineal. Pile up on top, place in the bag, put into a very moderate oven, and *bake till the meringue is firmly set.*

#### **Pudding à la Baronne.**

Take half a pound of well-washed, dried, and pickled currants, half a pound of sultana raisins, half a pound of bread-crumbs, an ounce of chopped citron, and four heaped teaspoonfuls of golden syrup. Mix all well together, then add an ounce of self-raising flour and the well-beaten yolks of two eggs mixed with a pint of milk. Whisk all well together, and finally add the whites of the eggs, whisked to a firm froth. Fill with this a well-greased paper soufflé dish, place carefully in a bag, *and bake in an oven for an hour and a half* (300° Fahr.). Turn out carefully and serve with a little heated golden syrup poured over and around it.

#### **Beignets à la Portugaise.**

Wash well six ounces of Carolina rice and place it in a clean stewpan, and add four ounces of sifted sugar, two ounces of butter, half a stick of cinnamon, and a strip of lemon peel, or a very little grated rind of lemon. Allow the butter to melt, shaking the pan to avoid burning, and then add a pint of milk. Cover closely and bring gently to the boil. Then draw the pan to the side of the fire, and simmer slowly for rather more than a quarter of an hour, when the rice should have absorbed all the milk and be perfectly tender. Withdraw the pan from the fire, and allow the mixture to cool a little. Then add the well-beaten yolks of three eggs, and finally the whites whisked to a firm froth with a tiny pinch of salt and a very little lemon juice. Mix lightly but very thoroughly, and then form into balls about the size of a small tangerine. Make an aperture in each as carefully as possible and insert a small spoonful of either apricot jam or marmalade in the middle; close up neatly, then dip in egg and bread-crumbs. Have ready a well-greased bag, put the beignets in, and *cook for fifteen minutes* (350° Fahr.). Take out and serve *at once.*

#### **Pommes à la Mascotte.**

Take a dozen large apples, as nearly of a size as possible. Peel very thinly, and remove the cores with an apple-corer. Roll the apples in well-beaten egg and then in plenty of centrifugal sugar. (Add a few drops of vanilla to the beaten egg.)

Arrange the apples neatly in a well-greased paper soufflé case, put it into a bag, and *bake for half an hour in a moderately hot oven* (300° Fahr.). When done, fill the center of each with some sieved apricot jam. Pour a little apricot sauce round the base and serve at once.

For the sauce, place three tablespoonfuls of sieved apricot jam in a small clean stewpan. Make very hot, then stir in a little well-whipped cream, and use as directed.

## SOUFFLÉS AND SOUFFLÉ OMELETTES.

### General Directions.

Molds or tins in which soufflés are to be steamed or baked should, after being well coated with cool clarified butter, have a band of three or four folds of buttered paper tied round their rim to support the soufflé when it rises above the level of the tin. All these preparations should be made beforehand, so that the mixture may not have to stand and possibly lose some of its lightness. The success of soufflés and soufflé-omelettes depends largely upon the whites of the eggs being whisked to a proper degree of stiffness. When the eggs are fresh, all that is necessary to ensure this is careful separation from the yolks, the addition of a pinch of salt, and that the air whipped in is as cold as possible. Another important factor is the cooking. Soufflés are lighter when steamed than when baked, but great care is needed to keep the water surrounding them at simmering point and yet prevent it actually boiling. Soufflés should be served as soon as they are done, for if over-cooked or allowed to stand, they lose some of their lightness. They should be baked in a hot oven, and served as quickly as possible in the dish or dishes in which they are cooked.

### Apricot Soufflé.

INGREDIENTS.—Twelve fresh or canned apricots, eight ounces of Vienna flour, four ounces of butter, four ounces of castor sugar, one pint of milk, six yolks of eggs, eight whites of eggs.

METHOD.—Drain the apricots well, and pass them through a hair sieve. Melt the butter, stir in the flour, add the milk (some of the milk may be replaced by apricot syrup) and cook over the fire until the mixture no longer adheres to the sides of the stewpan. Let it cool slightly, then beat in the yolks of eggs, add the sugar, apricot pulp, and stir in as lightly as possible, the stiffly-whisked whites of eggs. Have ready a well-buttered soufflé mold, turn in the mixture and steam slowly from forty to forty-five minutes. Unmold and serve with a suitable sauce. Send to table as quickly as possible.

**Chocolate Soufflé.**

**INGREDIENTS.**—Four ounces of finely-grated chocolate, six ounces of flour, four ounces of sugar, two ounces of butter, one pint of milk, six yolks of eggs, eight whites of eggs, one teaspoonful of vanilla essence, custard, or other suitable sweet sauce.

**METHOD.**—Place the milk and chocolate in a small stewpan and simmer gently until dissolved. Melt the butter, stir in the flour, add the chocolate mixture, and boil well. Let it cool a little, add the vanilla, sugar, the yolks of eggs one at a time, give the whole a good beating, then stir in as lightly as possible the stiffly-whisked whites of eggs. Turn into a well-buttered mold, and steam gently from forty-five to fifty minutes. Serve the sauce round the dish.

**Orange Soufflé.**

**INGREDIENTS.**—Two oranges, six ounces of cakecrumbs, six ounces of breadcrumbs, four ounces of castor sugar, two ounces of butter, four eggs, one and a half pints of milk, one small glass of noyau, a few glacé cherries.

**METHOD.**—Boil the milk, pour it over the crumbs, and let them soak while the other ingredients are being prepared. Cream the butter and sugar as usual, add the yolks and two whites of eggs, and beat well. Now add the rind of one orange, grated or finely chopped, a dessertspoonful of orange juice, noyau, and the cakecrumbs. Turn the mixture into a buttered soufflé dish, and bake from twenty-five to thirty minutes in a moderately hot oven. Have ready the remaining white whisked to a stiff froth, spread it lightly over the surface of the soufflé, dredge with castor sugar, and garnish with the cherries. Replace in the oven until the meringue acquires a little color, and serve.

**Prune Soufflé**

**INGREDIENTS.**—One pound of prunes, eight ounces of castor sugar, two ounces of flour, one ounce of butter, one ounce of almonds blanched and shredded, two lemons, six eggs.

**METHOD.**—Wash the prunes and soak them in cold water for three or four hours. Then place them in a jar with the lemon rind pared as thinly as possible, and a little cold water, and cook until tender. When cold, remove the stones, and cut the prunes into small pieces. Cream the yolks of the eggs and sugar together, stir in the flour, add half of the prepared almonds, two teaspoonfuls of lemon juice and the prunes, and

mix well. Whisk the whites of the eggs to a stiff froth, add half of it lightly to the rest of the ingredients, and pour the mixture into a buttered soufflé dish or pie-dish. Bake for about fifteen minutes in a moderate oven, then pile the remainder of the white of eggs on the top, dredge with castor sugar, and scatter on the almonds. Replace in the oven, bake from fifteen to twenty minutes longer, and serve hot.

#### Raspberry Soufflé.

INGREDIENTS.—One pound of ripe raspberries, four ounces of cakecrumbs or breadcrumbs, four ounces of castor sugar, four ounces of rice flour or cornflour, one ounce of butter, one gill of cream, eight eggs.

METHOD.—Put the raspberries, cream, rice, flour, and sugar into a bowl, and reduce them to a pulp by means of a wooden spoon. Beat in the yolks of the eggs, add the cakecrumbs, stir in lightly the stiffly-whisked whites of eggs, and turn the mixture into a well-buttered mold. Bake in a hot oven from twenty-five to thirty minutes, and serve as quickly as possible.

#### Rice and Apple Soufflé.

INGREDIENTS.—Two pounds of sour cooking-apples, four ounces of ground rice, four ounces of castor sugar, two ounces of butter, six eggs, one and a half pints of milk, four tablespoonfuls of moist sugar, or to taste, the rind of one lemon, thinly pared, two cloves, one inch of stick cinnamon.

METHOD.—Cook the apples with four tablespoonfuls of water, the moist sugar, butter, lemon rind, cloves, and cinnamon in a jar placed in a saucepan of boiling water, and when soft rub them through a hair sieve. Meanwhile mix the ground rice smoothly with a little cold milk, boil the remainder, add the blended rice and milk, and simmer gently for fifteen minutes. Now add the sugar, let the mixture cool a little, then add each yolk of egg separately, give the whole a good beating, and lastly stir in very lightly the stiffly-whisked whites of eggs. Fill a well-buttered soufflé dish with alternate layers of rice and apple purée, piling the last layer of rice in a pyramidal form. Dredge well with castor sugar, and bake in a moderate oven for about thirty minutes.

#### Apricot Fritters.

INGREDIENTS.—Twenty to twenty-four apricots (preserved fruit will do), castor sugar, ground cinnamon, frying fat. For the yeast batter: sixteen ounces of flour, half an ounce of

yeast, three ounces of oiled butter, milk, one teaspoonful of castor sugar, two pinches of salt.

**METHOD.**—Cream the yeast smoothly with a little tepid milk, add four ounces of flour, mix into a light dough, and let it rise in a warm place. When it has risen to nearly twice its original size add the salt, sugar, warm butter, flour, and as much tepid milk as is needed to form a light dough. Let it rise again, and meanwhile drain the apricots from the syrup. Cover the halves of the apricots completely with a thin coating of dough, place them on a well-buttered paper, let them remain near the fire for about half an hour, then fry in hot fat until nicely browned. Drain well, sprinkle with castor sugar and cinnamon, then serve.

#### **Banana Fritters.**

**INGREDIENTS.**—Twelve firm bananas, frying batter, castor sugar, frying-fat.

**METHOD.**—Cut each banana lengthwise and across, thus forming four portions. Coat them completely with the prepared batter, fry them in hot fat until nicely browned, and drain well. Sprinkle with castor sugar, and serve.

#### **Beetroot Fritters.**

**INGREDIENTS.**—Two large cooked beetroots, six yolks of eggs, two tablespoonfuls of flour, sugar to taste, one teaspoonful of lemon rind, two good pinches of nutmeg, frying batter, frying-fat.

**METHOD.**—Pass the beetroot through a fine sieve, sprinkle in the flour, add the yolks of eggs, lemon rind, and nutmeg, and sweeten to taste. Stir over a slow fire for ten minutes, and put aside until cold. Drop the mixture in dessertspoonfuls into the batter, drain slightly, and fry in hot fat until crisp and lightly browned. Drain well, and serve dredged with castor sugar. Another variety of fritters is prepared with cooked beetroots thickly sliced, coated with sweet or savory batter, and fried as directed above.

#### **Croquettes of Fruit.**

**INGREDIENTS.**—One and a half pounds of cooking cherries, damsons or plums, three pounds of savory biscuits or Genoese cake finely crumbled, eight ounces of sugar, two teaspoonfuls of finely-grated lemon rind, two good pinches of cinnamon, eggs and breadcrumbs, frying-fat.

**METHOD.**—Stone the fruit, place it in a jar with the sugar,



and stew gently until tender. Strain off the juice, stir in the cakecrumbs, lemon rind and cinnamon, add juice gradually until the right consistency is obtained, then spread on a dish to cool. Form into cork-shaped pieces, coat carefully with egg and breadcrumbs, and fry in hot fat until nicely browned (breadcrumbs may be used instead of cakecrumbs). Serve garnished with strips of angelica.

#### **Cornflour or Cornmeal Fritters.**

**INGREDIENTS.**—Eight heaped tablespoonfuls of cornflour or cornmeal, four eggs well-beaten, one pint of milk, one salt-spoonful of salt, frying-fat.

**METHOD.**—Mix the ingredients smoothly together, drop the batter, a tablespoonful at a time, into hot fat, and fry until crisp and lightly browned. Drain well, and serve with jelly, jam, or compôte of fruit.

#### **Custard Fritters.**

**INGREDIENTS.**—Two tablespoonfuls of cornflour, two tablespoonfuls of fine flour, four tablespoonfuls of castor sugar, four yolks of eggs, one pint of milk, two salt-spoonfuls of salt, vanilla essence, eggs and breadcrumbs, frying-fat.

**METHOD.**—Mix the flour and cornflour smoothly with a little milk, boil up the remainder, and pour it over the flour, stirring meanwhile. Replace in the stewpan, simmer gently for four minutes, add the sugar and salt, and stir in the yolks of eggs. Cook gently for a few minutes, add a few drops of vanilla essence, and spread the mixture on a dish to the depth of half an inch. When cold, cut into small rounds, coat them carefully with egg and breadcrumbs, and fry in hot fat until lightly browned. Serve with wine or jam sauce.

#### **Fried Puffs.**

(See Soufflé Fritters.)

#### **Indian Fritters.**

**INGREDIENTS.**—Six tablespoonfuls of flour, the yolks of eight eggs, the whites of four eggs, jam or jelly, frying-fat.

**METHOD.**—Stir into the flour sufficient boiling water (about one gill) to form a stiff smooth paste. Let it cool, then break in the eggs, and beat thoroughly. Fill a dessertspoonful with the mixture, form a cavity, fill it with jam or jelly, and afterwards cover completely with the mixture. Fry in hot fat, drain well, and serve immediately.

#### **Rice Fritters.**

**INGREDIENTS.**—Six ounces of rice, three ounces of sugar,

one ounce of butter, six ounces of orange marmalade, four eggs, three pints of milk, frying-batter, frying-fat.

**METHOD.**—Simmer the rice in the milk until the whole of it is absorbed, add the sugar, butter, marmalade and eggs, and stir over the fire for a few minutes. Spread the mixture on a dish to the thickness of half an inch, and when cold, cut it into strips or squares. Dip these in batter, fry in hot fat until crisp, drain well, then serve.

#### **Soufflé Fritters.**

**INGREDIENTS.**—Choux paste, frying-fat, castor sugar.

**METHOD.**—Prepare the paste as directed, drop teaspoonful of it into hot fat, and fry rather slowly until crisp and lightly browned. Drain well, dredge with castor sugar and serve.

#### **Spanish Fritters.**

**INGREDIENTS.**—Two pounds of flour, one ounce of yeast, two eggs, milk, four ounces of butter warmed, two saltspoonfuls of salt, frying-fat.

**METHOD.**—Moisten the yeast with a little lukewarm water, add the eggs, and stir into the flour. Sprinkle in the salt, mix and beat well, adding milk gradually until a very light dough is formed, then cover and set aside in a warm place to rise for two or three hours. When ready, work in the butter, shape the dough into small balls, and fry in hot fat, until crisp and lightly browned. Serve with sweet sauce.

## JELLIES, JAMS, PRESERVES, FRUIT, PICKLES.

### Preparation of Molds.

Molds, whether intended for creams or jellies, should be thoroughly clean, and when possible rinsed with cold water before being used. In preparing them for decorated creams, they are usually coated with a thin layer of jelly. To do this quickly and satisfactorily it is necessary that the molds should be quite dry, perfectly cold, and the jelly on the point of setting when put into the mold, which is turned over and over until thinly, but completely coated. The decoration is a matter of taste; it may consist of pistachio, shredded or finely chopped, almonds, glacé cherries, etc., and may afford no indication of the composition of the cream. But just as frequently the decoration consists of fancifully cut pieces of the fruit, which reduced to a purée forms the basis of the cream. This branch of cookery affords almost unlimited scope for display of artistic taste. Success in this direction depends largely on a suitable combination of contrasting or harmonising colors, and the decoration being neat and uniformly disposed. Each section of the mold must be decorated separately, and the decoration fixed firmly by means of a little cool jelly, which must be allowed to set before changing the position of the mold. For this reason the process is a slow one unless the mold meanwhile rests upon and is surrounded by ice. Without this aid the task is almost an impossible one in hot weather.

### Freezing Mixture.

The materials usually employed for this purpose are ice, and coarse salt, or freezing salt, the correct proportions being one pound of salt to seven or eight pounds of ice. More salt than this is often added with a view to making the mixture freeze more quickly, which it does for a short time, but the large proportion of salt causes the ice to speedily melt, and the freezing operation comes to a standstill unless the ice is frequently renewed. The ice tub, or outer compartment of the freezing machine, must be filled with alternate layers of crushed ice and salt. A good layer of ice at the bottom of the tub

enables the freezing pot to turn more easily and more quickly than if it were placed on the bare wood.

#### Varieties of Ices.

Ices may be broadly divided into two classes, viz., cream ices and water ices. The former are sometimes composed almost entirely of cream, sweetened, flavored and elaborated in a number of ways, but more frequently the so-called "cream ice" consists principally of custard, more or less rich according to respective requirements, with the addition of fruit pulp, crystallized fruit, almonds, chocolate, coffee, liquors, and other flavoring ingredients. Water ices are usually prepared from the juices of fresh fruit mixed with syrup, fruit syrup, or jam, sieved and diluted with water or syrup. In addition to these, there are the demi-glacé or half-frozen compounds, now largely introduced into high-class menus under the names of sorbet, granite or granito, and punch. This variety is always served immediately before the roast, and always in small portions in sorbet cups or glass, never molded; and alcoholic liquors are more or less used in their preparation. Parfaits, mousses, and soufflés differ from ordinary ices, inasmuch as the cream preparation is at once molded and placed on ice, thus omitting the ordinary preliminary freezing process. In these, as in dessert ices, new combinations and molds of original design for their use are being constantly introduced, but as the principal constituents of the preparations remain unchanged, they present no difficulty to those who understand the general principles of ice making.

#### JELLIES.

Jellies are made of cooked fruit juice and sugar, in nearly all cases the proportions being equal. Where failures occur, it is generally due to the use of too ripe fruit.

TO PREPARE GLASSES FOR JELLY.—Wash glasses and place in a saucepan of cold water; place on range, and heat water gradually to boiling-point. Remove glasses, and drain. Place glasses while filling on a cloth wrung out of hot water.

TO COVER JELLY GLASSES.—Cut Soyer paper bags in circular pieces just to fit in top of glasses. Dip in brandy, and cover jelly. Put on tin covers or circular pieces of paper cut larger than the glasses, and fastened securely over the edge with mucilage. Some prefer to cover jelly with melted paraffin, then to adjust covers.

TO MAKE A JELLY BAG.—Fold two opposite corners of a

piece of cotton and wool flannel three-fourths of a yard long. Sew up in the form of a cornucopia, rounding at the end. Fell the seam to make more secure. Bind the top with tape, and furnish with two or three strong loops by which it may be hung.

#### Calves' Feet Jelly.

Take five pounds of shin of beef, and soak for six hours in cold water.

Take also four calves' feet, split in two, and blanch for three minutes in boiling water. Place the beef and calves' feet in a stewpan, cover well with water and slowly boil for five hours. If necessary the strength of the jelly may be increased by the addition of half a bullock's foot, blanched as above, but usually the calves' feet alone are strong enough. While boiling keep skimming and see that the pot is always kept quite full with boiling water, otherwise it is impossible to extract all the nutriment from the meat. In ordinary households this is rarely understood for it is a point seldom taught. When quite boiled, strain off the liquor by passing through a muslin strainer into a large bowl. Place this in a cool place where air can pass all round. Next day skim off the fat which will be found floating above the jelly. This done, a piece of paper laid on top of the jelly will absorb any fat left after skimming.

The jelly is now ready for use as required. If a sweet jelly is desired, dissolve one pound of sugar, and, with the juice of six lemons, add to the stock together with a good-sized glass of Madeira.

#### Aspic Jelly.

Suitable for decoration of cold entrée, etc. Procure a quarter of a pound of gelatine and soak in cold water until soft. Now place four quarts of white stock in a six-quart stewpan. To this add one or two chicken carcasses cut up small (this is optional), add color and salt to taste. When the stock is hot, add to it the swollen gelatine which will then melt.

Now pass two pounds of gravy beef through mincer; put mince into a bowl, add the whites of two eggs and squeeze into the meat until the whole is compacted. Put this into the stewpan with the stock, stirring it in well. Now add a little shredded onion, thyme and bay-leaves, one teaspoonful of peppercorn, six coriander seeds, and a morsel of celery, and bring to a boil.

Take off fire and allow to boil slowly for ten minutes. Now cover stewpan and leave in a hot place for twenty minutes to allow the mixture quietly to settle. Now carefully pour off the clear liquid through a very clean flannel or muslin into a bowl. Next morning skim off fat floating at the top; the rest of the liquor will now set into jelly, and may be used as required. To prevent this jelly from going bad it should be boiled every day, the surface being cleared of scum and froth by passing over it a sheet of clean paper.

Madeira is added as required, but must not be mixed with jelly stock, otherwise fermentation will be set up and the flavor deteriorate.

#### Apple Jelly.

Wipe apples, remove stem and blossom ends, and cut in quarters. Put in a granite or porcelain-lined preserving kettle, and add cold water to come nearly to top of apples. Cover, and cook slowly until apples are soft; mash, and drain through a coarse sieve. Avoid squeezing apples, which makes the jelly cloudy. Then allow juice to drip through a double thickness of cheese-cloth or a jelly bag. Boil twenty minutes, add an equal quantity of heated sugar; boil five minutes, skim, and turn into glasses. Put in a sunny window, and let stand twenty-four hours. Cover, and keep in a cool, dry place. Porter apples make a delicious flavored jelly. If apples are pared, a much lighter jelly may be made. Gravenstein apples make a very spicy jelly.

To HEAT SUGAR.—Put in a granite dish, place in oven leaving oven door ajar, and stir occasionally.

#### Quince Jelly.

Follow recipe for apple jelly, using quinces in place of apples, and removing seeds from fruit. Quince parings are often used for jelly, the better part of the fruit being used for bottling.

#### Crab Apple Jelly.

Follow recipe for apple jelly, leaving apples whole instead of cutting in quarters.

#### Currant Jelly.

Currants are in the best condition for making jelly between June 28 and July 3, and should not be picked in dry weather. Cherry currants make the best jelly. Equal proportions of red and white currants are considered desirable, and make a lighter-colored jelly.

Pick over currants, but do not remove stems; wash and drain. Mash a few in the bottom of a preserving kettle, using a wooden potato masher; so continue until berries are used. Cook slowly until currants look white. Strain through a coarse strainer, then allow juice to drop through a double thickness of cheese-cloth or a jelly bag. Measure, bring to boiling-point, and boil five minutes; add an equal measure of heated sugar, boil three minutes, skim, and pour into glasses. Place in a sunny window, and let stand twenty-four hours. Cover, and keep in a cool, dry place.

#### **Currant and Raspberry Jelly.**

Follow recipe for currant jelly, using equal parts of currants and raspberries.

#### **Blackberry Jelly.**

Follow recipe for currant jelly, using blackberries in place of currants.

#### **Raspberry Jelly.**

Follow recipe for currant jelly, using raspberries in place of currants. Raspberry jelly is the most critical to make, and should not be attempted if fruit is full ripe, or if it has been long picked.

#### **Barberry Jelly.**

Barberry jelly is firmer and of better color if made from fruit picked before the frost comes, while some of the berries are still green. Make same as currant jelly, allowing one cup water to one peck barberries.

#### **Grape Jelly.**

Grapes should be picked over, washed and stems removed before putting into a preserving kettle. Heat to boiling-point, mash, and boil thirty minutes; then proceed as for currant jelly. Wild grapes make the best jelly.

#### **Green Grape Jelly.**

Grapes should be picked when just beginning to turn. Make same as grape jelly.

#### **Jelly for Venison.**

One peck wild grapes, one quart vinegar, a quarter cup each of whole cloves and stick cinnamon; six pounds sugar.

Put first four ingredients into a preserving kettle, heat slowly to the boiling-point, and cook until grapes are soft. Strain through a double thickness of cheese-cloth or a jelly

bag, and boil liquid twenty minutes; then add sugar heated, and boil five minutes. Turn into glasses.

#### **Damson Jelly.**

Wipe and pick over damsons; then prick several times with a large pin. Make same as currant jelly, using three-fourths as much sugar as fruit juice.

#### **JAMS.**

Raspberries and blackberries are the fruits most often employed for making jams, and require equal weight of sugar and fruit.

#### **Raspberry Jam.**

Pick over raspberries. Mash a few in the bottom of a preserving kettle, using a wooden potato masher, and so continue until the fruit is used. Heat slowly to boiling-point, and add gradually an equal quantity of heated sugar. Cook slowly forty-five minutes. Put in a stone jar or tumblers.

#### **Blackberry Jam.**

Follow recipe for raspberry jam, using blackberries in place of raspberries.

#### **Grape Marmalade.**

Pick over, wash, drain, and remove stems from grapes. Separate pulp from skins. Put pulp in preserving kettle. Heat to boiling-point, and cook slowly until seeds separate from pulp; then rub through a hair sieve. Return to kettle with skins, add an equal measure of sugar, and cook slowly thirty minutes, occasionally stirring to prevent burning. Put in a stone jar or tumblers.

#### **Quince Marmalade.**

Wipe quinces, remove blossom ends, cut in quarters, remove seeds; then cut in small pieces. Put into a preserving kettle, and add enough water to nearly cover. Cook slowly for twenty minutes, stirring occasionally to prevent burning.

#### **Orange Marmalade.**

To every dozen Seville oranges use two lemons. Take a cloth and rub each fruit to remove all dirt, then divide into quarters. Take pulp and juice (leaving the peel quite free) and put into a bowl. In doing this remove all pips. Then cut the peel very finely into shreds and put with pulp and juice. After all are cut, weigh, and to every pound of shreds, pulp and juice put three pints of cold water. Let this stand for



twenty-four hours, then boil it till shreds of peel become soft and almost transparent. Generally an hour's good boiling will be sufficient. Then let it stand another twenty-four hours, after which weigh again, and to every pound use one and a quarter pounds of sugar. Then boil for about half an hour after it has boiled up, stirring to prevent burning. *It is better to boil quickly as color and flavor are thereby preserved.* If not certain as to the marmalade being sufficiently boiled, take a little on a plate and set to cool. If it jellies then it is done. Take pan from the stove and pour marmalade into pots and tie down securely.

#### **Orange Marmalade. (Another Method.)**

Select sour, smooth-skinned oranges, usually at their best at end of January and during February. Weigh oranges and allow three-fourths their weight in cut sugar. Remove peel from oranges in quarters. Cook peel until soft in enough boiling water to cover; drain, remove white part from peel by scraping it with a spoon. Cut this yellow rind in strips, using a sharp knife. This is more quickly accomplished by cutting through two or three pieces at a time. Divide oranges in sections, remove seeds and tough part of the skin. Put into a preserving kettle and heat to boiling-point, add sugar gradually, and cook slowly one hour; add rind, and cook one hour longer. Turn into glasses.

#### **Orange Marmalade. (Another Method.)**

Slice nine oranges and six lemons crosswise with a sharp knife as thinly as possible, remove seeds, and put in a preserving kettle with four quarts water. Cover, and let stand thirty-six hours; then boil for two hours, add eight pounds sugar, and boil one hour longer.

#### **Orange and Rhubarb Marmalade.**

Remove peel in quarters from eight oranges and prepare as for orange marmalade. Divide oranges in sections, remove seeds and tough part of skin. Put into a preserving kettle, add five pounds rhubarb, skinned and cut in one-half inch pieces. Heat to boiling-point, and boil one-half hour; then add four pounds cut sugar and cut rind. Cook slowly two hours. Turn into glasses.

#### **Quince Honey.**

Pare and grate five large quinces. To one pint boiling water add five pounds sugar. Stir over fire until sugar is

dissolved, add quinces and cook fifteen or twenty minutes. Turn into glasses. When cold it should be about the color and consistency of honey.

### CANNING AND PRESERVING.

Preserving fruit is cooking it with from three-fourths to its whole weight of sugar. By so doing, much of the natural flavor of the fruit is destroyed; therefore canning is usually preferred to preserving.

Canning fruit is preserving sterilized fruit in sterilized air-tight jars, the sugar being added to give sweetness. Fruits may be canned without sugar if perfectly sterilized, that is, freed from all germ life.

#### Directions for Preserving.

Fruit for preserving should be fresh, firm, of good quality, and not over-ripe; if over-ripe, some of the spores may survive the boiling, then fermentation will take place in a short time.

For preserving fruit, allow one-third its weight in sugar, and two and one-half to three cups water to each pound of sugar. Boil sugar and water ten minutes to make a thin syrup; then cook a small quantity of the fruit at a time in the syrup; by so doing, fruit may be kept in perfect shape. Hard fruits, like pineapple and quince, are cooked in boiling water until nearly soft, then put in syrup to finish cooking. Sterilized jars are then filled with fruit, and enough syrup added to overflow jars. If there is not sufficient syrup, add boiling water, as jars must be filled to overflow. Introduce a spoon between fruit and jar, that air bubbles may rise to the top and break; then quickly put on rubbers and screw on sterilized covers. Let stand until cold, again screw covers, being sure this time that jars are air-tight. When filling jars, place them on a cloth wrung out of hot water.

#### To Sterilize Jars.

Wash jars and fill with cold water. Set in a kettle on a trivet and surround with cold water. Heat gradually to boiling-point, remove from water, empty, and fill while hot. Put covers in hot water, but do not allow them to stand. New rubbers should be used each season, and care must be taken that rims of covers are not bent, as jars cannot then be hermetically sealed.

#### Preserved Peaches.

Wipe peaches and put in boiling water, allowing them to

stand just long enough to easily loosen skins. Remove skins and cook fruit at once, that it may not discolor, following directions for preserving. Some prefer to pare peaches, sprinkle with sugar, and let stand over night. In morning, drain, add water to fruit syrup, bring to boiling-point, and then cook fruit. Peaches may be cut in halves, or smaller pieces if desired.

#### **Preserved Pears.**

Wipe and pare fruit. Cook whole with stems left on, or remove stems, cut in quarters and core. Follow directions for preserving. A small piece of ginger root or a few slicings of lemon rind may be cooked with syrup. Bartlett pears are the best for canning.

#### **Preserved Pineapples.**

Remove skin and eyes from pineapples; then cut in half-inch slices or in cubes, at the same time discarding the core. Follow directions for preserving. Pineapples may be shredded and cooked in one-half their weight of sugar without water, and then put in jars. When put up in this way they are useful for the makings of sherbets and fancy desserts.

#### **Preserved Quinces.**

Wipe, quarter, core and pare quinces. Follow directions for preserving. Quinces may be cooked with an equal weight of sweet apples wiped, quartered, cored and pared; in this case use no extra sugar for apples.

#### **Preserved Cherries.**

Use large white or red cherries. Wash, remove stems, then follow directions for preserving.

#### **Preserved Huckleberries.**

Pick over and wash berries, then put in a preserving kettle with a small quantity of water to prevent berries from burning. Cook until soft, stirring occasionally, and put in jars. No sugar is required, but a sprinkling of salt is an agreeable addition.

#### **Preserved Rhubarb.**

Pare rhubarb and cut in one inch pieces. Pack in a jar, put under cold water tap, and let water run twenty minutes, then screw on cover. Rhubarb preserved in this way has often been known to keep a year.

#### **Preserved Tomatoes.**

Wipe tomatoes, cover with boiling water, and let stand until

skins may be easily removed. Cut in pieces and cook until thoroughly scalded; skim often during cooking. Fill jars, following directions given.

#### **Damson Preserves.**

Wipe damsons with a piece of cheese-cloth wrung out of cold water, and prick each fruit five or six times, using a large needle; then weigh. Make a syrup by boiling three-fourths their weight in sugar with water, allowing one cup to each pound of sugar. As soon as syrup reaches boiling-point, skim, and add plums, a few at a time, that fruit may better keep in shape during cooking. Cook until soft. It is well to use two kettles, that work may be more quickly done, and syrup need not cook too long a time. Put into glass or stone jars.

#### **Strawberry Preserves.**

Pick over, wash, drain, and dry strawberries; then weigh. Fill glass jars with berries. Make a syrup the same as for damson preserve, cooking the syrup fifteen minutes. Add syrup so as to overflow jars; let stand fifteen minutes, when fruit will have shrunk, and more fruit must be added to fill jars. Screw on covers, put on a trivet in a kettle of cold water, heat water to boiling-point, and keep just below boiling-point one hour.

Raspberries may be preserved in the same way.

#### **Raspberry and Currant Preserve.**

Six pounds currants, six pounds sugar, eight quarts raspberries.

Pick over, wash, and drain currants. Put into a preserving kettle, adding a few at a time, and mash. Cook one hour, strain through double thickness of cheese-cloth. Return to kettle, add sugar, heat to boiling-point, and cook slowly twenty minutes. Add one quart raspberries when syrup again reaches boiling-point, skim out raspberries, put in jar, and repeat until raspberries are used. Fill jars to overflowing with syrup, and screw on tops.

#### **Brandied Peaches.**

One peck peaches, half their weight in sugar, one quart high-proof alcohol or brandy.

Remove skins from peaches, and put alternate layers of peaches and sugar in a stone jar; then add alcohol. Cover closely, having a heavy piece of cloth under cover of jar.

#### **Tutti Frutti.**

Put one pint brandy into a stone jar, add the various fruits

as they come into market; to each quart of fruit add the same quantity of sugar, and stir the mixture each morning until all the fruit has been added. Raspberries, strawberries, apricots, peaches, cherries, and pineapples are the best to use.

#### **Preserved Red Peppers.**

Wash one peck red peppers, cut a slice from stem end of each, and remove seeds; then cut in thin strips by working around and around the peppers, using scissors or a sharp vegetable knife. Cover with boiling water, let stand two minutes, drain, and plunge into ice-water. Let stand ten minutes, again drain, and pack solidly into pint glass jars. Boil one quart vinegar and two cups sugar fifteen minutes. Pour this over peppers, so as to overflow jars, cover, and keep in a cold place.

#### **Preserved Melon Rind.**

Pare and cut in strips the rind of ripe melons. Soak in alum water to cover, allowing two teaspoonfuls of powdered alum to each quart of water. Heat gradually to boiling-point and cook slowly ten minutes. Drain, cover with ice-water, and let stand two hours; drain again, and dry between towels. Weigh, allow one pound sugar to each pound of fruit, and one cup of water to each pound of sugar. Boil sugar and water ten minutes. Add melon rind, and cook until tender. Remove rind to a stone jar and cover with syrup. Two lemons cut in slices may be cooked for ten minutes in the syrup and add to the flavor.

#### **Tomato Preserve.**

Two pounds Yellow Pear tomatoes, two pounds sugar, four ounces preserved Canton ginger, four lemons. ✓

Wipe tomatoes, cover with boiling water, and let stand until skins may be easily removed. Add sugar, cover, and let stand over night. In the morning pour off syrup and boil until quite thick; skim, then add tomatoes, ginger, and lemons which have been sliced and the seeds removed. Cook until tomatoes have a clarified appearance.

#### **PICKLING.**

Pickling is preserving in any salt or acid liquor.

#### **Spiced Currants.**

Fourteen pounds currants, ten pounds brown sugar, six tablespoonfuls cinnamon, six tablespoonfuls clove, two pints vinegar.

Pick over currants, wash, drain, and remove stems. Put

in a preserving kettle, add sugar, vinegar, and spices tied in a piece of muslin. Heat to boiling-point, and cook slowly one and one-half hours. Store in a stone jar and keep in a cool place. Spiced currants are a delicious accompaniment to cold meat.

#### **Sweet Pickled Peaches.**

One peck peaches, four pounds brown sugar; two pints vinegar, two ounces stick cinnamon, cloves.

Boil sugar, vinegar and cinnamon twenty minutes. Dip peaches quickly in hot water, then rub off the fur with a towel. Stick each peach with four cloves. Put into syrup and cook until soft, using one-half peaches at a time.

#### **Sweet Pickled Pears.**

Follow recipe for sweet pickled peaches, using pears in place of peaches.

#### **Chili Sauce.**

Twenty-four medium-sized ripe tomatoes, two peppers, finely chopped, two onions, finely chopped, four cupfuls vinegar, six tablespoonfuls sugar; two tablespoonfuls salt, four teaspoonfuls cloves, four teaspoonfuls cinnamon, four teaspoonfuls allspice, four teaspoonfuls grated nutmeg.

Peel tomatoes and slice. Put in a preserving kettle with remaining ingredients. Heat gradually to boiling-point, and cook slowly two and one-half hours.

#### **Ripe Tomato Pickle.**

Six pints tomatoes, peeled and chopped, two cups chopped celery, eight tablespoonfuls chopped red peppers, eight tablespoonfuls chopped onion, eight tablespoonfuls salt, twelve tablespoonfuls sugar, twelve tablespoonfuls mustard seed, one teaspoonful clove, one teaspoonful cinnamon, two teaspoonfuls grated nutmeg, four cups vinegar.

Mix ingredients in order given. Put in a stone jar and cover. This uncooked mixture must stand a week before using, but may be kept a year.



JOINTS MADE READY FOR TABLE.

MOUSSE DE JAMBON.

SHOULDER OF MUTTON.

RIBS OF BEEF.

LEG OF MUTTON.

HAM.

SADDLE OF MUTTON.





## CHEESE DISHES.

### Welsh Rarebit.

Slice down some good rich cheese rather thinly into a very clean stewpan with a quarter its weight of butter, and two or three spoonfuls of porter, good ale, or new milk, as you please, and according to the quantity of the cheese; flavor to taste with freshly-ground black pepper and dry English mustard. Stir over the fire until all is thoroughly melted and of a thick creamy consistency; pour it over hot buttered toast, which has been placed in a hot tin or a fireproof dish; brown the surface in the oven or not, as you like, but make very hot, and serve at once.

This requires careful watching, because if it be in the least overcooked it will be leathery. It should be served directly it is ready.

### Baked Cheese Sandwiches.

Cut some slices of good rich cheese, about a third of an inch thick, season lightly with freshly-ground black pepper and a drop or two of tarragon vinegar; then place them between two slices of brown bread and butter; trim these neatly and set them in the oven, serving directly the bread is toasted.

### Parmesan Puffs.

Mix four and a half ounces of breadcrumbs, four ounces of Parmesan cheese, two ounces of butter, half a teaspoonful of cayenne pepper and salt, and two eggs; pound these all thoroughly in a mortar, bind them with a well-beaten egg, shape into balls about the size of a walnut, egg and breadcrumb them and fry a golden brown in plenty of boiling fat. Drain well, and serve at once very hot, garnished with parsley.

### Parmesan Eggs.

Take a flat fireproof dish and put into it the yolks of two eggs, a small pat of butter, some spice, and a tablespoonful of finely-grated Parmesan cheese. Stir over the stove. Then break into it five or six eggs and sprinkle the whole with grated cheese. Brown and serve.

### Cheese Pie.

Place one pint of milk in a saucepan and let it become hot, then pour it on to one tablespoonful of ground rice, previously

mixed with a little cold milk, return to the pan and stir until the mixture thickens. Remove the pan from the fire and add four ounces of finely-grated cheese, a pinch of salt and cayenne, the yolks of two eggs, and two ounces of butter. Mix all well together, and then add the beaten whites of the eggs. Butter a pie-dish, and pour the mixture into it, and bake in a moderate oven for twenty minutes. Sprinkle grated cheese over the top before serving.

#### **Cheese Patties.**

Line some patty-pans with cheese pastry, and fill them three parts full with the following mixture: Place two ounces of finely-grated breadcrumbs in a bowl, and mix into them one raw egg and a tablespoonful of milk; then add two tablespoonfuls of finely-grated cheese, and two teaspoonfuls of butter, one teaspoonful of made mustard, half a teaspoonful of salt, and the same of pepper. Mix very well. Place the patties in the oven and bake until a pale brown. The mixture will swell slightly in baking. Serve very hot.

#### **Cheese Custard Pudding.**

Put two ounces of finely-grated cheese into a bowl, and add to it two well-beaten eggs and three-quarters of a pint of milk. Trim the edge of a pie-dish with cheese pastry, and pour in the mixture. Place two or three pieces of butter on the top, and bake in a quick oven for twenty minutes.

#### **Cheese Croutons.**

Take six rounds of bread, three-quarters inch thick and about the size of a five-shilling piece, fry them a golden brown color, sprinkle thinly over them a dust of dry mustard, a layer of grated cheese, salt and pepper to taste. Place them in a quick oven until the cheese is cooked, then place a spoonful of hot rice on each, garnish with capers, and serve very hot.

#### **Cheese Canapes.**

Grate two ounces of cheese and mix it smoothly in a bowl with a dessertspoonful of mustard, the same of anchovy sauce, a shake of cayenne, a pinch of salt, a dessertspoonful of anchovy vinegar, a tablespoonful of fresh butter, and the yolks of two hard-boiled eggs. Mix this until it is a smooth paste, then spread it on rounds of buttered white or brown bread. Chop the whites of the eggs finely, or press them through a sieve on the paste. Serve cold.

#### **Little Cheese Custards.**

Grate finely three and a half ounces of cheese and mix it

with one egg, add quarter of a pint of boiling milk, pour the mixture into small fireproof dishes, and bake from ten to fifteen minutes. Serve very hot.

#### **Cheese and Macaroni Tartlets.**

Line the required number of tartlet pans with cheese pastry (*see* recipe). Boil one ounce of macaroni in just as much water as it will absorb. When soft, cut it into tiny pieces, mix with one ounce of finely-grated cheese, a pinch of salt, a pinch of cayenne, and bind the mixture with a little cream or cheese sauce. Bake for ten minutes and serve hot.

#### **Cheese and Egg Toast.**

Boil two eggs hard, pound them in the mortar with enough cream to make them into a paste, season with pepper and salt, and mix in a tablespoonful of grated cheese. Toast a round of bread from a tin loaf, cut off the crust, butter it, and cut into six pieces, spread each piece thinly with anchovy paste, pile the egg mixture on the top, and cover with breadcrumbs, and a tiny bit of butter on each piece; place in the oven to get hot, and serve.

#### **Anchovy Custards on Toast.**

Make some rounds or squares of buttered toast, and keep them hot. Put a piece of butter about the size of a large filbert into a small enamel saucepan; when melted, pour in a teaspoonful of anchovy essence, salt and pepper to taste, and mix well. When thick and creamy pour over the toast, and serve very hot.

#### **Cheese Pastry (Hot or Cold).**

Two ounces of Parmesan cheese, a saltspoonful of coralline pepper, half a pound of flour, two ounces of butter, the yolk of one egg, beaten up with sufficient water to mix the ingredients into a paste. Rub the butter into the flour and other dry ingredients, add the mixed egg and water. Roll out once only.

#### **Cheese Creams in Cases (Hot or Cold).**

Take two tablespoonfuls of grated cheese, flavor with white pepper and cayenne, and pound with cream to a smooth paste. If required hot, place a spoonful on each pastry case, make very hot and sprinkle with coralline pepper. If cold, whip the paste and garnish with yolk of egg rubbed through a sieve, one portion left yellow, the other colored pink with carmine.

#### **Pastry for Cheese Straws and Biscuits (Hot or Cold).**

A rich and short pastry is required for these savories. Pro-

ceed as follows;—Three ounces of grated cheese, three ounces of butter, four ounces of flour, the yolk of one egg. Salt and cayenne. Knead well, but lightly, and roll quickly to the desired thickness. For biscuits or straws, bake in a quick oven for about ten minutes.

#### **Cheese Straws (Hot or Cold).**

Roll out the pastry and cut out into strips about three to four inches long by one-third of an inch wide. When baked, pile neatly one on top of the other, or twist the pastry strips and tie into little bundles with a twist of pastry, and bake.

#### **Cheese Biscuits.**

Stamp out all of one size, and serve either hot or cold, using the same mixture as for cheese straws.

#### **Cheese Tartlets.**

Prepare eight tiny tartlet cases of cheese pastry. Put one ounce of butter, and one dessertspoonful of water in a saucepan, and bring to the boil. Stir in sufficient very fine bread-crumbs to make a stiff mixture, and then beat in the yolk of an egg. Add pepper and salt, cayenne, and four tablespoonfuls of finely grated cheese. Stir well over the fire. Fill the tartlet cases with this mixture, and arrange a cross of filleted anchovy cut into strips on each, and scatter the four divisions thus formed, two with grated egg yolk, and two with coralline pepper. Serve very hot. Cases of fried bread may be used instead of pastry cases.

#### **Cheese Cream Tartlets.**

Make eight tartlet cases of cheese pastry, keep hot. Take four tablespoonfuls of finely-grated cheese, a little salt and white pepper, and mix it into the same quantity of cream. Whip all well together and fill the tartlet cases, arranging the cream in a pyramid. Keep back a little of the cream mixture, tint it pale green and pipe it round the edge of the tartlet cases in little round dots. Serve cold.

#### **Cheese Puffets.**

Mix together three ounces of grated cheese, one tablespoonful of flour, one egg, one teacupful of milk, a pinch of salt; place in ramakin dishes, and bake for ten minutes. Serve hot.

#### **Cheese Zephyrs.**

Measure half a pint of milk and dissolve in it a quarter ounce of gelatine (four sheets of white leaf gelatine); warm the milk and when the gelatine is dissolved, strain the milk

into a clean pan, add two ounces of grated cheese, and stir over a fire for a few minutes; add salt and pepper to taste. Take off the fire and when a little cool, add quarter of a pint of whipped cream. Put into small molds and let it set. Turn out and garnish the top of each mold alternately, with coral-line pepper and sieved yolk of egg. This must be served cold.

#### **Savory Cheese Pancakes.**

Put a quarter of a pound of flour into a bowl, add a pinch of salt to it and dust of cayenne; whisk two eggs and pour them gradually into the flour, mixing it well with a wooden spoon, then add by degrees half a pint of milk, working the batter until it is perfectly smooth; cover the bowl with a cloth and let the batter stand for an hour. Just before using stir one and a half tablespoonfuls of grated cheese into the pancake mixture, and a quarter of a teaspoonful of baking-powder. Put a small omelette-pan on the stove (where the heat is steady) with a piece of dripping in it, rather larger than a big walnut; when the fat is boiling, add sufficient of the batter to evenly cover the pan, and when the underside is lightly browned, shake the pan and turn the pancake, and directly it is evenly browned on the other side, remove it from the pan, place on paper, and roll it up. Serve hot.

#### **Cheese and Macaroni Balls.**

Boil two ounces of macaroni, drain and cut into small pieces. Put it into a saucepan with one ounce of grated cheese, the yolk of one egg, pepper and salt. Cook for a few minutes. When cold form into balls, roll in egg and breadcrumbs and fry. Serve very hot.

#### **Cheese Fingers.**

Slice a quarter of a pound of cheese and pound in a mortar with one ounce of butter, salt and pepper and a little mustard and curry paste mixed. Serve on fingers of hot buttered toast.

#### **Cheese Soufflé.**

Put one ounce of butter into a saucepan, and as soon as it has melted stir in half an ounce of sifted flour. Then add by degrees a quarter of a pint of warm milk, and stir until the mixture thickens; season with salt, pepper, and a little cayenne, and remove the pan from the fire. When the mixture has cooled a little, add the yolks of two eggs, one at a time, then stir in three ounces of grated cheese and very lightly mix in the whites of three eggs, whisked to a stiff

froth. Pour at once into a buttered soufflé mold, and bake in a quick oven for from twenty to thirty minutes. Serve hot.

#### Cheese Custard.

Take six ounces of cheese, two cupfuls of milk, two eggs, half an ounce of butter. Beat all well together, and bake for about half an hour in a fireproof dish, in not too hot an oven, and serve very hot.

#### Cheese Pudding.

Beat up an egg with a teaspoonful of made custard, a quarter of a pint of cream or milk and half an ounce of oiled butter. To this add half a pound of grated cheese, season well with salt and cayenne pepper, and mix thoroughly. Turn the whole into a buttered dish and bake gently from twenty to twenty-five minutes.

### SOYER'S PAPER-BAG COOKERY.

#### SAVORIES.

##### Filletted Deviled Kipper on Toast.

Fillet the kipper in the usual way. Butter some toast. Place fillet on top and cut to any shape you may fancy. Put a little grated cheese, cayenne pepper or black pepper, a pinch of breadcrumbs, and a little butter. Put in the paper bag and place on grid. *Allow five minutes in very hot oven (350° Fahr.).*

##### Soft Roe à la Soyer.

Place half the roe on top of a piece of buttered toast, put a good peeled mushroom on top, add salt and pepper to taste and a little piece of butter. Place the other half of the roe on top of the mushroom, add a little cayenne pepper, a pinch of grated cheese (Parmesan or any other kind), a few breadcrumbs and another piece of butter. Place in paper bag, seal up, and place on grid. *Allow ten minutes in hot oven (320° Fahr.).*

##### Any Savory Made With Cheese and Cream.

Put a little flaked cold fish with a sprinkling of Parmesan mixed with a little cream on a slice of well-buttered toast. Place in bag and *cook six minutes in a very hot oven (350° Fahr.).*

##### Savory of Lobster.

Cut a small lobster from head to tail. Cut flesh into small dice. Put in small stewpan with one tablespoonful of white

sauce, one tablespoonful of cream; add salt and cayenne or other pepper to taste, and one teaspoonful of grated Parmesan. Mix up well, and place in the cavity of the shells. Put a little grated Parmesan cheese on top, and a little breadcrumbs and butter. Put in a paper bag. Place on the grid. *Allow ten minutes in hot oven (320° Fahr.)*

#### Crab and Crayfish.

can be treated in the same way, with a like excellent result.

#### Savory Oysters.

Take two tablespoonfuls of white sauce, one teaspoonful of grated Parmesan cheese, one tablespoonful of cream, the liquor from the oysters, and seasoning to taste. Take half a dozen deep oyster shells. Put a little of the above mixture at the bottom; then put the raw bearded oyster in the middle. Add a little more of the sauce on the top, with a little breadcrumbs, and a small piece of butter. Place your bag on the grid. Put your oysters carefully inside. Seal up, *and allow eight minutes in a very hot oven (350° Fahr.)*.

#### Cheese Biscuit.

Take four ounces of flour, three ounces of butter, one yolk of egg, three tablespoonfuls of cream, one ounce of grated Parmesan cheese, three tablespoonfuls of water, and a pinch of cayenne pepper. Mix up gently and form a paste. Roll to the thickness of an ordinary biscuit, and cut to any shape. Place in paper bag, arranged so as not to touch each other. *Allow ten to twelve minutes in hot oven (320° Fahr.)*.

This biscuit will keep for months in a dry place, and with it any kind of savory can be served.

## VEGETABLE SALADS.

### Chapon.

Cut a neat square of crust from a white loaf, sprinkle it with salt and rub it with raw onion or with a clove of garlic. Put this at the bottom of the salad bowl, place the salad on it, and mix thoroughly. Serve immediately.

### French Bean Salad.

Boil the beans whole, drain and dry them on a cloth; when quite cold place them in a bowl and pour over them some salad oil, shake some black pepper over them and a small amount of salt; then drop over them a few drops of the best wine vinegar, and if liked, a sprinkling of very finely-minced tarragon and chives.

### Haricot Bean Salad.

Soak the haricots for six or eight hours and then boil them until tender. Leave until cold. Pile them in the center of a salad bowl and surround with shred tomato or beetroot and some shred celery. Cover with whipped cream, flavored with salt and pepper. If liked, dip the haricot in oil and vinegar in addition to the cream. Decorate the cream with a little cayenne pepper, and arrange the beetroot so that it makes a red border to the white pyramid of cream.

### Lettuce Stalk Salad.

Take the stalks from lettuces running to seed and tie them in bundles, cutting them more or less of the same size. Place in a saucepan and boil until tender, ten to fifteen minutes. Take out and drain them, and allow them to get quite cold. Then cut up into slices of the same size, place in a salad bowl and cover with mayonnaise sauce.

### Apple and Celery Salad.

This salad consists of sliced apple and shred celery; and is dressed with mayonnaise sauce or with whipped cream, flavored with salt and pepper.

### Nut and Celery Salad.

Crack some Brazil nuts and cut the kernels into three or four pieces. Take an equal quantity of crisp cleanly-washed and shred celery. Mix together and dress with mayonnaise



sauce. Pile in the center of the salad bowl, and garnish with sliced tomato or beetroot.

#### **Walnut and Celery Salad.**

This salad is simply two-thirds of celery to one-third walnuts tossed in mayonnaise sauce.

#### **Walnut Salad.**

Stew some green peas with butter and a little water till quite done, and then let them get cold. Chop half a pound of fresh walnuts, after removing the skins, mix them well with the peas and cover with mayonnaise dressing.

#### **Winter Salad.**

Scald and then boil one or two large onions till soft. When cold slice the onion, mix with shred celery and sliced beetroot. Dress with oil, vinegar, salt and pepper.

#### **Flemish Salad.**

Chop one pickled herring after removing the skin and bones, and add two cold boiled potatoes cut into small dice, a small sour apple peeled, cored, and chopped up small, a little cooked cauliflower, a handful of heart of celery finely shredded, and a few slices of pickled beetroot cut into thin strips. Season well with pepper and salt, oil, and vinegar, but mix carefully in the salad bowl in order that it may not have a messy appearance.

#### **Russian Salad.**

Cut up some beetroot into shapes, add to this a little chopped celery, some turnip, carrot, potato, all cooked and cut into dice; pour some mayonnaise over it all, mix well, and garnish with bunches of cress.

#### **Lettuce and Tomato Salad.**

For this proceed exactly as for a plain lettuce salad, but add a ring of fresh tomato, peeled, and not too thinly sliced.

#### **Potato Salad.**

Take sufficient boiled potatoes, cut them in slices and while still hot at once dress them with oil, vinegar, pepper and salt, and minced parsley, or any herbs that may be liked. Butter or cream may be used in place of the oil, and some people add finely-sliced gherkins and beetroot with capers and minced anchovies.

This salad should be eaten very cold, and when prepared as above is better than if made of cold potatoes.

**Cabbage and Potato Salad.**

Cut in thin slices equal quantities of cold boiled potatoes, a pickled red cabbage, and one-third as much white celery very finely shredded. Mix thoroughly in a salad bowl, seasoning with pepper and salt, and pour over the whole some mayonnaise or any good salad dressing.

**Sardine and Onion Salad.**

Peel half a dozen small onions, make a little hole in the middle of each, and fill it with butter. Then bake in a covered pan for an hour. Let them get quite cold and then slice carefully, adding six minced sardines—which must be thoroughly cleaned from oil, bones, and skin—and six hard-boiled eggs cut in slices. Sprinkle freely with pepper, salt, and chopped parsley, and add a dressing composed of tarragon vinegar, lemon juice and olive oil.

This salad is served very cold with slices of toast.

**Endive Salad.**

Trim and cut up finely a good-sized head of endive, and add a dressing made of two parts of olive oil to one of tarragon vinegar, a teaspoonful of anchovy paste, a little celery seed, and pepper and salt. Place in the salad bowl a hard crust which has been well rubbed with a clove of garlic. Add the salad with its dressing, and toss the whole for a few minutes, after which remove the crust. This gives just a suspicion of garlic without offending the taste.

**Carrot Salad.**

Cut up eight carrots into small dice—cooked ones may be used if preferred, but are not so good—and add three sliced raw tomatoes, a handful of watercress in small branches, and one minced onion. Mix with half a pint of mayonnaise dressing and place on a bed of lettuce leaves, garnishing with capers.

**Hot Cabbage Salad.**

Cut a red cabbage in very fine strips and mix well with melted bacon fat or goose grease, seasoning with pepper, salt and vinegar. Place in earthenware cooking pot and keep by the fire until the cabbage is thoroughly soft. Stir in the yolks of two eggs just before serving.

This salad is, of course, eaten hot, as it would not be very desirable cold.

**Watercress Salad.**

Wash the sprigs of young watercress very thoroughly and mix with a dressing made in the following way:—

Put a saltspoonful of salt and half as much pepper into a cup with a tablespoonful of salad oil. Mix thoroughly, and then add gradually two more tablespoonfuls of oil and one of vinegar, with a little onion juice if liked.

The better plan is only to rub the inside of the salad bowl with an onion or a clove of garlic; omitting the onion juice.

#### **Artichoke Salad.**

Boil the number of Japanese artichokes required for five minutes, and when cold place in a salad bowl with slices of cold boiled beetroot and celery. Cover with mayonnaise sauce. Garnish with beetroot and celery.

#### **Vegetable Marrow Salad.**

Boil or steam the marrow, drain, and when cold cut into neat pieces, place in a salad bowl with a dressing of oil and vinegar.

#### **Shrimp Salad.**

Cut up some boiled asparagus tips into short pieces, and add an equal quantity of boiled shrimps picked and cut up, unless they happen to be very small ones. Add some capers, a little French mustard, and mix thoroughly with mayonnaise dressing.

This should be served upon lettuce leaves, and with toast.

#### **Anchovy Cheese Creams.**

Make round biscuits of the cheese pastry, and arrange on each some strips of anchovy and some capers, and then pile on each some whipped cream flavored with essence of anchovy and a little salt, and colored a pale pink.

#### **Orange Salad.**

Orange salad simply consists of the sections of oranges free from the pith and skin, string and pips, arranged in a bowl, and dressed with oil and vinegar.

#### **Orange and Cherry Salad.**

This salad consists of glacé cherries arranged in the center of the bowl, surrounded by sections of oranges, and dressed with the same mixture.

## FRUITS: FRESH, PRESERVED.

Fruits are usually at their best when served ripe and in season; a few cannot, however, be eaten in their raw state, while others are rendered more easy of digestion by cooking. The methods employed are stewing and baking. Fruit should be cooked in earthen or granite ware utensils, and silver or wooden spoons should be employed for stirring, as when they are exposed to air and brought into contact with an iron or tin surface a poisonous compound may be formed.

### To Prepare Strawberries.

1. Pick over strawberries, place in colander, pour over cold water, drain thoroughly, dry lightly in a cloth, and turn into dish. Serve with powdered sugar and cream.

2. Pick over selected strawberries, place in colander, pour over cold water, and drain thoroughly. Press powdered sugar into cordial glasses, and turn out on to fruit plates. Arrange twelve berries around each mold of sugar. Berries served in this way should not be dried.

### To Prepare Canteloupes.

Canteloupes and muskmelons should be very ripe and thoroughly chilled before being prepared for serving. Wipe melons—if small, cut in halves lengthwise; if larger, cut in sections, and remove seeds and stringy portion. If one-half is served as a portion, put in seed cavity one tablespoonful of crushed ice. Serve with powdered sugar.

### To Prepare Grapes.

Put bunches in colander and pour over cold water, drain, chill, and arrange on serving dish. Imperfect grapes, as well as those under-ripe or over-ripe, should be removed with sharp-pointed scissors. Garnish with grape leaves, if procurable.

### To Prepare Oranges.

1. Wipe orange and cut in halves crosswise (not through the stalk and eye). Place one-half on a fruit plate, having an orange spoon or teaspoon on plate at right of fruit. Serve with powdered sugar.

2. Peel an orange and remove as much of the white portion as possible. Remove pulp by sections, which may be accomplished by using a sharp knife and cutting pulp from tough portion first on one side of section, then on the other. Should there be any white portion of skin remaining on pulp it should be cut off. Arrange sections on glass dish or fruit plate. If the orange is a seeded one, remove seeds.

3. Remove peel from an orange in such a way that there remains a one-half inch band of peel equal distance from stem and blossom end. Cut band, separate sections, and arrange around a mold of powdered sugar.

#### **To Prepare Grape Fruit.**

Wipe grape fruit and cut in halves crosswise as directed for oranges. With a small, sharp-pointed knife make a cut separating pulp from skin around entire circumference; then make cuts separating pulp from tough portion in one piece, which may be accomplished by one cutting with scissors at stem or blossom end close to skin. Sprinkle fruit pulp left in grape fruit skin generously with sugar. Let stand ten minutes, and serve very cold. Place on fruit plate and garnish with a candied cherry.

#### **Grape Fruit.**

Prepare grape fruit as above, add to each portion one tablespoonful of sherry wine, and let stand one hour in ice box or cold place.

#### **Grape Fruit With Apricot Brandy.**

Prepare grape fruit for serving and add to each portion one-half tablespoonful of apricot brandy.

#### **Grape Fruit With Sloe Gin.**

Prepare grape fruit for serving and add to each portion one-half tablespoonful of sloe gin.

#### **Fruit Cocktail.**

Remove pulp from grape fruit, and mix in a bowl with shredded pineapple, bananas cut in slices and then quartered, and strawberries cut in halves, using half as much pineapple and banana as grape fruit, and allowing four strawberries to each person. Pour over a dressing made of one-third cupful sherry wine, three tablespoonfuls apricot brandy, one-half cupful sugar, and a few grains salt. Chill thoroughly, serve in double cocktail glasses, and garnish with candied cherries.

**Baked Apples.**

Procure sour apples, wipe and core. Score right round faintly with a sharp knife and put in a baking-dish filling cavities from whence core was removed with sugar and one drop of lemon juice. Allow one-half cupful of sugar and one-fourth teaspoonful of cinnamon or nutmeg to eight apples. If nutmeg is used, a few drops of lemon juice and few gratings from rind of lemon to each apple is an improvement. Slightly cover bottom of dish with boiling water, and bake in a hot oven until soft, basting often with syrup in dish. Serve hot or cold with cream. Many prefer to pare apples before baking. When this is done, core before paring, that fruit may keep in shape.

**Baked Sweet Apples.**

Wipe, core, and score eight sweet apples. Put in a baking-dish, and fill cavities with sugar. Add two-thirds cupful boiling water. Cover, and bake three hours in a slow oven, adding more water if necessary.

**Apple Sauce.**

Wipe, quarter, core and pare eight sour apples. Make a syrup by boiling seven minutes one cupful sugar and one cupful water with thin shavings from rind of a lemon. Remove lemon, add enough apples to cover bottom of saucepan, watch carefully during cooking, and remove as soon as soft. Continue until all are cooked. Strain remaining syrup over apples.

**Spiced Apple Sauce.**

Wipe, quarter, core and pare eight sour apples. Put in a saucepan, sprinkle with one cupful sugar, add eight cloves, and enough water to prevent apples from burning. Cook to a mush, stirring occasionally.

**Apple Ginger.**

Wipe, quarter, core, pare and chop two and a half pounds of sour apples. Put in a stewpan and add one and a half pounds light brown sugar, the juice and rind of one and a half lemons, one-half ounce of ginger root, a few grains salt, and enough water to prevent apples from burning. Cover, and cook slowly four hours, adding water as necessary. Apple ginger may be kept for several weeks.

**Baked Bananas.**

Remove skins from six bananas and cut in halves lengthwise. Put in a shallow granite pan or on an old platter. Mix two

tablespoonfuls melted butter, one-third cupful sugar, and two tablespoonfuls lemon juice. Baste bananas with one-half the mixture. Bake twenty minutes in a slow oven, basting during baking with remaining mixture.

#### **Baked Bananas. (Another Method.)**

Arrange bananas in a shallow pan, cover, and bake until skins become very dark in color. Remove from skins, and serve hot sprinkled with sugar.

#### **Sautéed Bananas.**

Remove skins from bananas, cut in halves lengthwise and again halved. Dredge with flour, and sauté in clarified butter. Drain, and sprinkle with powdered sugar.

#### **Baked Peaches.**

Peel, cut in halves, and remove stones from six peaches. Place in a shallow granite pan. Fill each cavity with one teaspoonful sugar, one-half teaspoonful butter, a few drops of lemon juice, and a slight grating of nutmeg. Cook twenty minutes, and serve on circular pieces of buttered dry toast.

#### **Baked Pears.**

Wipe, quarter and core six pears. Put in a deep pudding-dish, sprinkle with sugar or a little molasses, then add water to prevent pears from burning. Cover, and cook two or three hours in a very slow oven.

#### **Baked Quinces.**

Wipe, quarter, core, and pare eight quinces. Put in a baking-dish, sprinkle with three-fourths of a cupful of sugar, add one and one-half cupfuls water, cover, and cook until soft in a slow oven. Quinces require a long time for cooking.

#### **Cranberry Sauce.**

Pick over and wash three cupfuls cranberries. Put in a stewpan, add one and one-fourth cupfuls sugar and one cupful boiling water. Cover, and boil ten minutes. Care must be taken that they do not boil over. Skim and cool.

#### **Cranberry Jelly.**

Pick over and wash four cupfuls of cranberries. Put in a stewpan with one cupful boiling water, and boil twenty minutes. Rub through a sieve, add two cupfuls sugar, and cook five minutes. Turn into a mold or glasses.

#### **Stewed Prunes.**

Wash and pick over prunes. Put in a saucepan, cover with

cold water, and soak two hours; then cook in same water until soft. When nearly cooked, add sugar or molasses to sweeten. The addition of a small quantity of lemon juice is a great improvement.

#### **Rhubarb Sauce.**

Peel and cut rhubarb into one inch pieces. Put in a saucepan, sprinkle generously with sugar, and add a small quantity of water to prevent rhubarb from burning. Rhubarb contains such a large percentage of water that but little additional water is needed. Cook until soft. If rhubarb is covered with boiling water, allowed to stand five minutes, then drained and cooked, less sugar will be required. Rhubarb is sometimes baked in an earthen pudding-dish. If baked slowly for a long time it has a rich red color.

#### **Pears, Border of.**

Take four pounds of small stewing pears, one pound of loaf sugar, four ounces of castor sugar, two ounces of butter, six sponge cakes, four whole eggs, two yolks of eggs, the grated rind of one lemon, two inches of cinnamon, two gills of milk, carmine or cochineal.

Peel and halve and core the pears, place them in a stewpan with syrup made with the loaf sugar, two pints of water, and a few drops of carmine, and cook the pears gently for about one-half an hour, or until tender. Remove the pears, reduce the syrup by rapid boiling, and re-heat the pears in it before serving. Meanwhile beat the eggs well, and add the castor sugar, lemon rind, milk, and a few drops of cochineal. Slice the sponge cakes, place them in a well-buttered border mold, pour in the custard, and bake for about forty minutes in the oven, in a tin containing boiling water to half the depth of the mold. When ready, turn out on to a hot dish, arrange the pears on the border, strain the syrup over them, and serve.

#### **Fruit Salad.**

Take four peeled and thinly-sliced bananas, half a pound of well-washed and dried black grapes, ditto strawberries, an apple, two large oranges. Pinch each grape slightly. Hull the strawberries and peel and slice the apple and oranges very thinly. Mix all well together in a deep bowl. Add to them the contents of a small bottle of raspberry syrup and a tablespoonful of brandy. Mix well. Leave on ice till needed. Serve with Devonshire cream or brandy butter, handed separately.



## HORS-D'ŒUVRES.

### To Make Clarified Butter.

Take one pound of butter and melt it in a stewpan large enough to hold twice the quantity. Remove the scum which rises, and when the butter is clear strain through a muslin. It is then ready for frying crotonnes and for cooking sauces, etc. The clarifying has the effect of freeing the milk from the butter, which thus prevents the burning of articles cooked in the butter.

### VARIOUS BUTTERS FOR HORS-D'ŒUVRES.

#### Butters and Creams.

The seasoning of butters for hors-d'œuvres when preparing in advance, ought to be placed in a bowl, and put somewhere in the cool, covered with an oiled paper.

#### Anchovy Butter.

Wash twelve or fifteen anchovies in cold water, and dry them thoroughly. Remove the fillets from the bones, pound them smoothly with three ounces of butter, rub the whole through a fine sieve, and put aside.

#### Caviare Butter.

Pound three ounces of pressed caviare with three ounces of butter, and rub through a fine sieve.

#### Shrimp Butter.

Pound three ounces of shrimps with three ounces of butter; rub through a fine sieve after having softened the preparation.

#### Curry Butter.

Soften three ounces of butter in a bowl, and add thereto sufficient Madras curry-paste to ensure a decided taste. The exact quantity of curry cannot be prescribed, since the quality of the latter entirely governs its apportionment.

#### Crayfish Butter.

Cook the crayfish with two tablespoonfuls of mirepoix. Finely pound the shells after having removed the tails, and add thereto three ounces of butter per two ounces; rub through a fine sieve and add a little cochineal.

The whole crayfish may be pounded, but the tails are us-

ually laid aside with a view to supplying the garnish of the toasts for which the butter is intended.

#### **Red-Herring Butter.**

Take the fillets of three red-herrings; remove the skins, and finely pound with three ounces of butter. Rub through a fine sieve.

#### **Lobster Butter.**

Pound three ounces of lobster trimmings and spawn, if any, and a little of the coral with four ounces of butter. Rub through a fine sieve. (If no coral, cochineal will do.)

#### **Horse-Radish Butter.**

Grate two ounces of horse-radish and pound with three ounces of butter. Rub through a fine sieve.

#### **Smoked Salmon Butter.**

Finely pound three ounces of smoked salmon with as much butter, and rub through a fine sieve.

#### **Paprika Butter.**

Soften two ounces of butter in a bowl, and mix therewith a pinch of paprika infused in a few drops of white wine or consommé, to strengthen the color of the paprika.

#### **Pimento Butter.**

Pound three ounces of preserved or freshly-cooked capsicum, or chili, add as much butter thereto, and rub through a fine sieve.

#### **Caviare Cream.**

Pound three ounces of preserved caviare and add thereto, gradually, one tablespoonful of fresh cream and two ounces of softened butter. Rub through a fine sieve, and finish the preparation by an addition of four tablespoonfuls of whisked cream, a little cayenne. Be careful not to whip cream too much.

#### **Lobster Cream.**

Pound three ounces of lobster trimmings, spawn and coral, and add thereto three tablespoonfuls of fresh cream and two ounces of softened butter.

Rub through a hair sieve, and complete with whisked cream, as above.

#### **Game Cream.**

Pound four ounces of cold, cooked game meat, minus skin and bones, with three tablespoonfuls of fresh cream and two

ounces of softened butter. Rub through a sieve and finish with three tablespoonfuls of whisked cream.

#### **Smoked Salmon Cream.**

Finely pound three ounces of smoked salmon, adding gradually three tablespoonfuls of fresh cream and two ounces of softened butter. Rub the whole through a fine wire sieve, and finish with an addition of three tablespoonfuls of whisked cream.

#### **Tunny Cream.**

Finely pound four ounces of tunny in oil, and finish the cream similarly to that of the smoked salmon. Season to taste.

#### **Chicken Cream.**

Finely pound three ounces of cold fowl (white parts only) and add thereto two tablespoonfuls of fresh cream and one ounce of softened butter. Rub through a fine wire sieve and finish with three tablespoonfuls of whisked cream.

### **HORS-D'ŒUVRES.**

#### **Anchovy Allumettes.**

Roll some puff paste trimmings into strips three inches wide and one-tenth inch thick. Spread thereon a thin coating of fish stuffing, finished with anchovy butter, and cayenne pepper; lay the anchovy fillets, prepared beforehand, lengthwise on this stuffing, and cut into pieces about one inch wide. Place the pieces on a baking-sheet, and bake in the oven for ten minutes.

#### **Anchovy Fillets.**

Cut each halved anchovy, which should have been previously marinated in oil, into two or three little fillets. Place them across each other in a hors-d'œuvre dish, in the form of a lattice; garnish with chopped parsley and the chopped white and yolk of a hard-boiled egg, alternating the colors. Put a few capers on the fillets, and sprinkle moderately with oil.

#### **Rolled Anchovies.**

Turn some fine olives and stuff them with anchovy butter, when quite cold, encircle them with a ring of anchovy fillet, kept whole.

#### **Paupiettes of Anchovy.**

Prepare some thick slices of blanched cucumber, about the size of half-crowns, and hollow their centers slightly. Place rings composed of the fillets of anchovies in oil upon these

slices, and fill up their centers with cream of any fish or shell-fish.

#### **Anchovy With Pimentos.**

Prepare some anchovy fillets in oil, and place them across each other using fillets of pimento alternately with those of the anchovies. Garnish as for anchovy fillets, i. e., with the chopped white and yolk of a hard-boiled egg, and chopped parsley.

#### **Eel With White Wine and Paprika.**

Divide the eel into lengths of three and a half inches; poach in exactly the same way as for matelote, but with white wine and paprika seasoning. Let them cool in thier cooking-liquor, cut the pieces lengthwise into large fillets, and cover them with the liquor after all grease has been removed.

#### **Eel Au Vert.**

Stew in butter two ounces of sorrel, one-quarter ounce each of parsley and chervil, a few tarragon leaves, one-quarter ounce of savory, a sprig of green thyme, and a few sage-leaves all of which must be chopped. Remove the skins from two pounds of small eels, remove the heads, and cut into pieces two inches long. Put these pieces with the herbs, stiffen them well, and add one pint of white wine and a little salt and pepper, and two tablespoonfuls of cream. Set to cook for ten minutes, thicken with the yolks of four eggs, and a few drops of lemon juice, and leave to cool in a bowl. This preparation of eel is served very cold.

#### **Artichoke Bottoms.**

Remove the leaves and the hearts of some little artichokes; trim their remaining bases, and plunge each as soon as trimmed into acidulated water lest they blacken. Cook them as Jerusalem artichokes, leave them to cool in their liquor.

Drain well, dry and place them in a pan, and marinade them for twenty minutes in oil and lemon juice. This done, garnish them with mayonnaise, or other purée macédoine, or a vegetable salad, etc. Place on a hors-d'œuvre dish with a garnish of parsley.

#### **Smoked Hamburg Beef.**

Cut it into very thin slices; divide these up and roll into the shape of cones. The slices may also be served flat.

Dish up at the last moment.

### Canapes and Toast.

In the matter of hors-d'œuvres, the two above names have the same meaning. The preparation consists of small slices of the crumb of bread, about one-quarter inch thick, slightly toasted and with a garnish on one of their sides, the garnish being a matter of taste.

But the best garnish, for canapes or toast, is fresh butter combined with a fine mince of white roast chicken-meat, the meat of shell-fish or fish, or cheese, etc.

Whatever be the garnish it is always best to put plenty of butter on the pieces of toast while they are still hot, with the view of keeping them soft.

When the garnish consists of a purée, i. e., a compound butter, I advise the use of a piping-bag fitted with a grooved pipe, for laying the preparation upon the toast.

The shapes given to the toast may be as fancy dictates. They should never exceed one and one-half inches in diameter.

### Caviare Toast.

Make the pieces of toast round; cover with caviare butter, garnish the edges with a thread of softened butter laid on by means of a piping-bag fitted with a grooved pipe. Put fresh caviare in the center.

### Shrimp Toast.

Make the pieces of toast round or square, cover with shrimp butter, and garnish by means of a border composed of shelled shrimps' tails with a caper or gherkin in the center.

### Christiana Toast.

Prepare and warm some slices of brown bread, equal in thickness to the toast. Spread horse-radish butter over them and cover with alternate strips of smoked salmon, caviare, and filleted herrings, marinaded. Now stamp the garnished slices with a sharp fancy-cutter, according to fancy.

### Tongue Toast.

Prepare some slices of crumb of bread, of equal thickness, and toast them. Now garnish with a coating, half as thick as the slices themselves, of seasoned butter. Cover the butter with thin slices of very red, salted tongue, and let the butter harden.

Stamp out the pieces of toast with a star-shaped cutter, which should be dipped occasionally in boiling water in order to facilitate the operation. Finally, make a rosette of butter in the middle of each piece.

**Elena Toast.**

Prepare round pieces of toast, cover with mustard butter, and border the edges with a line of finely-chopped tongue. Garnish the middle of each with chopped white chicken-meat, and in the center drop a pinch of chopped truffle and parsley.

**Various Jannette.**

These are very small eclairs of pate à choux without sugar. When quite cold, garnish them inside with a purée, either of tongue, fowl, game, or foie-gras, etc., then coat them thinly with a chaud-froid sauce in keeping with the purée forming the inside garnish.

When the sauce has cooled, glaze it by means of a brush, with a little cold melted jelly, to make it glossy.

Jannette are also used as a garnish for certain cold preparations, aspics, etc. They must be eaten *thé day* they are made.

**Blinis of Caviare.**

Caviare is the richest and most delicate of hors-d'œuvre. It is served very simply, either in a silver timbale or on its original receptacle, surrounded with ice, and accompanied by a dish of Blinis, the preparation of which is as follows:—

Make a thin paste with one ounce of yeast and one pound of sifted flour diluted with one pint of lukewarm milk. Leave to ferment for two hours in a lukewarm atmosphere, and then add one-half pound of flour, the yolks of four eggs, a pinch of salt, one-half pint of tepid milk; mix the whole without letting it acquire any body, and finally add the whites of four eggs, whisked. Allow to ferment for half an hour, and, when about to serve, cook the Blinis quickly, after the manner of pancakes, in special little omelette-pans. Dish up very hot on a napkin.

If unable to procure fresh caviare, the pressed and salted kind may be used for hors-d'œuvres. Some cooks serve finely-chopped shallot with fresh caviare; a worse practice could not be imagined. Fresh caviare does not need any condiment.

**Celery "Bonne-Femme."**

Take equal quantities of very tender celery sticks and peeled, quartered and cored russet apples. Finely mince the celery and apples, season with a mustard-and-cream sauce, and place on a hors-d'œuvre dish.

**Celery à la Grècque.**

Selected a few hearts of celery of equal size; trim, wash,

and parboil them in acidulated water, as directed under "artichoke bottoms." Prepare the cooking-liquor from the same ingredients, using the same quantities thereof, and cook similarly.

Serve very cold on a crystal hors-d'œuvres dish, with a portion of the cooking-liquor.

#### **Celeriac.**

Quarter, peel, and cut the vegetable julienne fashion. Prepare the seasoning with mustard, salt, pepper, and vinegar; add the julienne of celeriac and mix thoroughly. When the roots are quite soft, a seasoning consisting of mustard-and-cream sauce is excellent.

#### **Cherries à l'Allemande.**

Take two pounds of Morella cherries, put them in a bottle, as in the case of cherry brandy, and add thereto two cloves, a fragment of cinnamon, a little grated nutmeg, and a small sprig of tarragon. Pour over the cherries one quart of vinegar, boiled with one-half pound of brown sugar, and cooled. Cork the bottle, and leave the fruit to macerate for a fortnight.

#### **Brains Nievise.**

Cook well-cleansed sheep's or lamb's brains in court-bouillon, and cool. Divide them up into thin and regular slices, and place them on a fine sieve, combine the resulting purée with a mustard-and-cream sauce, and add thereto a fine julienne of the white part only on celery well dried.

Cover the slices of brain with the sauce.

#### **Cucumber à la Nevegrade.**

Cut the cucumber to the shape of small cassolettes or barquettes, blanch and marinade them.

Garnish with a preparation composed of a purée of salmon mixed with fillets of herring and chopped, hard-boiled eggs in equal quantities.

Sprinkle a little grated horse-radish over the garnish.

#### **Stuffed Cucumbers.**

Prepare as above, in the shape of small barquettes or cassolettes. Cook them, at the same time keeping them firm; marinade them for twenty minutes, when quite cold, in oil and vinegar, and garnish by means of a piping-bag, either with a thick purée, some mincemeat thickened with mayonnaise or a small vegetable macédoine, etc.

### Cucumber Salad.

Carefully peel the cucumbers, cut them in two, lengthwise, remove seeds, and mince finely. Place them in a bowl, sprinkle with table-salt, and leave them to exude their moisture for twenty-five minutes. This done, drain them, press them in a towel, season with pepper, oil, and vinegar, and add some chopped chervil.

### Molded Creams.

Prepare a hors-d'œuvre cream in accordance with previous recipes. Put this cream into very small, slightly oiled, and ornamented molds, and leave to set in the cool or on ice. Empty the molds at the moment of dishing up, either directly upon a dish, on tartlets garnished with a purée in keeping with the cream, or on toast. With these molded creams, endless varieties of little hors-d'œuvres may be prepared, while in their preparation the molds used in pastry for "petits fours" may serve a useful purpose. One sheet of melted gelatine is an improvement.

### Duchesses.

This hors-d'œuvre is almost equivalent to the Jannette except that the shape of the Duchesses is that of little choux, about the size of a pigeon's egg, and that, as a rule, they are merely glazed with some melted jelly, and not covered with a chaud-froid sauce. Sprinkle them with chopped pistachios, and serve very cold on ornamented fish-papers.

### Nantua Duchesses.

Stuff the little choux, referred to above, with crayfish purée or sardines and sprinkle them, again and again, with cold, melted jelly by means of a small brioche, in order to cover them with a transparent film.

### Duchesses Reine.

Stuff the little choux with a purée of fowl with cream. Glaze with jelly, as above, and sprinkle with very black, finely-chopped truffles.

### Duchesses Sultane.

Stuff the little choux with a purée of fowl, completed with pistachio butter. Glaze with jelly, and sprinkle a little chopped pistachio upon each little choux.

### Caviare Duchesses.

Stuff with fresh caviare or caviare cream. Serve with jelly iced on double glass dishes.



**Smoked Salmon Duchesses.**

Stuff the little choux with a purée of smoked salmon and butter.

**Norwegian Duchesses.**

Stuff the choux with a purée of Kilkis and butter and serve with jelly.

**Fennel à la Grèque.**

Prepare as for artichokes and celery *à la Grèque*.

**Foie-Gras.**

If in the form of a sausage, cut it into thin slices. If potted, shape it into little shells, after the manner in which butter is sometimes served, only a little smaller. In all cases serve it iced, and as soon as ready.

**Salad of Filleted Salted Herrings.**

Remove the fillets whole; take off the skins; set to soak and then trim. Dish, and cover them with the following sauce:— Add the purée of eight soft roes, moistened with two tablespoonfuls of vinegar, to four tablespoonfuls of mayonnaise. Season with onion, parsley, chervil, chives, and tarragon, all finely chopped; flavor with cayenne.

**Fresh Herrings Marinaded in White Wine.**

For twelve herrings, put one pint of white wine into a saucepan, with a gill of vinegar, an onion cut into thin slices, half a carrot cut into grooved roundels, a faggot, the necessary salt, and a few peppercorns. Set to boil gently for twenty minutes.

Place the cleaned herrings in a saucepan, pour the boiling marinade upon them, and poach for fifteen minutes.

Serve very cold with the marinade, the roundels of carrot, and thin strips of onion.

**Lucas Herrings.**

Raise the fillets from fine salted herrings, soak in cold water, and then in milk for an hour.

Prepare a sauce as follows: Beat up the yolks of two eggs in a bowl with salt and pepper and one tablespoonful of mustard; add five tablespoonfuls of oil and two of vinegar, proceeding as in the case of mayonnaise, and complete with shallots and one dessertspoonful of chopped chervil and gherkins. Season with cayenne, immerse the drained and dried fillets of herrings in this sauce, and send to the table on a hors-d'œuvre dish.

**Herrings à la Simone.**

Take some fine salted herrings' fillets, clean and cut them into dice. Place these in a bowl, and add thereto, in equal quantities, some cold boiled potatoes and russet apples cut into dice, parsley, chervil, and chopped fennel and tarragon. Season with oil and vinegar, salt and pepper, make the preparation into shapes resembling herrings, and place the heads and tails, which should have been put aside for the purpose, at each extremity of every imitation herring.

**Herrings à la Russe.**

Cut some fine, cleaned fillets of salted herrings into thin slices. Dish up, and alternate the rows of sliced fillets with rows of sliced, cold boiled potatoes. Season with oil and vinegar, and finish up with chopped chervil, fennel, tarragon, and shallots.

**Herrings Paysanne.**

These hors-d'œuvres are at their best in the months of September and October, when the first shoals of herrings begin to appear. They can only be kept a few days, but they form an excellent dish, and their flavor is exquisite. Before serving them, it is only needful to skin them, whereupon they may be dished up with a little chopped parsley. Send a bowl of French beans to the table with them, the vegetables having been freshly cooked, kept somewhat firm, buttered, and not cooled. Some cooks serve the beans cold, in the form of a salad, but as a rule they are preferred hot with butter, while the herrings should be very cold.

**Oysters.**

The best oysters to be had are those of Whitstable, and Colchester.

Oysters are the dish par excellence: and they are so easily digested that the most delicate invalid can partake of them freely. With the exception of caviare, they are the only hors-d'œuvres which should ever appear on the menu of a well-ordered dinner.

Oysters ought to be served cold; hence the prevailing custom of dishing them on ice. In England they are served plain on the flat half of the shell. Send some slices of brown bread and butter and lemon to the table with the oysters.

**Melon with Port, Marsala, or Sherry, Etc.**

Select a cantaloupe melon and let it be just ripe. Make a

round incision about the stalk, three inches in diameter; withdraw the plug thus cut, and through the resulting hole thoroughly remove all the pips by means of a silver spoon.

Now pour one-half pint of best port, marsala, or sherry into the melon, replace the plug, and keep the melon for two or three hours in a cooler surrounded by broken ice. Do not cut the melon into slices when serving it. It should be taken to the table whole, and then the piece containing the stalk is withdrawn and the fruit is cut into shell-like slices with a silver spoon, and served with a little of the accompanying wine upon iced plates.

#### **Smoked Breast of Goose.**

Cut it into the thinnest possible slices, and garnish with very green parsley.

#### **Plain Olives.**

Olives of all kinds are suitable for hors-d'œuvres, and are served plain. They are excellent, provided they be fleshy, firm, very green, and moderately salted.

#### **Stuffed Olives.**

Select large Spanish olives and stone them, either by cutting them spirally, or by means of a special machine. In the place of the stone, put one of the butters or creams for hors-d'œuvres. Before serving these olives, let them rest awhile in a moderately warm atmosphere. Stuffed olives are generally kept in the cool, immersed in oil with which they become thoroughly saturated, therefore it follows that the moment they come into contact with a slightly higher temperature they will exude that oil and reach the table swimming in oil, and not at all appetising. Hence the warning given above.

#### **Hard-Boiled Eggs as a Basis for Hors-d'Œuvres.**

**EGG DISKS.**—Cut the eggs laterally into roundels a third of an inch in thickness, discarding the two end pieces of each egg, so that the shapes may be almost uniform, and the yolks appear about the same size throughout. In the center of each roundel make a little rosette of butter, by means of a small, grooved pipe, use different butters, such as the shrimp, montpellier, cavaire, and other kinds in order to vary the colors.

**HALVED, STUFFED EGGS.**—Take some very small, hard-boiled eggs, cut them into two, lengthwise; remove the yolks, and trim the oval hollow of each of the remaining whites to the shape of an oblong, the edges of which may then be indented.

Garnish, with a purée of either tunny, salmon, milt, or a hash or *salpicon* of lobster, shrimp, etc., thickened by means of a mayonnaise with jelly, or a fine *macédoine* of vegetables with mayonnaise, or a purée composed of the withdrawn yolks combined with a little butter, some cold *Béchamel* sauce, and herbs.

**QUARTERED, STUFFED EGGS.**—Proceed as above and stuff the halved white with a buttered purée, or a purée mixed with jelly, leave the stuffing to set, and then cut the halves in two.

**SALAD OF EGGS.**—With alternate rows of sliced eggs and either tomatoes, potatoes, cucumbers, or beetroot, and a salad-seasoning composed of oil and vinegar or cream, a dozen different salads may be prepared, each of which constitutes an excellent *hors-d'œuvre*.

#### **Lark Pâté.**

For this use the ready-made *pâté*, which is obtained either in pots or crusts. Thoroughly set it by means of ice; turn it out of its receptacle, cut it into very small and thin slices, and arrange on a *hors-d'œuvre* dish with a little broken jelly in the middle.

#### **Red Mullet à la Grèque.**

Select small fish if possible. Place them in an oiled pan, and add peeled squeezed tomatoes, parsley-root, fennel, thyme, bay, a little garlic, peppercorns, coriander, and saffron, the latter being the dominating ingredient.

Cover with white wine; salt moderately, set to boil, and then leave to poach on the side of the fire for twelve or eighteen minutes, according to the size of the mullet.

Leave the fish to cool in their cooking-liquor, and serve with a little of the latter and a few slices of peeled lemon.

#### **Salami.**

Cut these into very thin slices, and place them, one on top of the other, on a *hors-d'œuvre* dish, in the form of a crown, with a sprig of curled-leaf parsley in the middle. They may also be laid flat upon a litter of parsley.

#### **Arles, Bologne or Large Lyons Sausages.**

Cut these up and arrange like the *Salami*.

#### **Foie-Gras Sausages.**

Cut into thin roundels and dish up on *serviette* with chopped *aspic* jelly as a center garnish.

### Smoked Salmon.

Cut into thin slices; roll these into cones, and arrange in the form of a crown with curled-leaf parsley in the middle.

### Sprats.

These are usually smoked sardines, taking care to select the very fleshy ones.

To prepare them, suppress the heads and remove or leave on the skins, according to taste. Put them on a dish with some finely-chopped shallots, chopped parsley, and oil and vinegar, using a very little of each ingredient. Leave to marinade for five or six hours, taking care to turn them over from time to time so as to be thoroughly saturated.

### Tartlets and Barquettes.

**SPECIAL PASTE FOR TARTLETS AND BARQUETTES.**—Sift one pound of flour on to a mixing-board; make a hole in the center, into which put one-eighth ounce of salt, one-half pound of cold, melted butter, one egg, the yolks of two, and a few drops of water. Mix the whole into a paste, handling it as little as possible; roll it into a ball, and put aside in the cool for two hours.

**THE PREPARATION OF TARTLET AND BARQUETTE-CRUSTS.**—Roll out the paste to the thickness of one-eighth inch, and stamp it with an indented fancy-cutter into pieces of the same size as the tartlet-molds to be used, which in this case are the same as for "petits fours," and, therefore, very small.

The fancy-cutter should be round for tartlets, and oval for barquettes. Lay the paste in the molds, prick the parts lying on the bottom, lest they should blister, garnish the insides with pieces of kitchen paper to protect the paste, and fill them with rice or flour. Bake in a moderate oven; remove the rice or flour, the sole object of which was to preserve the shape of the tartlets or barquettes; turn the latter out of their molds, and set to cool.

**EXAMPLE.**—Garnish the bottom of a tartlet or barquette with a coating of pink, shrimp, crayfish, or lobster mousse. Upon this lay a very white poached oyster, or a slice of hard-boiled egg, stamped with an indented fancy-cutter. In the center of the yolk put a little lobster coral, and coat the whole with jelly to the level of the tartlet edges.

### Tunny in Oil.

These may be purchased ready prepared and may be served

as it stands. It is very greatly used as a garnish for hors-d'œuvres.

#### **Tunny With Tomatoes.**

Lay alternate slices of tunny and tomato upon a hors-d'œuvre dish, and between each slice lay a thin round of onion. Garnish the edge of the dish with a border composed of sliced potato, and sprinkle with an ordinary salad seasoning.

#### **Tomatoes à L'Américaine.**

Select firm, medium-sized tomatoes, and cut them into thin slices. Put them into a dish with salt, pepper, oil, and a few drops of vinegar, and leave to marinade for twenty minutes. Then arrange on a hors-d'œuvre dish, garnishing the border with thin rings of onion.

#### **Tomatoes Monégasque.**

Select and skin some small tomatoes the size of walnuts, and cut a slice from each in the region of the stalk. Squeeze out all the juice and seeds. Prepare a mince of tunny with oil, and add for every two ounces of the fish, half a tablespoonful of finely-chopped onion, a tablespoonful of chopped parsley, chervil, tarragon, and hard-boiled egg.

Thicken with a tablespoonful of thick mayonnaise; put it into a bag fitted with a smooth, medium-sized pipe, and garnish the tomatoes with the preparation, using enough of the latter to form a dome on each tomato.

#### **Quartered Tomatoes.**

Use medium-sized tomatoes, somewhat firm and with smooth skins. Peel and empty them, and then fill with either a fish purée cleared with jelly, or with a macédoine of vegetables thickened by means of a mayonnaise with jelly. Place on ice for half an hour, and cut the tomatoes into regular quarters.

#### **Marinated Trout.**

Select some small trout, clean and dress them, and poach in a white wine court-bouillon to which vinegar has been added in the proportion of one-third of its volume.

Leave the fish to cool in the liquor, and dish up with a few tablespoonfuls of the latter, placing some thin, grooved slices of lemon upon the fish.

#### **Soyer's Sauce Ravigôte or Mayonnaise without Eggs.**

Place in a bowl or large cup one mustard spoonful of made mustard, and one saltspoonful each of salt and pepper; mix

well together with a drop or two of salad oil. Now add one tablespoonful of vinegar and beat all together with a spoon. When blended, add VERY GRADUALLY—in a thin stream—six tablespoonfuls of salad oil, beating the mixture vigorously all the time. The result should be a thick, creamy sauce of excellent flavor for use with green or other salads. A tablespoonful of whipped cream, added to and well whisked with the above, imparts a delicious softness, but is not a necessary adjunct.

## BREAD, ROLLS, MUFFINS, BUNS, AND PASTES.

### Bread Making.

FERMENTED BREAD is made by mixing to a dough, flour, with a definite quantity of water, milk, or water and milk, salt, and a ferment such as yeast. Sugar is usually added to hasten fermentation. The dough is then kneaded that the ingredients may be thoroughly incorporated, covered, and allowed to rise in a temperature of 68° F., until the dough has doubled its bulk. This change has been caused by action of the ferment, which attacks some of the starch in the flour, and changes it to sugar, and sugar in turn to alcohol and carbon dioxide, thus lightening the whole mass. The dough is then kneaded a second time to break bubbles and distribute evenly the carbon dioxide. It is shaped in loaves, put in greased breadpans (they being half filled), covered, allowed to rise in temperature same as for first rising, to double its bulk. If risen too long, it will be full of large holes; if not risen long enough, it will be heavy and soggy.

HOW TO SHAPE LOAVES AND BISCUITS.—To shape bread dough in loaves, divide dough in parts, each part large enough for a loaf, knead until smooth, and if possible avoid seams in under part of loaf. If baked in brick pan, place two loaves in one pan, brushed between with a little melted butter. If baked in long shallow pan, when well kneaded, roll with both hands to lengthen, care being taken that it is smooth and of uniform thickness. Where long loaves are baked on sheets, shape and roll loosely in a towel sprinkled with corn meal for last rising.

To shape bread dough in biscuits, pull or cut off as many small pieces (having them of uniform size) as there are to be biscuits. Flour palms of hands slightly; take up each piece and shape separately, lifting with thumb and first two fingers of right hand, and placing in palm of left hand, constantly moving dough round and round, while folding towards the center; when smooth, turn it over and roll between palms of hands. Place in greased pans near together, brushed between



with a little melted butter, which will cause biscuits to separate easily after baking. For finger rolls, shape biscuits and roll with one hand on part of board where there is no flour, until of desired length, care being taken to make smooth, of uniform size, and round at ends.

Bread is often brushed over with milk before baking.

Where bread is allowed to rise over night, a small piece of yeast cake must be used; one-fourth yeast cake to one pint of liquid is sufficient, one-third yeast cake to one quart of liquid. Bread mixed and baked during the day requires a larger quantity of yeast; one yeast cake, or sometimes even more, to one pint of liquid. Bread dough mixed with a large quantity of yeast should be watched during rising, and cut down as soon as mixture doubles its bulk. If proper care is taken, the bread will be found most satisfactory, having neither "yeasty" nor sour taste.

#### Baking of Bread.

Bread should be baked in a hot oven. If the oven be too hot the crust will brown quickly, and before the heat has reached the center, thus preventing further rising; the loaf should continue rising for first fifteen minutes of baking, when it should begin to brown, and continue browning for the next twenty minutes. The last fifteen minutes it should finish baking, when the heat may be reduced. When bread is done, it will not cling to sides of pan, and may be easily removed. Biscuits require more heat than loaf bread, should continue rising the first five minutes, and begin to brown in eight minutes. Always use a Soyer Thermometer for testing temperature of oven.

#### After Baking.

Remove loaves at once from pans, and place on their sides on a wire bread or cake cooler. If a crisp crust is desired allow bread to cool without covering; if soft crust, cover with a towel during cooling. When cool, put in tin box or stone jar, and cover closely.

Never keep bread wrapped in a cloth, as the cloth will absorb moisture, and transmit an unpleasant taste to the bread. Bread tins or jars should be washed and scalded twice a week in winter, and every other day in summer; otherwise bread is apt to mould.

UNFERMENTED BREAD is raised without a ferment, the carbon dioxide being produced by the use of soda (alkaline salt,

and an acid). Soda, employed in combination with cream of tartar, for raising mixtures, in proportion of one-third soda to two-thirds cream of tartar, was formerly used to a great extent, but has been generally superseded by baking powder.

BAKING POWDER is composed of soda and cream of tartar in definite, correct proportions, mixed with small quantity of dry material (flour or corn-starch) to keep action from taking place. If found to contain alum or ammonia, it is impure. In using baking powder, allow two teaspoonfuls of baking powder to each cup of flour, when eggs are not used; to egg mixtures allow one and one-half teaspoonfuls of baking powder. When a recipe calls for soda and cream of tartar, in substituting baking powder, use double amount of cream of tartar given.

Soda and cream of tartar, or baking-powder mixtures, are made light by liberation of gas in mixture; the gas in soda is set free by the acid in cream of tartar; in order to accomplish this, moisture and heat are both required. As soon as moisture is added to baking-powder mixtures, the gas will begin to escape; hence the necessity of baking as soon as possible. If baking powder only is used for raising, put mixture to be cooked in a hot oven.

Fermented and unfermented breads are raised to be made light and porous, that they may be easily acted upon by the digestive ferments. Some mixtures are made light by heating sufficiently to enclose a large amount of air, and when baked in a hot oven, air is forced to expand.

AËRATED BREAD is made light by carbon dioxide forced into dough under pressure. The carbon dioxide is generated from sulphuric acid and lime. Aërated bread is of close texture, and has a flavor peculiar to itself. It is a product of the baker's skill, but has found little favor except in few localities.

#### Water Bread.

Two cups boiling water, one tablespoonful of butter, one tablespoonful of lard, one tablespoonful of sugar, one and a half teaspoonfuls of salt, one-quarter yeast cake dissolved in one-quarter cup lukewarm water, six cups sifted flour.

Put butter, lard, sugar, and salt in bread raiser, or large bowl without a lip; pour on boiling water; when lukewarm, add dissolved yeast cake and five cups of flour; then stir until thoroughly mixed, using a wooden spoon. Add remaining flour, mix, and turn on a floured board, leaving a clean bowl; knead until mixture is smooth, elastic to touch, and bubbles

may be seen under the surface. Some practice is required to knead quickly, but the motion once acquired will never be forgotten. Return to bowl, cover with a clean cloth kept for the purpose, and board or tin cover; let rise over night in temperature of 65° F. In morning cut down; this is accomplished by cutting through and turning over dough several times with a case knife, and checks fermentation for a short time; dough may be raised again, and re-cut down if it is not convenient to shape into loaves or biscuits after first cutting. When properly cared for, bread need never sour. Toss on board slightly floured, knead, shape into loaves or biscuits, place in greased pans, having pans nearly half full. Cover, let rise again to double its bulk, and bake in hot oven. Cottolene, coto suet, or beef drippings may be used for shortening, one-third less being required. Bread shortened with butter has a good flavor, but is not as white as when lard is used.

#### **Milk and Water Bread.**

One cup scalded milk, one cup of boiling water, one tablespoonful of lard, one tablespoonful of butter, one and a half teaspoonfuls of salt. One yeast cake dissolved in one-quarter cup lukewarm water, six cups sifted flour, or one cup white flour and enough entire wheat flour to knead.

Prepare and bake as water bread. When entire wheat flour is used add three tablespoonfuls molasses. Bread may be mixed, raised, and baked in five hours, by using one yeast cake. Bread made in this way has proved most satisfactory. It is usually mixed in the morning, and the cook is able to watch the dough while rising and keep it at uniform temperature. It is often desirable to place bowl containing dough in pan of water, keeping water at uniform temperature of from 95° to 100° F.

#### **Graham Bread.**

Two and a half cups of hot liquid (water, or milk and water), half cup molasses, one and a half teaspoonfuls of salt, one-quarter yeast cake dissolved in one-quarter cup lukewarm water, three cups flour, three cups Graham flour.

Prepare and bake as in first recipe. The bran remaining in sieve after sifting Graham flour should be discarded.

#### **Rye Bread.**

Two cups lukewarm water, one yeast cake, one-half tablespoonful of salt, one-half cup molasses, one cup rye flour, one cup granulated cornmeal, three cups of flour.

Dissolve yeast cake in water, add remaining ingredients, and mix thoroughly. Let rise, shape, let rise again and bake as in first recipe.

#### **Rolled Oats Bread.**

Two cups boiling water, one-half cup molasses, one-half tablespoonful of salt, one tablespoonful of butter, one-half yeast cake dissolved in one-half cup lukewarm water, one cup rolled oats, four and a half cups of flour.

Add boiling water to oats and let stand one hour; add molasses, salt, butter, dissolved yeast cake, and flour; let rise, beat thoroughly, turn into buttered bread-pans, let rise again, and bake. By using one-half cup less flour, the dough is better suited for biscuits, but, being soft, is difficult to handle. To make shaping of biscuits easy, take up mixture by spoonfuls, drop into plate of flour, and have palms of hands well covered with flour before attempting to shape.

#### **Rye Biscuits.**

One cup of boiling water, one cup rye flakes, two tablespoonfuls of butter, one-third cup molasses, one and a half teaspoonfuls of salt, one yeast cake dissolved in one cup of lukewarm water, flour.

Make same as rolled oats bread.

#### **Rye Bread.**

One cup scalded milk, one cup boiling water, one tablespoonful of lard, one tablespoonful of butter, one-third cup of brown sugar, one and a half teaspoonfuls of salt, one-quarter yeast cake dissolved in one-quarter cup lukewarm water, three cups of flour, rye meal.

To milk and water add lard, butter, sugar, and salt; when lukewarm, add dissolved yeast cake and flour, beat thoroughly, cover, and let rise until light. Add rye meal until dough is stiff enough to knead; knead thoroughly, let rise, shape in loaves, let rise again, and bake.

#### **Boston Brown Bread.**

One cup of rye meal, one cup granulated cornmeal, three-quarter teaspoonful of soda, one teaspoonful of salt, one cup of Graham flour, three-quarters cup of molasses, two cups sour milk, or one and three-quarter cups sweet milk or water.

Mix and sift dry ingredients, add molasses and milk, stir until well mixed, turn into a well-buttered mold, and steam three and one-half hours. The cover should be buttered before

being placed on mold, and then tied down with string; otherwise the bread, in rising, might force off cover. Mold should never be filled more than two-thirds full. A melon-mold or one pound baking-powder boxes make the most attractive-shaped loaves, but a five-pound lard pail answers the purpose. For steaming, place mold on a trivet in kettle containing boiling water, allowing water to come half-way up around mold, cover closely, and steam, adding, as needed, more boiling water.

#### **Bread Dumplings.**

Soak three thick slices of white bread in about a pint of broth, squeeze fairly dry, and beat up with a fork. Melt a tablespoonful of butter over the fire, add the bread, mix well, and season with pepper and salt to taste. When cool stir in two well-beaten eggs, a quarter of a grated nutmeg, and a little chopped parsley. Mix well, and then mold into small balls. Roll these lightly in flour, boil them lightly in broth for two minutes, and serve at once.

#### **Sweet French Rolls.**

One cup of milk, one yeast cake dissolved in one-quarter of a cup of lukewarm water, flour, one-quarter of a cup of sugar, one teaspoonful of salt, one egg, yolk of one egg, one-eighth of a teaspoonful of mace, one-quarter cup of melted butter.

Scald milk; when lukewarm, add dissolved yeast cake and one and one-half cup of flour; beat well, cover, and let rise until light. Add sugar, salt, eggs well beaten, mace, and butter, and enough more flour to knead; knead, let rise again, shape, and bake same as salad rolls, or roll in a long strip to one-fourth inch in thickness, spread with butter, roll up like jelly roll, and cut in one inch pieces. Place pieces in pan close together, flat side down. A few gratings from the rind of a lemon or one-half teaspoonful lemon extract may be substituted in place of mace.

#### **Luncheon Rolls.**

One-half cup of scalded milk, two tablespoonfuls of sugar, one-quarter of a teaspoonful of salt, one-half yeast cake dissolved in two tablespoonfuls of lukewarm water, two tablespoonfuls of melted butter, one egg, few gratings from rind of lemon, flour.

Add sugar and salt to milk; when lukewarm, add dissolved yeast cake and three-fourths cup of flour. Cover and let rise; then add butter, egg well beaten, grated rind of lemon, and enough flour to knead. Let rise again, roll to one-half inch

thickness, shape with small biscuit-cutter, place in buttered pan close together, let rise again, and bake.

#### French Rusks.

Two cups of scalded milk, one-quarter of a cup of butter, one-quarter of a cup of sugar, one teaspoonful of salt, one yeast cake dissolved in one-quarter of a cup of lukewarm water, flour, one egg, yolks of two eggs, whites of two eggs, three-quarters of a teaspoonful of vanilla.

Add butter, sugar, and salt to scalded milk; when lukewarm add dissolved yeast cake and three cups of flour. Cover and let rise; add egg and egg yolks well beaten, and enough flour to knead. Let rise, again, and shape as Parker House rolls. Before baking, make three parallel creases on top of each roll. When nearly done, brush over with whites of eggs beaten slightly, diluted with one tablespoonful of cold water and vanilla. Sprinkle with sugar.

#### Coffee Cakes.

One cup of scalded milk, one-quarter cup of yolks of eggs, one-half cup of whole eggs, two-thirds cup of butter, one-half cup of sugar, two yeast cakes, one-half of a teaspoonful of extract of lemon or two pounded cardamom seeds, four and two-thirds cups of flour.

Cool milk, when lukewarm, add yeast cakes, and when they are dissolved add remaining ingredients, and beat thoroughly with hand ten minutes; let rise six hours. Keep in ice-box over night; in morning turn on floured board, roll in long rectangular piece one-fourth inch thick; spread with softened butter, fold from sides toward center to make three layers. Cut off pieces three-fourths inch wide; cover and let rise. Take each piece separately in hands and twist from ends in opposite directions, coil and bring ends together at top of cake. Let rise in pans and bake twenty minutes in a moderate oven; cool and brush over with confectioners' sugar, moistened with boiling water to spread, and flavored with vanilla.

#### Coffee Rolls.

Two cups of milk, one and a half yeast cakes, butter, lard, sugar, flour, one egg, one-half teaspoonful of cinnamon, one teaspoonful of salt, melted butter, confectioners' sugar, vanilla.

Scald milk; when lukewarm add yeast cakes; and as soon as dissolved add three and one-half cups of flour. Beat thoroughly, cover, and let rise; then add butter, lard, sugar, egg

unbeaten, cinnamon, salt, and flour enough to knead. Knead until well mixed, cover, and let rise. Turn mixture on a floured cloth. Roll into a long, rectangular piece one-fourth inch thick. Brush over with melted butter, fold from ends toward center to make three layers and cut off pieces three-fourths inch wide. Cover and let rise. Take each piece separately in hands and twist from ends in opposite directions, then shape in a coil. Place in buttered pans, cover, again let rise, and bake in a moderate oven twenty minutes. Cool slightly, and brush over with confectioners' sugar moistened with boiling water and flavored with vanilla.

#### Dutch Apple Cake.

One cup of scalded milk, one-third cup of butter, one-third cup of sugar, one-third teaspoonful of salt, one yeast cake, two eggs, flour, melted butter, five sour apples, one-quarter cup of sugar, one-half teaspoonful of cinnamon, two tablespoonfuls of currants.

Mix first four ingredients. When lukewarm, add yeast cake, eggs unbeaten, and flour to make a soft dough. Cover, let rise, beat thoroughly and again let rise. Spread in a buttered dripping-pan as thinly as possible, and brush over with melted butter. Pare, cut in eights, and remove cores from apples.

Press sharp edges of apples into the dough in parallel rows lengthwise of pan. Sprinkle, with sugar mixed with cinnamon, and with currants. Cover, let rise, and bake in a moderate oven thirty minutes. Cut in squares and serve hot or cold with whipped cream sweetened and flavored.

#### Buns.

One cup of scalded milk, one-third cup of butter, one-third cup of sugar, one yeast cake dissolved in one-quarter cup lukewarm water, one-half teaspoonful of salt, one-half cup of raisins stoned and cut in quarters, one teaspoonful of lemon extract, flour.

Add one-half sugar and salt to milk; when lukewarm, add dissolved yeast cake and one and one-half cups of flour; cover, and let rise until light; add butter, remaining sugar, raisins, lemon, and flour to make a dough; let rise, shape like biscuits, let rise again, and bake. If wanted glazed, brush over with beaten egg before baking.

#### Hot Cross Buns.

One cup of scalded milk, one-quarter cup of sugar, two tablespoonfuls of butter, one-half teaspoonful of salt, one-half

yeast cake dissolved in one-quarter cup lukewarm water, three-quarters teaspoonful of cinnamon, three cups of flour, one egg, one-quarter cup of raisins stoned and quartered, or one-quarter cup currants.

Add butter, sugar, and salt to milk; when lukewarm, add dissolved yeast cake, cinnamon, flour, and egg well beaten; when thoroughly mixed, add raisins, cover, and let rise over night. In the morning, shape into buns, place in pan one inch apart, let rise, brush over with beaten egg, and bake twenty minutes; cool, and with ornamental frosting make a cross on top of each bun.

#### **Raised Muffins.**

One cup of scalded milk, one cup boiling water, two tablespoonfuls of butter, one-quarter cup of sugar, three-quarters teaspoonful of salt, one-quarter yeast cake, one egg, four cups flour.

Add butter, sugar, and salt to milk and water; when lukewarm, add yeast cake, and when dissolved, egg well beaten, and flour; beat thoroughly, cover, and let rise over night. In morning, fill buttered muffin rings two-thirds full; let rise until rings are full, and bake thirty minutes in hot oven.

#### **Grilled Muffins.**

Put buttered muffin rings on a hot greased griddle. Fill one-half full with raised muffin mixture, and cook slowly until well risen and browned underneath; turn muffins and rings and brown the other side. This is a convenient way of cooking muffins when oven is not in condition for baking.

#### **Raised Hominy Muffins.**

One cup of warm cooked hominy, one-quarter cup butter, one cup scalded milk, three tablespoonfuls of sugar, one-half teaspoonful salt, one-quarter yeast cake, one-quarter cup lukewarm water, three and a quarter cups flour.

Mix first five ingredients; when lukewarm add yeast cake, dissolved in lukewarm water and flour. Cover, and let rise over night. In the morning cut down, fill hot buttered gem pans two-thirds full, let rise one hour, and bake in a moderate oven. Unless cooked hominy is rather stiff more flour will be needed.

#### **Raised Rice Muffins.**

Make same as raised hominy muffins, substituting one cup of hot boiled rice in place of hominy, and adding the whites of two eggs beaten until stiff.



**Raised Oatmeal Muffins.**

Three-quarters cup of scalded milk, one-quarter cup of sugar, one-half teaspoonful of salt, one-quarter yeast cake dissolved in one-quarter cup lukewarm milk, one cup cold cooked oatmeal, two and a half cups flour.

Add sugar and salt to scalded milk; when lukewarm, add dissolved yeast cake. Work oatmeal into flour with tips of fingers, and add to first mixture, beat thoroughly, cover, and let rise over night. In morning, fill buttered iron gem pans two-thirds full, let rise on back of range that pan may gradually heat and mixture rise to fill pan. Bake in moderate oven twenty-five to thirty minutes.

**Health Food Muffins.**

One cup warm wheatmush, one-quarter cup brown sugar, one-half teaspoonful of salt, one tablespoonful of butter, one-quarter yeast cake, one-quarter cup lukewarm water, flour.

Mix first four ingredients, add yeast cake dissolved in lukewarm water, and flour to knead. Cover, and let rise over night. In the morning cut down, fill hot buttered gem pans two-thirds full and bake in a moderate oven. This mixture, when baked in a loaf, makes a delicious bread.

**Squash Biscuits.**

One-half cup squash (steamed and sifted) one-quarter cup sugar, one-half teaspoonful of salt, one-half cup scalded milk, one-quarter yeast cake dissolved in one-quarter cup lukewarm water, one-quarter cup butter, two and a half cups flour.

Add squash, sugar, salt and butter to milk; when lukewarm, add dissolved yeast cake and flour; cover, and let rise over night. In morning, shape into biscuits, let rise, and bake.

**Imperial Muffins.**

One cup scalded milk, one-quarter cup sugar, one-half teaspoonful of salt, one-third yeast cake dissolved in one-quarter cup lukewarm water, one and three-quarters cup flour, one cup cornmeal, one-quarter cup butter.

Add sugar and salt to milk; when lukewarm add dissolved yeast cake, and one and one-fourth cups flour. Cover, and let rise until light, then add cornmeal, remaining flour, and butter. Let rise over night; in the morning fill buttered muffin rings two-thirds full; let rise until rings are full and bake thirty minutes in hot oven.

**Water Toast.**

Dip slices of dry toast quickly in boiling salted water, allow-

ing one-half teaspoonful of salt to one cup boiling water. Spread slices with butter, and serve at once.

#### Milk Toast.

One pint scalded milk, two tablespoonfuls of butter, two and a half tablespoonfuls of bread flour, half teaspoonful of salt, cold water, six slices dry toast.

Add cold water gradually to flour to make a smooth, thin paste. Add to milk, stirring constantly until thickened, cover, and cook twenty minutes; then add salt and butter in small pieces. Dip slices of toast separately in sauce; when soft, remove to serving dish. Pour remaining sauce over all.

#### Tomato Cream Toast.

One and a half cups stewed and strained tomato, one-half cup scalded cream, one-quarter teaspoonful of soda, three tablespoonfuls of butter, three tablespoonfuls of flour, one-half teaspoonful of salt, six slices toast.

Put butter in saucepan; when melted and bubbling, add flour, mixed with salt, and stir in gradually tomato, to which soda has been added, then add cream. Dip slices of toast in sauce. Serve as soon as made.

#### German Toast.

Three eggs, one-half teaspoonful of salt, two tablespoonfuls of sugar, one cup milk, six slices stale bread.

Beat eggs slightly, add salt, sugar and milk; strain into a shallow dish. Soak bread in mixture until soft. Cook on a hot, well-greased griddle; brown on one side, turn and brown other side. Serve for breakfast or luncheon, or with a sauce for dessert.

#### Brewis.

Break stale bits or slices of brown and white bread in small pieces, allowing one and one-half cups brown bread to one-half cup white bread. Butter a hot frying-pan, put in bread, and cover with equal parts of milk and water. Cook until soft; add butter and salt to taste.

#### Bread for Garnishing.

Dry toast is often used for garnishing, cut in various shapes. Always shape before toasting. Cubes of bread, toast points, and small oblong pieces are most common. Cubes of stale bread, from which centers are removed, are fried in deep fat and called croustades; half-inch cubes, browned in butter, or fried in deep fat, are called croûtons.

**Cream Scones.**

Two cups of flour, four teaspoonfuls of baking powder, two teaspoonfuls of sugar, one-half teaspoonful of salt, four table-spoonfuls of butter, two eggs, one-third of a cup of cream.

Mix and sift together flour, baking powder, sugar and salt. Rub in butter with tips of fingers; add eggs well beaten, and cream. Toss on a floured board, pat, and roll to three-fourths inch in thickness. Cut in squares, brush with white of egg, sprinkle with sugar, and bake in a hot oven fifteen minutes.

**Baking-Powder Biscuit.**

Two cups of flour, four teaspoonfuls of baking powder, one teaspoonful of salt, one tablespoonful of lard, three-quarters of a cup of milk and water in equal parts, one tablespoonful of butter.

Mix dry ingredients, and sift twice. Work in butter and lard with tips of fingers; add gradually the liquid, mixing with knife to a soft dough. It is impossible to determine the exact amount of liquid, owing to differences in flour. Toss on a floured board, pat and roll lightly to one-half inch in thickness. Shape with a biscuit cutter. Place on buttered pan, and bake in hot oven twelve to fifteen minutes. If baked in too slow an oven, the gas will escape before it has done its work. Many obtain better results by using bread flour.

**Baking-Powder Biscuit. (Another Method.)**

Two cups of flour, four teaspoonfuls of baking-powder, two tablespoonfuls of butter, three-quarters of a cup of milk, one-half a teaspoonful of salt.

Mix and bake as for previous recipe.

**Emergency Biscuit.**

Use recipe for baking-powder biscuit (previous recipe), with the addition of more milk, that mixture may be dropped from spoon without spreading. Drop by spoonfuls on a buttered pan, one-half inch apart. Brush over with milk, and bake in hot oven eight minutes.

**Mountain Muffins.**

One-quarter cup of butter, one-quarter cup of sugar, one egg, one-quarter cup of milk, two cups of flour, three teaspoonfuls of baking powder.

Cream the butter; add sugar and egg well beaten; sift baking powder with flour, and add to the first mixture, alternating with milk. Bake in buttered tin gem pans twenty-five minutes.

**Rye Muffins.**

One and a quarter cups of rye meal, one and a quarter cups of flour, four teaspoonfuls of baking powder, one teaspoonful of salt, one-quarter cup of molasses, one and a quarter cups of milk, one egg, one tablespoonful of melted butter.

Mix and bake as Mountain muffins, adding molasses with milk.

**Rye Gems.**

One and two-thirds cups of rye flour, one and a third cups of flour, four teaspoonfuls of baking powder, one teaspoonful of salt, one-quarter cup of molasses, one and a quarter cups of milk, two eggs, three tablespoonfuls of melted butter.

Mix and sift dry ingredients, add molasses, milk, eggs well beaten, and butter. Bake in hot oven in buttered gem pans twenty-five minutes.

**Cornmeal Gems.**

One-half a cup of cornmeal, one cup of flour, three teaspoonfuls of baking powder, one tablespoonful of sugar, one tablespoonful of melted butter, one-half a teaspoonful of salt, three-quarters of a cup of milk, one egg.

Mix and bake as Mountain muffins.

**Hominy Gems.**

One-quarter cup of hominy, one-half a teaspoonful of salt, one-half a cup boiling water, one cup scalded milk, one cup cornmeal, three tablespoonfuls of sugar, three tablespoonfuls of butter, two eggs, three teaspoonfuls of baking powder.

Add hominy mixed with salt to boiling water and let stand until hominy absorbs water. Add scalded milk to cornmeal, then add sugar and butter. Combine mixtures, cool slightly, add yolks of eggs beaten until thick, and whites of eggs beaten until stiff. Sift in baking powder and beat thoroughly. Bake in hot buttered gem pans.

**Berkshire Muffins.**

One-half a cup of cornmeal, one-half cup of flour, one-half a cup of cooked rice, two tablespoonfuls of sugar, one-half a teaspoonful of salt, two-thirds cup of scalded milk (scant), one egg, one tablespoonful of melted butter, three teaspoonfuls of baking powder.

Turn scalded milk on meal, let stand five minutes; add rice and flour mixed, and stiffen with remaining dry ingredients. Add yolk of egg well beaten, butter, and white of egg beaten stiff and dry.

**Golden Corn Cake.**

One-quarter of a cup of cornmeal, one and a quarter cups of flour, one-quarter cup of sugar, five teaspoonfuls of baking powder, one-half a teaspoonful of salt, one cup of milk, one egg, one or two tablespoonfuls of melted butter.

Mix and sift dry ingredients; add milk, egg well beaten, and butter; bake in shallow buttered pan in hot oven twenty minutes.

**Corn Cake (Sweetened with Molasses).**

One cup of cornmeal, three-quarters of a cup of flour, three and a half teaspoonfuls of baking powder, one teaspoonful of salt, one-quarter cup of molasses, three-quarters of a cup of milk, one egg, one tablespoonful of melted butter.

Mix and bake as golden corn cake, adding molasses to milk.

**White Corn Cake.**

One-quarter cup of butter, one-half cup of sugar, one and one-third cups of milk, whites of three eggs, one and a quarter cups of white cornmeal, one and a quarter cups of flour, four teaspoonfuls of baking powder, one teaspoonful of salt.

Cream the butter; add sugar gradually; add milk, alternating with dry ingredients, mixed and sifted. Beat thoroughly; add whites of eggs beaten stiff. Bake in buttered cake pan thirty minutes.

**White Cornmeal Cake.**

One cup of scalded milk, one-half cup of white cornmeal, one teaspoonful of salt.

Add salt to cornmeal, and gradually pour on milk. Turn into a buttered shallow pan to the depth of one-fourth inch. Bake in a moderate oven until crisp. Split and spread with butter.

**Pop-overs.**

One cup of flour, one-quarter teaspoonful of salt, seven-eighths of a cup of milk, two eggs, one-half a teaspoonful of melted butter.

Mix salt and flour; add milk gradually, in order to obtain a smooth batter. Add egg beaten until light, and butter; beat two minutes—using Dover egg-beater—turn into hissing hot buttered iron gem pans, and bake thirty to thirty-five minutes in a hot oven. They may be baked in buttered earthen cups, when the bottom will have a glazed appearance. Small round iron gem pans are best for pop-overs.

**GRIDDLE CAKES.****Sour Milk Griddle Cakes.**

Two and a half cups of flour, one-half a teaspoonful of salt, two cups of sour milk, one and a quarter teaspoonfuls of soda, one egg.

Mix and sift flour, salt, and soda; add sour milk, and egg well beaten. Drop by spoonfuls on a greased hot griddle; cook on one side. When puffed, full of bubbles, and cooked on edges, turn, and cook other side. Serve with butter and maple syrup.

**Sweet Milk Griddle Cakes.**

Three cups of flour, one and a half tablespoonfuls of baking powder, one teaspoonful of salt, one-quarter of a cup of sugar, two cups of milk, one egg, two tablespoonfuls of melted butter.

Mix and sift dry ingredients; beat egg, add milk, and pour slowly on first mixture. Beat thoroughly, and add butter. Cook same as sour milk griddle-cakes. Begin cooking cakes at once or more baking powder will be required.

**Entire Wheat Griddle Cakes.**

One-half cup of entire wheat flour, one cup of flour, three teaspoonfuls of baking powder, one-half a teaspoonful of salt, three tablespoonfuls of sugar, one egg, one and a quarter cups of milk, one tablespoonful of melted butter.

Prepare and cook same as sweet milk griddle cakes.

**Corn Griddle Cakes.**

Two cups of flour, one-half cup of cornmeal, one and a half tablespoonfuls of baking powder, one and a half teaspoonfuls of salt, one-third cup of sugar, one and a half cups boiling water, one and a quarter cups of milk, one egg, two tablespoonfuls of melted butter.

Add meal to boiling water, and boil five minutes; turn into bowl, add milk, and remaining dry ingredients, mixed and sifted, then the egg well beaten, and butter. Cook same as other griddle cakes.

**Rice Griddle Cakes.**

Two and a half cups of flour, one-half cup cold cooked rice, one tablespoonful of baking powder, one-half teaspoonful of salt, one-quarter cup of sugar, one and a half cups of milk, one egg, two tablespoonfuls of melted butter.

Mix and sift dry ingredients. Work in rice with tips of

fingers; add egg well beaten, milk, and butter. Cook same as other griddle cakes.

#### **Rice Griddle Cakes. (Another Method.)**

One cup of milk, one cup of warm boiled rice, one-half teaspoonful of salt, yolks of two eggs, whites of two eggs, one tablespoonful of melted butter, seven-eighths cup of flour.

Pour milk over rice and salt, add yolks of eggs beaten until thick and lemon color, butter, flour and fold in whites of eggs beaten until stiff and dry.

#### **Bread Griddle Cakes.**

One and a half cups of fine stale breadcrumbs, one and a half cups of scalded milk, two tablespoonfuls of butter, two eggs, one-half cup of flour, one-half teaspoonful of salt, four teaspoonfuls of baking powder.

Add milk and butter to crumbs, and soak until crumbs are soft; add eggs well beaten, then flour, salt, and baking powder, mixed and sifted. Cook same as other griddle cakes.

#### **Soyer's Cake Without Flour.**

One pound ground sweet almonds, one-half pound of butter, one pound of sugar, ten yolks of eggs, three ounces of arrowroot fecule, ten whites of eggs. Flavor as to taste.

Mix up butter, sugar, almonds and yolks of eggs altogether with the flavor. Beat it up well, then mix up the arrowroot, then beat the whites of eggs very stiff. Mix up gently as for sponge cake. Have your mold well buttered. Pour the mixture in half the mold and bake it slowly in a paper bag, or otherwise. With this mixture you can cook it in small baking-sheets buttered in the same way. Lay the mixture about one inch thick and cook slowly. With this you can make any cake or dessert by cutting it in any shape you wish, and iced in any color you fancy and any flavor.

#### **Ginger Bread.**

One pound of flour, one pound of treacle, one-quarter pound of butter, one ounce of ginger, some candied peel, a few caraway seeds ground, a teaspoonful of soda. To be baked in a slow oven. Flour to be mixed in gradually, the butter and treacle to be milk-warm. The soda to be put in last. Let it stand half an hour to rise.

#### **Spice Cake.**

Place in an enameled saucepan a pint of golden syrup, one-half pound of fresh butter, the grated rind of one lemon,

half an ounce of allspice and powdered ginger, with a teaspoonful of mixed coriander and aniseed, and blend thoroughly over the fire, but do not let it get too hot. Now add sufficient flour to make a fairly thick dough, and let it stand for a time in a cool place. Blend with it two ounces each of chopped candied peel and cherries, with an ounce of currants, and roll out till an inch thick. Then cut into squares and bake in a brisk oven.

This is the cake that one sees everywhere at the fairs in country towns, cut into the shape of pigs, fish, etc., and ornamented with sugar piping.

#### Butter Cakes.

Mix two cupfuls of sugar with half a pound of melted butter, add seven beaten eggs, and blend with three pounds of flour and half a pint of milk. Thoroughly beat the whole, spread thinly on buttered pans or baking dishes and let it rise. When sufficiently risen, brush the surface with melted butter and sprinkle freely with sugar, grated cinnamon, and chopped almonds. Then bake until done.

Serve hot for luncheon or tea.

#### Wonders.

Beat a quarter of a pound of melted butter with the same quantity of sifted sugar until it forms a cream. Now blend with three whipped eggs, one pound of flour, and a little grated nutmeg. Mix thoroughly and set aside for a time. After it has risen, roll out lightly and cut into rounds. Two slits are next cut across the center of each cake and the side pieces twisted through each other without breaking them. Throw into boiling fat until done. Dust well with sugar before serving.

#### Cheese Wafers.

Blend half a pound of Gruyère or other mild cheese with the same quantity of butter until it is thoroughly smooth. Then add four beaten eggs, a little water, and sufficient flour to make a rather stiff paste. After well rolling, cut the paste into thin sticks about half an inch wide, and bake in a hot oven until well browned.

These wafers are usually eaten very hot with fruit or salad.

#### Brioches.

Mix a quarter of a pound of flour and a quarter of an ounce of German yeast with sufficient water to make a stiff paste. After well kneading form it into a ball and place it in a large



bowl of warm water near a fire. Now take another quarter of a pound of flour and mix thoroughly with the same weight of butter, a tablespoonful of water, a pinch of salt, and a spoonful of sugar. Beat the whole thoroughly and add gradually two eggs to the dough. Care must be taken that this dough is thoroughly light, and with this object the French housewife generally throws it on the table a few times.

Next take out of the water the ball of paste, place it on the top of the dough and roll both together several times. Let it now stand for two hours in a cool place to rise, and then bake it for three-quarters of an hour, glazing the top with a little egg. On turning out dust well with sugar.

This is an extremely dainty cake and is very popular throughout France, although it is rather troublesome to make.

#### **Grecian Easter Cakes.**

Thoroughly mix four ounces of butter with the same quantity of sugar, and blend with half a pound of flour, adding four beaten eggs, a cupful of milk, and an ounce and a half of yeast. After rising for two hours form into the shape of a triangle or a large fleur-de-lys—to symbolize the Trinity—cover thickly with sifted sugar and bake for an hour.

#### **Lemon Twists.**

Mix three ounces of flour with the yolks of five eggs and sufficient water to make a paste. Flavor with the juice and the grated rind of a lemon and a pinch of salt. After standing for half an hour roll the paste out very thin, cut it into strips, twist them into curls, and fry in boiling fat. Dust with castor sugar and serve very hot, with jam.

#### **Sparrow Cakes.**

Make a thick batter of flour, eggs, and milk, and flavor with a little salt. Beat thoroughly and then sprinkle it or pour it slowly through a colander into a pan of boiling fat so that the batter falls in separate drops. Cook for five minutes, then drain carefully from the fat, sprinkle with powdered sugar and serve.

Sparrow cakes are mainly used as a garnish with dessert. Another method is to cook them in water instead of oil, and then roll in finely-grated breadcrumbs and brown in the oven; but this does not give such a good result.

#### **Honey Cakes.**

Boil an ounce of sugar in two cupfuls of honey, and then

add a quarter of a pound of finely-chopped almonds. After simmering for another five minutes add half a pound of chopped candied peel, the grated rind of a lemon, a teaspoonful of powdered cinnamon, a pinch of powdered cloves, half a nutmeg grated, as much bicarbonate of soda as will stand on a shilling, and a tablespoonful of rum. Add enough flour to stiffen, and after thoroughly mixing cut the paste into pieces about three inches square, and roll out very thin. Bake in a slow oven, and when cool sprinkle well with sifted sugar.

#### Sponge Cake Tarts.

Take some sponge cakes, scoop out the centers, and roll them first in jam and then in chopped almonds or other nuts. In the hollow of each place a layer of whipped cream sweetened with sifted sugar, and on this lay half a stewed peach. Canned ones will serve the purpose.

These are eaten cold for dessert or at afternoon tea, and are quickly made in case of an unexpected demand.

#### Rum Rings.

Sift twelve ounces of the finest flour, and mix thoroughly with half a pound of butter and the crumbled yolks of four hard-boiled eggs. When well blended add a quarter of a pound of castor sugar and a liquor-glassful of Kirsch, or rum, with just enough milk to make the whole into a stiff dough, being particularly careful not to make this dough too moist. The dough should now be rolled out rather thin and cut into rings. Put these on a buttered plate or baking tin, brush the surface with a little sweetened milk, and sprinkle with grated almonds. Bake in a moderate oven until done. The time will vary with the thickness and size of the cakes. They should be kept two or three days in a tin before eating.

#### Rum Fingers.

Whisk three eggs with seven ounces of castor sugar until thoroughly creamed, and gradually add a small glass of rum and a little grated lemon peel. Now blend thoroughly with half a pound of fine flour and three ounces of butter (melted), and when the whole is worked up to a cream set it aside for ten or twelve hours. Then shape the cream into fingers and fry them in butter till lightly browned, after which great care must be taken to drain them thoroughly before they cool.

They are usually eaten cold, dusted over with sifted sugar.

#### Supper Cakes.

Mix sufficient flour with a pint of hot milk and a little yeast

to make a dough, and let it remain over night to rise. In the morning cream two eggs and a quarter of a pound of butter with a cupful of sifted sugar, and beat thoroughly into the dough, which should be again left for a while to rise. Now pour it into some pie plates, adding a little more flour if it appears too soft, and leave for a time in a warm place. Next brush the surface of each cake with some melted butter, and sprinkle thickly with powdered cinnamon and castor sugar mixed, and then bake in a hot oven.

These cakes are always cut into slices and eaten warm.

#### Afternoon Cakes.

Take three cupfuls of flour, and one cupful of milk, two ounces of butter, three eggs, a cupful of sugar, and the same quantity of minced raisins, currants, and citron in equal parts, and two tablespoonfuls of baking powder. Mix thoroughly, flavor with cinnamon, and bake in small buttered pans.

These cakes are usually eaten warm with chocolate.

#### Aniseed Cakes.

Beat four eggs for ten minutes with one pound of sifted sugar, and let stand for an hour, after which add a teaspoonful of hartshorn and a tablespoonful of essence of lemon. Mix with sufficient flour to make a fairly stiff paste. About two pounds will be needed. Divide this into two or more portions, according to the size of the cakes desired, and leave it aside over night. In the morning sprinkle the buttered cake-tins with aniseed before placing the dough in them. Bake in a brisk oven but watch that the cakes do not burn.

#### Buckwheat Cakes.

One-third cup of fine breadcrumbs, two cups of scalded milk, one-half teaspoonful of salt, one-quarter yeast cake, one-half cup of lukewarm water, one and three-quarter cups of buckwheat flour, one tablespoonful of molasses.

Pour milk over crumbs, and soak thirty minutes; add salt, yeast cake dissolved in lukewarm water, and buckwheat to make a batter thin enough to pour. Let rise over night; in the morning, stir well, add molasses, one-fourth teaspoonful of soda dissolved in one-fourth cup of lukewarm water, and cook same as griddle cakes. Save enough batter to raise another mixing, instead of using yeast cake; it will require one-half cup.

#### Waffles.

One and three-quarter cups of flour, three teaspoonfuls of

baking powder, one-half teaspoonful of salt, one cup of milk, yolks of two eggs, whites of two eggs, one tablespoonful of melted butter.

Mix and sift dry ingredients; add milk gradually, yolks of eggs well beaten, butter and whites of eggs beaten stiff; cook on a greased hot waffle-iron. Serve with maple syrup.

A waffle-iron should fit closely on range, be well heated on one side, turned, heated on other side, and thoroughly greased before iron is filled. In filling, put a tablespoonful of mixture in each compartment near center of iron, cover, and mixture will spread to just fill iron. If sufficiently heated, it should be turned almost as soon as filled and covered. In using a new iron, special care must be taken in greasing, or waffles will stick.

#### **Waffles with Boiled Cider.**

Follow directions for making waffles. Serve with boiled cider. Allow twice as much cider as sugar, and let boil until of a syrup consistency.

#### **Virginia Waffles.**

One and a half cups of boiling water, one-half cup of white cornmeal, one and a half cups of milk, three cups of flour, three tablespoonfuls of sugar, one and a quarter tablespoonfuls of baking powder, one and a half teaspoonfuls of salt, yolks of two eggs, whites of two eggs, two tablespoonfuls of melted butter.

Cook meal in boiling water twenty minutes; add milk, dry ingredients mixed and sifted, yolks of eggs well beaten, butter, and whites of eggs beaten stiff. Cook same as waffles.

#### **Raised Waffles.**

One and three-quarters cup of milk, one teaspoonful of salt, one tablespoonful of butter, one-quarter of yeast cake, one-quarter of a cup of lukewarm water, two cups of flour, yolks of two eggs, whites of two eggs.

Scald milk; add salt and butter, and when lukewarm, add yeast cake dissolved in water and flour. Beat well; let rise over night; add yolks of eggs well beaten, and whites of eggs beaten stiff. Cook same as waffles. By using a whole yeast cake the mixture will rise in one and one-half hours.

#### **Fried Drop Cakes.**

One and one-third cups of flour, two and one-half teaspoonfuls of baking powder, one-quarter of a teaspoonful of salt,

one-third of a cup of sugar, one-half cup of milk, one egg, one teaspoonful of melted butter.

Beat egg until light; add milk, dry ingredients mixed and sifted, and melted butter. Drop by spoonfuls in hot, new, deep fat; fry until light brown and cooked through, which must at first be determined by piercing with a skewer, or breaking apart. Remove with a skimmer, and drain on brown paper.

#### Rye Drop Cakes.

Two-thirds of a cup of rye meal, two-thirds of a cup of flour, two and one-half teaspoonfuls of baking powder, one-half teaspoonful of salt, two tablespoonfuls of molasses, one-half cup of milk, one egg.

Mix and sift dry ingredients; add milk gradually, molasses, and egg well beaten. Cook same as fried drop cakes.

#### Raised Doughnuts.

One cup of milk, one-quarter of yeast cake, one-quarter of a cup of lukewarm water, one teaspoonful of salt, one-third of a cup of butter and lard mixed, one cup of light brown sugar, two eggs, one-half a grated nutmeg, flour.

Scald and cool milk; when lukewarm, add yeast cake dissolved in water, salt, and flour enough to make a stiff batter; let rise over night. In morning, add shortening melted, sugar, eggs well beaten, nutmeg, and enough flour to make a stiff dough; let rise again, and if too soft to handle, add more flour. Toss on floured board, pat, and roll to three-fourths inch thickness. Shape with cutter and work between hands until round. Place on floured board, let rise one hour, turn, and let rise again; fry in deep fat, and drain on brown paper. Cool, and roll in powdered sugar.

#### Doughnuts.

One cup of sugar, two and a half tablespoonfuls of butter, three eggs, one cup of milk, four teaspoonfuls of baking powder, one-quarter of a teaspoonful of cinnamon, one-quarter of a teaspoonful of grated nutmeg, one and a half teaspoonful of salt, flour to roll.

Cream the butter, and add one-half of the sugar. Beat egg until light, add remaining sugar, and combine mixtures. Add three and one-half cups of flour, mixed and sifted with baking powder, salt, and spices; then enough more flour to make dough stiff enough to roll. Toss one-third of mixture on floured board, knead slightly, pat, and roll out to one-fourth inch thickness. Shape with a doughnut cutter, fry in deep

fat, take up on a skewer, and drain on brown paper. Add trimmings to one-half remaining mixture, roll, shape, and fry as before; repeat. Doughnuts should come quickly to top of fat, brown on one side, then be turned to brown on the other; avoid turning more than once. The fat must be kept at a uniform temperature. If too cold, doughnuts will absorb fat; if too hot, doughnuts will brown before sufficiently risen.

#### Doughnuts. (Another Method.)

Four cupfuls of flour, one and a half teaspoonfuls of salt, one and three-quarter teaspoonfuls of soda, one and three-quarter teaspoonfuls of cream of tartar, one-quarter of a teaspoonful of grated nutmeg, one-quarter of a teaspoonful of cinnamon, one-half tablespoonful of butter, one cup of sugar, one cup of sour milk, one egg.

Put flour in shallow pan, add salt, soda, cream of tartar, and spices. Work in butter with tips of fingers, add sugar, egg well beaten, and sour milk. Stir thoroughly and toss on board thickly dredged with flour; knead slightly, using more flour if necessary. Pat and roll out to one-fourth inch thickness, shape, fry, and drain. Sour milk doughnuts may be turned as soon as they come to top of fat, and frequently afterwards.

#### Doughnuts. (Another Method.)

Two cups of sugar, four eggs, one and one-third cups of sour milk, four tablespoonfuls of melted butter, two teaspoonfuls of soda, two teaspoonfuls of salt, two teaspoonfuls of baking powder, one teaspoonful of grated nutmeg. Flour.

Mix ingredients in order given; shape, fry, and drain as previously described.

#### Crullers.

One-quarter of a cup of butter, one cup of sugar, yolks of two eggs, whites of two eggs, four cups of flour, one-quarter teaspoonful of grated nutmeg, three and a half teaspoonfuls of baking powder, one cup of milk, powdered sugar and cinnamon.

Cream the butter, add sugar gradually, yolks of eggs well beaten, and whites of eggs beaten stiff. Mix flour, nutmeg and baking powder; add alternately with milk to first mixture, toss on floured board, roll thin, and cut in pieces three inches long by two inches wide; make four one-inch parallel gashes crosswise at equal intervals. Take up by running finger in and out of gashes, and lower into deep fat. Fry as described



VARIOUS CAKES AND CONFECTIONS.

GATEAU MOCHA.

GATEAU CHARTREUSE.

MERINGUE DE FRAISE À LA CHANTILLY.

GATEAU PISTACHE.

GATEAU VANILLE.





## CAKE FILLINGS, FROSTINGS AND ICINGS.

### To Make Cream Filling.

Take one and a half cups of sugar, one and a quarter cups of flour, a quarter of a teaspoonful of salt, four eggs, four cups of scalded milk, two teaspoonfuls of vanilla or one teaspoonful of lemon extract.

Mix the dry ingredients, add eggs slightly beaten, and pour on gradually the scalded milk. Cook fifteen minutes in double boiler, stirring constantly until thickened, afterwards occasionally. Cool and flavor.

### Chocolate Cream Filling.

Put one and a quarter squares of bakers' chocolate in a saucepan and melt over hot water. Add to above cream filling, using in making two cups of sugar in place of one and a half cups.

### Coffee Cream Filling.

Flavor cream filling with one and one-half tablespoonfuls of coffee extract.

### French Cream Filling.

One and one-half cups of thick cream, one-half cup of milk, one-half cup powdered sugar, whites of two eggs, one teaspoonful of vanilla.

Dilute cream with milk and beat until stiff, using Dover egg-beater. Add sugar, white of egg beaten until stiff, and vanilla.

### Strawberry Filling.

Two cups of thick cream, one cup of sugar, whites of two eggs, one cup of strawberries, one teaspoonful of vanilla.

Beat cream until stiff—Dover egg-beater—add sugar, whites of eggs beaten until stiff, strawberries mashed, and vanilla.

### Lemon Filling.

Two cups of sugar, five tablespoonfuls of flour, the grated rind of four lemons, one-half cup lemon juice, two eggs, two teaspoonfuls of butter.

Mix sugar and flour, add grated rind, lemon juice, and egg

slightly beaten. Put butter in saucepan; when melted, add mixture, and stir constantly until boiling-point is reached. Care must be taken that mixture does not adhere to bottom of saucepan. Cool before spreading.

#### Orange Filling.

One cup of sugar, five tablespoonfuls of flour, grated rind of one orange, one-half cup orange juice, one tablespoonful of lemon juice, two eggs slightly beaten, two teaspoonfuls of butter.

Mix ingredients in order given. Cook ten minutes in double boiler, stirring constantly. Cool before spreading.

#### Chocolate Filling.

Five squares of chocolate, two cups of powdered sugar, six tablespoonfuls of milk, yolks of two eggs, one teaspoonful of vanilla.

Melt chocolate over hot water, add one-half the sugar and milk; add remaining sugar, and yolk of egg; then cook in double boiler until it thickens, stirring constantly at first, that mixture may be perfectly smooth. Cool slightly, flavor, and spread.

#### Nut or Fruit Filling.

To white mountain cream add chopped walnuts, almonds, figs, dates, or raisins, separately or in combination.

#### Cocoanut Filling.

Whites of four eggs, fresh grated cocoanut, powdered sugar.

Beat whites of eggs on a platter with a fork until stiff. Add enough powdered sugar to spread. Spread over cake, sprinkle thickly with cocoanut. Use for layer cake, having filling between and on top.

#### Lemon Cocoanut Cream.

Juice and grated rind of two lemons, two cups of powdered sugar, yolks of four eggs, two cups of shredded cocoanut.

Mix lemon juice and rind with sugar and yolks of eggs slightly beaten; cook ten minutes in double boiler, stirring constantly; then add cocoanut. Cool, and use as a filling for corn-starch cake, or any cake made from the whites of eggs.

#### Fig Filling.

One pound of figs, finely chopped, one cup sugar, one cup of boiling water, two tablespoonfuls of lemon juice.

Mix ingredients in the order given and cook in double boiler until thick enough to spread. Spread while hot. Figs may be

chopped quickly by forcing through a meat chopper, stirring occasionally.

#### **Marshmallow Paste.**

One and a half cups of sugar, one-half cup of milk, half-pound marshmallows, four tablespoonfuls of hot water, one teaspoonful of vanilla.

Put sugar and milk in a saucepan, heat slowly to boiling-point without stirring, and boil six minutes. Break marshmallows in pieces and melt in double boiler, add hot water, and cook until mixture is smooth, then add hot syrup gradually, stirring constantly. Beat until cool enough to spread, then add vanilla. This may be used for both filling and frosting.

#### **Pistachio Paste.**

To marshmallow paste add a few drops extract of almond, one-third cup of pistachio nuts blanched and chopped, and leaf green to color. Use same as marshmallow paste.

#### **Prune Almond Filling.**

To white mountain cream add one cup of selected prunes, stoned and cut in pieces, and one-third cup of almonds blanched and chopped.

#### **Confectioners' Frosting.**

Four tablespoonfuls boiling water, one cupful of cream, confectioners' sugar, flavoring.

To liquid add enough sifted sugar to make of right consistency to spread; then add flavoring. Fresh fruit juice may be used in place of boiling water. This is a most satisfactory frosting, and is both easily and quickly made.

#### **Orange Frosting.**

Grated rind of two oranges, two teaspoonfuls of brandy, one teaspoonful of lemon juice, two tablespoonfuls of orange juice, yolks of two eggs, confectioners' sugar.

Add rind to brandy and fruit juices; let stand fifteen minutes. Strain, and add gradually to yolk of egg slightly beaten. Stir in confectioners' sugar until of right consistency to spread.

#### **Gelatine Frosting.**

Five tablespoonfuls of boiling water, one teaspoonful of granulated gelatine, one teaspoonful of vanilla, one and a half cups of confectioners' sugar.

Dissolve gelatine in boiling water. Add sugar and flavoring

and beat until of right consistency to spread. Crease in squares when slightly hardened.

#### **Plain Frosting.**

Whites of two eggs, four teaspoonfuls of cold water, one and a half cups of confectioners' sugar, one teaspoonful of vanilla or one tablespoonful of lemon juice.

Beat whites of eggs until stiff; add water and sugar. Beat thoroughly, then add flavoring. Use more sugar if needed. Spread with a broad-bladed knife.

#### **Chocolate Frosting (I).**

Three squares of chocolate, one cup of scalded cream, few grains salt, yolks of two eggs, one teaspoonful of melted butter, confectioners' sugar, one teaspoonful of vanilla.

Melt chocolate over hot water, add cream gradually, salt, yolks of eggs, and butter. Stir in confectioners' sugar until of right consistency to spread; then add flavoring.

#### **Chocolate Frosting (II).**

Three and a half cups of sugar, one and a half cups of hot water, eight squares of chocolate, melted, one teaspoonful of vanilla.

Boil sugar and water, without stirring, until syrup will thread when dropped from tip of spoon. Pour syrup gradually on melted chocolate, and continue beating until of right consistency to spread; then add flavoring.

#### **Chocolate Frosting (III).**

Four squares of chocolate, two teaspoonfuls of butter, six tablespoonfuls of hot water, confectioners' sugar, half a teaspoonful of vanilla.

Melt chocolate over boiling water, add butter and hot water. Cool, and add sugar to make of right consistency to spread. Flavor with vanilla.

#### **White Mountain Cream.**

Two cups of sugar, two cups of boiling water, six whites of eggs, two teaspoonfuls of vanilla or one tablespoonful of lemon juice.

Put sugar and water in saucepan, and stir to prevent sugar from adhering to saucepan; heat gradually to boiling-point and boil without stirring until syrup will thread when dropped from tip of spoon or tines of silver fork. Pour syrup gradually on beaten white of egg, beating mixture constantly, and continue beating until of right consistency to spread; then add

flavoring and pour over cake, spreading evenly with back of spoon. Crease as soon as firm. If not beaten long enough, frosting will run; if beaten too long, it will not be smooth. Frosting beaten too long may be improved by adding a few drops of lemon juice or boiling water. This frosting is soft inside, and has a glossy surface. If frosting is to be ornamented with nuts or candied cherries, place them on frosting as soon as spread.

#### **Ice Cream Frosting.**

Four cups of sugar, twelve tablespoonfuls of water, whites of four eggs, one teaspoonful of vanilla.

Follow directions for white mountain cream.

#### **Boiled Frosting.**

Two cups of sugar, one cup of water, whites of four eggs, two teaspoonfuls of vanilla, or one tablespoonful of lemon juice.

Make same as white mountain cream. This frosting, on account of the larger quantity of egg, does not stiffen so quickly as white mountain cream, therefore is more successfully made by the inexperienced.

#### **Boiled Chocolate Frosting.**

To white mountain cream or boiled frosting add one and one-half squares of melted chocolate as soon as syrup is added to whites of eggs.

#### **Brown Frosting.**

Make same as boiled frosting, using brown sugar in place of white sugar.

#### **Maple Sugar Frosting.**

Two pounds of soft maple sugar, one cup boiling water, whites of four eggs.

Break sugar in small pieces, put in saucepan with boiling water, and stir occasionally until sugar is dissolved. Boil without stirring until syrup will thread when dropped from tip of spoon. Pour syrup gradually on beaten whites, beating mixture constantly and continue beating until of right consistency to spread.

#### **Cream Maple Sugar Frosting.**

Two pounds of soft maple sugar, two cups of cream.

Break sugar in small pieces, put in saucepan with cream, and stir occasionally until sugar is dissolved. Boil without

stirring until a ball can be formed when mixture is tried in cold water. Beat until of right consistency to spread.

#### **Milk Frosting.**

Three cups of sugar, one cup of milk, two teaspoonfuls of butter, one teaspoonful of vanilla.

Put butter in saucepan; when melted, add sugar and milk. Stir, to be sure that sugar does not adhere to saucepan, heat to boiling-point, and boil without stirring thirteen minutes. Remove from fire, and beat until of right consistency to spread; then add flavoring and pour over cake, spreading evenly with back of spoon. Crease as soon as firm.

#### **Caramel Frosting (I).**

Make same as milk frosting, adding one and one-half squares of melted chocolate as soon as boiling-point is reached, and flavoring with one-eighth teaspoonful of cinnamon.

#### **Caramel Frosting (II).**

One-third cup of sugar, two-thirds cup of grated maple sugar, one cup of butter, two-thirds cup of cream.

Mix ingredients and boil thirteen minutes. Beat until of right consistency to spread.

#### **Nut Caramel Frosting.**

Two and a half cups of brown sugar, two teaspoonfuls of vanilla, half a cup of white sugar, whites of four eggs, half a cup of English walnut meats, broken in pieces.

Boil sugar and water as for white mountain cream. Pour gradually, while beating constantly, on beaten whites of eggs, and continue the beating until mixture is nearly cooked. Set pan containing mixture in pan of boiling water, and cook over range, stirring constantly, until mixture becomes granular around edge of pan. Remove from pan of hot water and beat, using a spoon, until mixture will hold its shape. Add nuts and vanilla, pour on cake, and spread with back of spoon, leaving a rough surface.

#### **Opera Caramel Frosting.**

Three cups of brown sugar, one and a half cups of thin cream, one tablespoonful of butter.

Boil ingredients together in a smooth granite saucepan until a ball can be formed, when mixture is tried in cold water. It takes about forty minutes for boiling. Beat until of right consistency to spread.

**Chocolate Fudge Frosting.**

Three tablespoonfuls of butter, one cup of unsweetened powdered cocoa, two and a half cups of confectioners' sugar, few grains of salt, half cup of milk, one teaspoonful of vanilla.

Melt butter, add cocoa, sugar, salt and milk. Heat to boiling-point, and boil about eight minutes. Remove from fire and beat until creamy. Add vanilla and pour over cake.

**Mocha Frosting.**

One cup of butter, three cups of confectioners' sugar, two tablespoonfuls of breakfast cocoa, coffee infusion.

Cream butter, and add sugar gradually, continuing the beating; then add cocoa and coffee infusion, drop by drop, until of right consistency to spread, or force through a pastry bag and tube.

**Fondant Icing.**

The mixture in which small cakes are dipped for icing is fondant, the recipe for which may be found in chapter on Confections. Cakes for dipping must first be glazed.

To GLAZE CAKES.—Beat white of one egg slightly and add one tablespoonful of powdered sugar. Apply with a brush to top and sides of cakes. After glazing, cakes should stand overnight before dipping.

To DIP CAKES.—Melt fondant over hot water, and color and flavor as desired. Stir, to prevent crust from forming on top. Take cake to be dipped on a three-tined fork and lower in fondant three-fourths the depth of cake. Remove from fondant, invert, and slip from fork to a board. Decorate with ornamented frosting and nut meat, candied cherries, angelica, or candied violets. For small ornamented cakes, pound cake mixture is baked a little more than one inch thick in shallow pans, and when cool cut in squares, diamonds, triangles, circles, crescents, etc.

**Marshmallow Frosting**

Melt one cup white fondant, add the white of one egg beaten until stiff, and stir over the fire two minutes. Remove from range, and beat until of right consistency to spread. Flavor with one-fourth teaspoonful of water and vanilla. This is a most delicious frosting for chocolate cake, but will never spread perfectly smooth.

**Ornamental Frosting.**

Four cups of sugar, two cups of water, whites of six eggs, half teaspoonful of tartaric acid.

Boil sugar and water until syrup when dropped from tip of spoon forms a long thread. Pour syrup gradually on beaten whites of egg, beating constantly; then add acid and continue beating. When stiff enough to spread, put a thin coating over cake. Beat remaining frosting until cold and stiff enough to keep in shape after being forced through a pastry tube. After first coating on cake has hardened, cover with a thicker layer, and crease for cutting. If frosting is too stiff to spread smoothly, thin with a few drops of water. With a pastry bag and variety of tubes, cake may be ornamented as desired.

#### **Ornamental Frosting. (Another Method.)**

Whites of six eggs, two tablespoonfuls of lemon juice, confectioners' sugar, sifted.

Put eggs in a large bowl, add two tablespoonfuls of sugar, and beat three minutes, using a perforated wooden spoon. Repeat until one and one-half cups of sugar are used. Add lemon juice gradually, as mixture thickens. Continue adding sugar by spoonfuls, and beating until frosting is stiff enough to spread. This may be determined by taking up some of mixture on back of spoon, and with a case knife making a cut through mixture; if knife makes a clean cut and frosting remains parted, it is of right consistency. Spread cake thinly with frosting; when this has hardened, put on a thicker layer, having mixture somewhat stiffer than first coating, and then crease for cutting. To remaining frosting add enough more sugar, that frosting may keep in shape after being forced through a pastry bag and tube.

With a pastry bag and variety of tubes, cake may be ornamented as desired.

#### **Almond Paste.**

**INGREDIENTS.**—Eight ounces of ground almonds, twelve ounces of loaf sugar, two whites of eggs, lemon juice.

**METHOD.**—Put the sugar, with two tablespoonfuls of water and two teaspoonfuls of lemon juice into a stewpan, bring to the boil, skim well, and boil to the "ball degree" (237° Fahr.). Pour the syrup on to the ground almonds, add about one white of egg, mix well together, and use as required.

#### **Chocolate Icing.**

**INGREDIENTS.**—Six ounces of chocolate, one pound of icing sugar, one gill of water.

**METHOD.**—Break the chocolate into small pieces, put them into a small stewpan with the water, and stir by the side of



the fire until dissolved. Add the icing sugar, stir until well mixed and smooth, then use as required.

#### Coffee Butter.

INGREDIENTS.—One-half pound of fresh butter, one-half pound of castor sugar, two yolks of eggs, coffee essence.

METHOD.—Cream the sugar and yolks of eggs for about ten minutes, add coffee essence to taste, and the softened butter gradually. Work until thoroughly mixed and smooth, let it remain on ice until firm, stir again, then use for decorating, by means of a paper cornet, or bag and forcer.

#### Coffee Icing.

INGREDIENTS.—Two pounds of icing sugar or fine castor sugar, two gills of cold water, two dessertspoonfuls of coffee essence.

METHOD.—Put the sugar and water into a stewpan, stir by the side of the fire until it reaches boiling-point, and simmer for four or five minutes. Pour the syrup into a bowl, add the coffee essence, and stir until the icing becomes less transparent as it cools. If used before it reaches this point it will have a dull appearance.

#### Transparent Icing.

INGREDIENTS.—Two pounds of loaf sugar, one gill of warm water.

METHOD.—Put the sugar and water into a sugar boiler or stewpan, let it dissolve, then bring to the boil and simmer for about five minutes, or until a thick syrup is formed (230° Fahr. on a saccharometer). Pour into a bowl, stir until almost cold and setting, then use as required.

#### Confectioners' Custard.

INGREDIENTS.—Eight yolks of eggs, three pints of milk, eight ounces of castor sugar, one ounce of cornstarch, six sheets of French gelatine, flavoring essence.

METHOD.—Mix the cornstarch smoothly with a little milk, boil the remainder, add the sugar and blended cornstarch, boil for two minutes, then pour over the beaten yolks of eggs, stirring meanwhile. Return to the stewpan, and stir by the side of the fire until the mixture thickens, then add the gelatine, previously dissolved in two tablespoonfuls of water, and the flavoring essence, and use as required.

#### Frangipan Cream.

INGREDIENTS.—One pound of fine sifted flour, half a pound

of castor sugar, four ounces of butter, eight eggs, two pints of milk, flavoring essence.

METHOD.—Put eight yolks and four whites of eggs, the flour, sugar and two little pinches of salt into a small stewpan, stir and cook by the side of the fire until well mixed, then add the milk gradually. When perfectly smooth, stir in the butter, cook gently for about ten minutes, then turn into a bowl, flavor to taste, and when cool use as required for filling tartlets, etc.

## DISHES MADE WITH CEREALS.

TABLE FOR COOKING CEREALS.

Kind.	Quantity.	Water.	Time.
Steam-cooked and rolled oats . . .	1 cup	1½ cups	30 minutes
Rolled Avena . . .			
Quaker rolled Oats, H-O, Old Grist Mill . . . . .	1 cup	1½ cups	20 minutes
Rolled oats . . .			
Steam-cooked and rolled wheats . . .	1 cup	2½-3½ cups (according to age of rice)	45-60 minutes
Old Grist Mill . . .			
Rye flakes . . . . .	1 cup	3½ cups	3 hours
Pettijohn's, etc. . .			
Rice (steamed) . . .	1 cup	4½ cups	30 minutes
Indian meal . . . . .	1 cup	3½ cups	30 minutes
Vitos . . . . .			
Wheatlet . . . . .	1 cup	4 cups	3 hours
Wheatena . . . . .			
Wheat germ . . . . .	1 cup	4 cups	1 hour
Toasted wheat . . .			
Oatmeal (coarse) . .	1 cup	4 cups	
Hominy (fine) . . .	1 cup	4 cups	

## Oatmeal Mush with Apples.

Core apples, leaving large cavities; pare, and cook until soft in syrup made by boiling sugar and water together, allowing one cup of sugar to one and one-half cups water. Fill cavities with oatmeal mush; serve with sugar and cream. The syrup should be saved and re-used. Berries, sliced bananas, or sliced peaches, are acceptably served with any breakfast cereal.

## Cereal with Fruit.

Three-quarters cup of wheat germ, three-quarters cup cold

water, two cups of boiling water, one teaspoonful of salt, half a pound of dates, stoned and cut in pieces.

Mix cereal, salt and cold water; add to boiling water placed in front of range. Boil five minutes, steam in double boiler thirty minutes, stir in dates, and serve with cream. Serve for breakfast, or as a simple dessert.

#### **Fried Cornmeal Mush, or Fried Hominy.**

Pack cornmeal or hominy mush in greased, one pound baking-powder boxes, or small bread-pan, cool, and cover. Cut in thin slices, and sauté; cook slowly, if preferred crisp and dry. Where mushes are cooked to fry, use less water in steaming.

#### **Macaroni Pie (Hot).**

Have ready some cooked macaroni, and place a layer of it in a greased pie-dish. Then add a layer of cooked tomato purée, and then one of savory rice, adding pepper and salt, and moistening well with milk or stock, and one ounce of oiled butter. Cover with pastry or with mashed potato, and bake until the pastry is cooked or the potato browned. Grated cheese may be added, or slices of hard-boiled eggs.

#### **Baked Tomatoes and Macaroni.**

Cut four or five tomatoes of equal size into halves, and place them in a baking tin with a small piece of butter on each, and dust them with black pepper and nutmeg. Bake from fifteen to twenty minutes. Have ready six ounces of macaroni, boiled and hot, place this in a circle on a hot dish, arrange the tomatoes inside this, and pour over the macaroni a rich cheese sauce. Serve very hot.

#### **Macaroni with Tomatoes.**

Remove the stalks of the tomatoes, cut each one into four pieces, then put them into a stewpan with a little water, a bay-leaf, and a sprig of basil, and season with pepper and salt to taste; now boil till thoroughly done, and turn out on to a hair sieve, allowing them to stand for a minute or so in order that all the water may drain off, which throw away; then pass the tomatoes through a sieve with a wooden spoon, beat up the pulp well with a good lump of butter, then dress previously boiled macaroni with this and plenty of grated Parmesan or any good strongly-flavored cheese which will grate well.

#### **Macaroni Cutlets.**

Four ounces of macaroni, four ounces of grated cheese, one ounce of butter, half ounce of flour, half a pint of milk, one

teaspoonful of French mustard, breadcrumbs, one egg, cayenne and salt. Boil the macaroni, and cut it into pieces of half an inch in length. Melt the butter in a stewpan, add the flour gradually, stirring until there are no lumps, add the milk, and stir over the fire until the sauce thickens. Mix the macaroni, cheese, mustard, pinch of cayenne, and salt to taste, with the sauce, then turn out on to a plate, and leave until cold. Now shape into cutlets or small rolls, roll in breadcrumbs, then dip in beaten egg, and again into the crumbs. Fry the cutlets in boiling fat until they are a golden brown color, and serve with a garnish of fried parsley. If the mixture is formed into cutlet shape, place a small piece of raw macaroni at the thin end to represent bone.

#### **Buttered Macaroni.**

Boil two ounces of macaroni and drain it well. Put two ounces of butter into a thoroughly warmed pie-dish; put the macaroni on top of this, and mix it all together, at the same time add freshly-grated cheese and a few dried breadcrumbs. Place in the oven and cook until a golden brown, and serve in the dish in which it is cooked.

#### **Macaroni à la Napolitaine.**

Boil three ounces of macaroni in the manner previously described, and after it has been returned to the dry pan, stir into it two ounces of Parmesan cheese, finely grated, and one ounce of butter. The cheese should be stirred in half at a time, and well shaken amongst the macaroni. Season with black pepper and salt, and serve at once very hot.

#### **Macaroni and Spaghetti (to Boil).**

Macaroni or spaghetti should be boiled in the same way as rice, namely thrown into boiling salted water, and should never, under any circumstances, be soaked or placed in cold water previously. They should be tested occasionally with a fork, and when tender, a teacupful of cold water should be thrown into the pan to stop the boiling; the pan should then be lifted from the fire, the macaroni or spaghetti drained of all liquid, and returned to the hot dry pan, and kept hot until wanted. Boiling takes from twenty to thirty minutes. The following dishes can be made of either preparation:

#### **Boiled Macaroni.**

Three-quarters cup of macaroni broken in inch pieces, half cup of cream, two quarts of boiling water, one tablespoonful of salt.

Cook macaroni in boiling salted water twenty minutes or until soft, drain in strainer, pour over it cold water to prevent pieces from adhering; add cream, re-heat, and season with salt.

#### **Macaroni with White Sauce.**

Three-quarters cup of macaroni broken in inch pieces, two quarts of boiling water, one tablespoonful of salt, one and a half cups of white sauce.

Cook as for boiled macaroni and re-heat in white sauce.

To MAKE WHITE SAUCE.—Melt two tablespoonfuls of butter, add two tablespoonfuls flour with one-half teaspoonful of salt, and pour on slowly one and one-half cups of scalded milk.

#### **Baked Macaroni.**

Put macaroni with white sauce in buttered baking-dish, cover with buttered crumbs, and bake until crumbs are brown.

#### **Baked Macaroni with Cheese.**

Put a layer of boiled macaroni in buttered baking-dish, sprinkle with grated cheese; repeat until dish is nearly full; pour over white sauce, cover with buttered crumbs, and bake until crumbs are brown.

#### **Macaroni with Tomato Sauce.**

Re-heat boiled macaroni in one and one-half cups of tomato sauce, sprinkle with grated cheese, and serve; or prepare as baked macaroni, using tomato in place of white sauce.

#### **Macaroni à l'Italienne.**

Three-quarters cup of macaroni, two quarts of boiling salted water, one-half onion, two cloves, one and a half cups tomato sauce, one-half cup grated cheese, two tablespoonfuls of wine, one-half tablespoonful of butter.

Cook macaroni in boiling salted water, with butter, and onion stuck with cloves; drain, remove, re-heat in tomato sauce, add cheese and wine.

#### **Macaroni Italian Style. (Another Method.)**

One cup of macaroni, two tablespoonfuls of butter, two tablespoonfuls of flour, one and a half cups of scalded milk, two-thirds cup of grated cheese, salt and paprika, one-quarter cup of finely-chopped cold boiled ham.

Break macaroni in one-inch pieces and cook in boiling salted water, drain, and re-heat in sauce made of butter, flour and milk, to which is added cheese. As soon as cheese is melted,

season with salt and paprika, and turn on to a serving dish. Sprinkle with ham and garnish with parsley.

#### **Pontifical Macaroni.**

Take half a pound of any kind of macaroni or spaghetti and boil for fifteen minutes. After draining, line a well-buttered mold with macaroni and fill in the center with a mixture of sliced chicken and ham, chopped liver, small button mushrooms, hard-boiled eggs sliced, breadcrumbs previously moistened with a little milk, herbs and seasoning to taste. Pour over the whole a cupful of good chicken broth, and bake for three-quarters of an hour. Turn out on a dish and serve with any sauce that is liked.

#### **To Boil Rice.**

Wash the rice in several waters, rubbing it well between the hands to remove all dirt. Place the rice in a pan of fast-boiling water, and be careful to choose one large enough for it, remembering that rice swells considerably in the cooking process. One to one and a half ounces of rice should be cooked in a quart pan, which should be three parts full of water, and have half a teaspoonful of salt and a few drops of lemon juice in it, the latter to preserve the whiteness of the rice. Stir occasionally. Boil the rice from ten to fifteen minutes, testing it by pressing it between the finger and thumb. When the grains feel soft, remove the saucepan from the fire at once and drain off the water; return the rice to the pan and set it on the corner of the stove to dry, shaking it occasionally. Some grains of rice will always stick to the pan, and to remove these put a small pat of butter in the pan, and as this melts the grains will fall away. The rice will take about ten minutes to dry, and should never be served until the moisture has been got rid of and the grains separated. Carolina rice swells more than Patna, and so requires rather more water than the latter. If the rice is boiled too slowly, or for too long a time, the result will be a sticky mass. A good plan is to pour in a pint of cold water when the rice is sufficiently cooked. This stops the boiling at once, and helps to separate the grains; if put close to the stove when the rice is first put into the pan, the cook will be able to throw it into the pan the moment the rice is tender. If the rice is to be served in place of a vegetable, it should only be partly cooked, and water all drained off, and then half a pint to one pint of stock put into the pan. This should be simmered until quite cooked, and then be drained and served.

**Plain Rice Pudding.**

No eggs or milk required. Put on the fire twelve pints of water in a saucepan, add to it, when boiling, one pound of rice (previously washed), or sixteen tablespoonfuls (one tablespoonful equal to an ounce), four ounces of brown sugar (or four tablespoonfuls), one large teaspoonful of salt, the rind of a lemon thinly peeled; boil gently for half an hour, strain the water from the rice, keeping the rice rather dry. The rice water is then ready for drinking either warm or cold; the juice of a lemon is then introduced to make it more palatable and refreshing. Add to the rice three ounces of sugar, four tablespoonfuls of flour, and half a teaspoonful of powdered cinnamon; stir on the fire carefully for five or six minutes, put it in a tin or pie-dish and bake. By boiling for a quarter of an hour longer the rice will be very good without baking. This will produce five pounds of pudding, and six pints of most wholesome beverage. The lemon and cinnamon may be omitted if not liked.

**Savory Rice Pudding. (Hot.)**

Boil three ounces of rice in half a pint of milk, season with pepper and salt; butter a pie-dish, lay in a layer of rice, sprinkle this with one ounce of grated cheese, add the rest of the rice, sprinkle with another ounce of cheese, dot some small pieces of butter all over the top; bake in a quick oven till nicely browned on the top.

**Rice and Chicken Andalusien.**

Mix together one and a half pounds of cooked chicken cut into dice, half a pound of boiled rice, onion, parsley, and seasoning to taste. A clove of garlic may be added or omitted according to taste. Mix it with half a pint of warm olive oil or melted butter, and cook in a covered earthenware pot in the oven, or in an enameled saucepan, for three-quarters of an hour. Stir thoroughly and turn out on a dish. The surface may be browned with a salamander or in a quick oven. Squeeze the juice of a lemon over the dish before serving.

**Carmelite Rice.**

Cook half a pound of rice in salted water until quite tender. Let it drain and dry. Now add the flaked meat of a cured haddock (which has previously been well soaked), half an ounce of butter, and herbs, pepper and salt to taste. Mix thoroughly with the rice and place in a baking-dish covered with three hard-boiled eggs finely chopped. Pour over this



half a cupful of fish stock — which can be made from the bones and refuse part of any kind of fish — and grate breadcrumbs freely over the whole. Bake for half an hour, and garnish with parsley before serving.

#### **Boiled Rice.**

One cup of rice, two quarts of boiling water, and one tablespoonful of salt.

Pick over rice; add slowly to boiling, salted water, so as not to check boiling of water. Boil thirty minutes, or until soft, which may be determined by testing kernels. Old rice absorbs much more water than new rice, and takes longer for cooking. Drain in coarse strainer, and pour over one quart hot water; return to kettle in which it was cooked; cover, place on back of range, and let stand to dry off, when kernels are distinct. When stirring rice, always use a fork to avoid breaking kernels.

#### **Steamed Rice.**

One cup of rice, one teaspoonful of salt, two and three-quarters to three and a quarter cups of boiling water (according to age of rice).

Put salt and water in top of double boiler, place on range, and add gradually well-washed rice, stirring with a fork to prevent adhering to boiler. Boil five minutes, cover, place over under-part of double boiler, and steam forty-five minutes, or until kernels are soft; uncover, that steam may escape. When rice is steamed for a simple dessert, use one-half quantity of water given in recipe, and steam until rice has absorbed water; then add scalded milk for remaining liquid.

#### **Rice With Cheese.**

Steam one cup of rice, allowing one tablespoonful of salt; cover bottom of buttered pudding-dish with rice, dot over with three-fourths tablespoonful of butter, sprinkle with thin shavings of mild cheese and a few grains of cayenne; repeat until rice and one-fourth pound of cheese are used. Add milk to half the depth of contents of dish, cover with buttered cracker crumbs, and bake until cheese melts.

#### **Rissoto Creole.**

Three tablespoonfuls of butter, one cup of rice, two and three-quarter cups of highly-seasoned brown stock, canned pimientos.

Melt butter in hot fryingpan, add rice, and stir constantly

until rice is well browned. Add stock heated to boiling-point, and cook in double boiler until soft. Turn on a serving dish, garnish with pimentos cut in fancy shapes, and cover with CREOLE SAUCE. Cook two tablespoonfuls chopped onion, two tablespoonfuls of chopped green pepper, one tablespoonful of chopped red pepper, or canned pimentos, and four tablespoonfuls of chopped fresh mushrooms, with three tablespoonfuls of butter, five minutes. Add two tablespoonfuls of flour, one cup tomatoes, one truffle thinly sliced, one-fourth cup sherry wine, and salt to taste.

#### Fried Rice.

Boil half a pound of rice as directed, and when it is thoroughly dried, fry it in one ounce of butter until slightly browned. Dust with pepper and salt, and serve piled in a dish.

#### Deviled Rice.

Proceed as for fried rice, but mix in a pinch of curry powder, which has been baked for ten minutes, with the hot liquid butter.

#### Rice à l'Italienne.

Boil the rice as usual, and to four ounces, when cooked and drained, stir one ounce of butter, dust with salt and pepper, and stir well, mixing thoroughly; add sufficient tomato sauce to moisten the whole, and add two ounces of finely-grated cheese. Mix well, and serve very hot.

#### Rice Fritters.

Take some rice à l'Italienne when cold. Form into balls, dip into batter, and fry.

#### Risotto à la Milanaise.

Fry three ounces of chopped onion in two ounces of butter or clarified dripping, until of a golden brown color, then add six ounces of rice, stir without stopping for two or three minutes, add by degrees one pint of stock, stir occasionally, and simmer gently until the rice is just soft, add a very small amount of grated nutmeg and one and a half ounces of grated cheese before the rice is cooked; after this, stir and cook for three or four minutes until the rice is quite soft. Take off the pan, add a small pat of butter, stir well, and serve very hot.

#### Another Risotto.

Place in a saucepan half a pint of milk, a small teacupful

of raw rice, four small Portugal onions, six good-sized tomatoes, both finely chopped, pepper and salt to taste. Boil all together until soft, stirring occasionally, adding more milk if necessary, and just before serving stir in one ounce of finely-grated cheese.

#### **Risotto made with Stock.**

Chop half an onion very finely, and fry it in half an ounce of butter. Place four ounces of rice in a saucepan with half a pint of stock, add the onion, and cook until the stock is absorbed. Stir in one ounce of grated Parmesan cheese, pepper and salt to taste. Make very hot and serve.

#### **Stewed Rice and Cabbage made with Stock.**

Boil in the ordinary way, separately, equal quantities of rice and cabbage. The latter cut into small pieces before they are quite cooked, remove them from their respective pans, and place them together in a stewpan with just as much stock as will cover them; simmer until quite cooked (for about five minutes), and serve with a covering of grated cheese.

#### **Rice Cakes.**

Boil four ounces of rice in stock, taking care to let it absorb as much liquid as possible; to this add one tablespoonful of finely-grated cheese, one teaspoonful of chopped parsley, one ounce of finely-grated brown breadcrumbs. One tablespoonful of tomato sauce, pepper and salt to taste; bind all the ingredients with the yolks of two eggs, mixing thoroughly, form into cakes, brush over with the white of an egg, roll in breadcrumbs, and fry a golden brown. Omit the cheese when variety is required.

#### **Rice and Cheese Croquettes. (Eustace Miles Recipe.)**

Mix four ounces of cooked rice, about three ounces of breadcrumbs, four ounces of grated cheese, one egg, one ounce of proteid food, a little celery salt, one tablespoonful of nutril, one dessertspoonful of tomato sauce. Mix all the ingredients together, form into croquettes, egg and crumb, and fry. The rice must be thoroughly drained, and the exact quantity of breadcrumbs depends upon the dryness of the rice.

#### **Rice and Tomato Kedgeree.**

To four ounces of boiled rice take one gill of tomato sauce and stir over the fire until hot and sufficiently dry. Serve in a hot fireproof dish, with grated yolk of a hard-boiled egg scattered over.

**Kedgerie Custard.**

Well mix one gill of cream with a fresh egg, add pepper and salt, and mix in four ounces of boiled rice, and stir over the fire until the rice absorbs the mixture.

**Pilaff of Rice.**

Wash, boil for five minutes, and drain four ounces of rice. Place it in a stewpan with one ounce of butter, salt and pepper, stir well and add little by little one-third of a pint of vegetable stock. Cook for about fifteen minutes. The rice should absorb the stock, and though soft, the grains should be separate. More stock should be added if necessary. Serve very hot.

This dish is delicious if served with a center of stewed mushrooms or quartered hard-boiled eggs in a delicate onion sauce.

**Timbal of Rice with Buttered Eggs.**

Wash well four ounces of rice, and cook it in as much vegetable stock as it will absorb, with two ounces of butter. Add more stock if necessary. Keep the pan covered, and cook gently. When done, the rice must be soft, but the grains separate. Then pound it to a paste and mix in the yolk of one or two eggs, according to the richness required. When cool, press the rice into a border mold which has been thoroughly well-buttered, and bake in a moderate oven until golden brown and sufficiently firm to turn out.

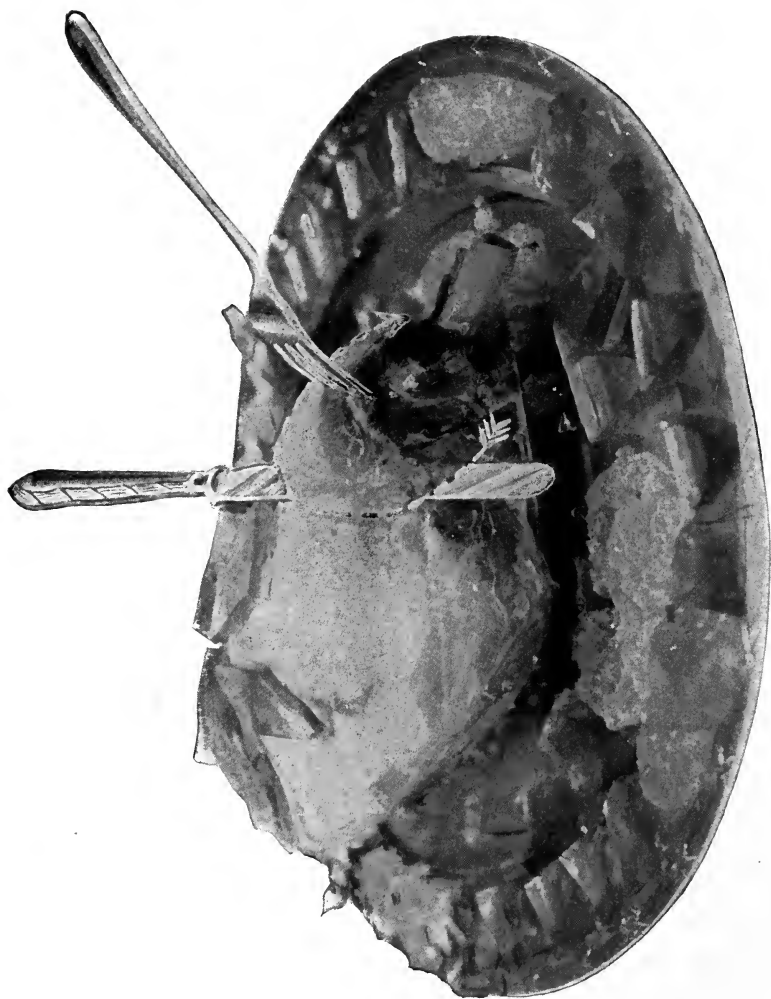
Serve with a center of buttered egg, and stewed tomatoes or mushrooms, curried vegetable, or onion purée.

**Cassolettes of Rice.**

Proceed as before, but press the rice into small molds, and when done hollow out and fill with some of the rice mixed with a thick curry gravy or tomato purée or cheese sauce. Put back the piece of browned rice at the bottom, replace in the oven for a minute or two; turn out, serve very hot.

**Semolina Cakes.**

Boil one pint of milk with one tablespoonful of butter and a little salt. When boiling, drop into it by degrees four ounces of semolina, and stir it until it thickens like custard, which takes about fifteen minutes. Add one ounce of grated cheese and a little white pepper. Spread the mixture out on a floured board, when cold it will be solid enough to form into cakes. Egg and crumb the cakes and fry a golden brown, or dip in batter and fry.



HAM PREPARED FOR THE TABLE.

To carve: Begin at the knuckle end, as shown by arrow in illustration.



### Gnocci.

Bring one pint of water to the boil with one tablespoonful of butter and some salt; drop four ounces of semolina by degrees, and stir until the mixture thickens. This will take about one-quarter of an hour. Add one ounce of grated cheese, and leave it until it becomes cold; butter a fireproof dish and sprinkle it with cheese and put a tablespoonful of the semolina mixture all over it. They should stand up roughly like rock cakes; add a few little bits of butter, and bake to a golden brown in a fairly hot oven, which will take about twenty minutes.

### Savory Semolina Pudding.

Proceed as for semolina cakes, but place in a greased pie dish, sprinkled with butter and grated cheese and bake until the top is a golden brown.

For a variety add a little tomato sauce to the mixture.

### Spaghetti à l'Indienne.

Make a curry sauce by slicing two small onions and frying them in butter until a light brown, add to them two teaspoonfuls of curry powder and a tablespoonful of lemon juice, or rather less of vinegar, a tablespoonful of sugar, a pinch of salt, and two raw apples, chopped very finely; stir in one and a half pints of water, and simmer until the ingredients have become a pulp. Place half a pound of spaghetti in boiling water, and when partly cooked remove it; drain, and finish cooking it in the sauce. Serve very hot.

### Spaghetti Pudding.

Cook four ounces of spaghetti as previously directed, drain it, and place half of it in a pie-dish, grate two ounces of Parmesan cheese and sprinkle some of it over the spaghetti; slice four or five small tomatoes and place them on the bed of spaghetti, sprinkling them with cheese, pepper and salt, and finish with the remainder of the spaghetti, with the rest of the cheese on the top. Pour carefully over this half a pint of milk, and cover the dish with a plate or small dish; cook in a moderate oven. A fireproof dish with a well-fitting cover would be useful for this dish, but if not procurable, a pie-dish can quite well be used.

### Vermicelli.

Boil one quart of milk, add to it five ounces of sugar. When this boils, add six ounces of vermicelli mashed up.

When that has cooked for fifteen minutes, add one ounce of butter, little flavoring of lemon, and two eggs, yolks and whites, and not let it boil any longer. Then butter a mold well, and put it in and bake it in the oven slowly and serve this with cream sauce vanilla, which is composed of half a pint of milk, three yolks of eggs, one ounce of sugar. Boil and pass through strainer and serve with a little on the top and some in a sauce-boat.



## SPECIAL TASTY DISHES FOR BREAKFAST, SUPPER OR HIGH TEA.

### SANDWICHES.

In making a large quantity, a stale quartern loaf should be taken and trimmed free from all crust, and cut into slices the eighth of an inch in thickness, slightly buttered, and then thin slices of meat, nicely trimmed, may be laid on and covered with another slice of bread, and then cut into eight parts; should they be cut some time before they are wanted, they ought to be put one over the other, as they thus keep moist; a little mustard and salt may be added to the meat, if preferred. Some thin slices of gherkin may be added to the meat, and the same plan can be adopted with pickled fish, brawn or sausages. The following varies the common mode of making sandwiches:

#### Cheese Sandwiches.

Take a small quantity of very fresh cream cheese, put it into a bowl or a marble mortar, add some salt, pepper, and a little mustard, beat it well up until it is of the same consistency as butter; if too hard, add a little of the latter, and use it as butter on the bread, with slices of meat between.

#### Salad Sandwiches.

Cover the bread as before, and have ready some mustard and cress and water-cresses, well washed and dried; put into a bowl with mayonnaise sauce, and when ready to serve place it neatly between the bread.

#### Spiced Gammon of Bacon.

Get about four pounds of gammon of bacon (it is not necessary that the bacon should be gammon, provided it is lean), and boil it with two onions stuck with three cloves each, one carrot, one turnip, a blade of mace, eighteen peppers, and a teaspoonful of mixed herbs, tied in muslin. When the bacon is cold, cover the top with raspings, and serve it with a salad composed of tomatoes and celery.

The vegetable should be blanched for a few minutes previous to being placed in the pot with the bacon.

### Bacon Fritters.

Cut some thin slices of bacon and roll them neatly, secure the roll with thread and parboil them, and allow to cool. Make a batter as follows:—To a quarter of a pint of tepid water add a dessertspoonful of oil, then gradually stir in four ounces of flour and a little salt, and set aside for at least an hour before using; just before the batter is required add a pinch of baking-powder and the white of an egg, whisked to a very stiff froth. Dip the rolls of bacon (having removed the thread) into the batter and fry in boiling fat. Serve on a very hot dish.

### Corned Beef Salad.

Shred finely two lettuces into a bowl and incorporate a dressing made by mixing two tablespoonfuls of salad oil and one of vinegar, a dessertspoonful of tarragon vinegar, and a little pepper and salt and a saltspoonful of dissolved mustard. Take a salad bowl, arrange a layer of sliced cooked potatoes at the bottom, followed by a layer of thinly-sliced corned beef; cover the meat with dressed lettuce, and scatter some coarsely-chopped beetroot over the top; then put a second layer of potatoes, beef and lettuce, and garnish with beetroot and hard-boiled eggs cut into slices.

### Beef and Ham Pastie.

Cut some lean steak into small pieces (about an inch square) and fry, together with a minced onion and some chopped parsley for a quarter of an hour in a little dripping; turn the meat constantly so that it may not burn. Then pour in a small quantity of stock, cover the pan and let the meat simmer very gently for an hour, after which put it aside to get cold. Make a short paste and roll it out to a medium thickness, and cut it into a round the size of a meat plate; put the cooked beef on one-half of the paste, and fill in the spaces between the meat with coarsely-chopped ham (or lean bacon), season with salt, pepper and a little grated nutmeg, then fold over the paste, moisten the edges and press them together. Bake in a quick oven, and when nearly done brush it over with some white of egg. May be served hot or cold.

### Haricot Bean Salad.

Boil some white haricot beans, which have been previously soaked until they are tender; allow to cool, remove the skins, and dress with a sauce made as directed below. Hard boil as many eggs as are required, cut them in half and carefully

remove the yolks, which pound with a little butter; add a small quantity of anchovy sauce, a few drops of tarragon vinegar, and salt, and cayenne, then fill the whites of the eggs with the mixture. Place the dressed beans in the middle of the dish, heaping them up into a neat mold, arrange the eggs round the base, and beyond the eggs make a border with some shredded lettuce. For the sauce, put the yolk of one raw egg into a bowl with a pinch of salt and pepper, and a very little dissolved mustard; stir well with a wooden spoon, adding salad oil, drop by drop; when incorporated, whisk briskly until the mixture is as thick as double cream, then gradually stir in a dessertspoonful of tarragon vinegar and a few drops of white vinegar. Add a few chopped capers to the sauce and it will be ready for use.

#### **Molded Haricot Beans.**

Take half a pound of well-cooked white haricot beans, which have been boiled with a small onion, a turnip, and a carrot previously blanched; drain them, and pass them, together with the vegetables, through a sieve. Stir into this mixture two ounces of melted beef dripping (or butter), season with salt, pepper and nutmeg, and press into a buttered mold; cover the top with greased paper, and steam for three-quarters of an hour. Let the mold stand for a few moments on being taken from the steamer, then turn out on to a hot dish and surround with small portions of cooked bacon.

#### **Beef Sandwiches in Jelly**

Cut some thin slices of cold salt beef, and with cutter-shapes stamp them into circles; make a paste by pounding the hard-boiled yolks of one or two eggs with a small quantity of tomato catsup. Spread a layer of the paste in the center of the rounds of meat, and place other pieces on the top, pressing them down well. Put the meat into a deep dish and cover with savory jelly which is cool but not set. When the jelly is quite firm, cut out the rounds of beef and serve them with finely-shred dressed lettuce in the middle of the dish, and garnish with the white of the eggs cut into small pieces. The trimmings from the beef can be finely minced and seasoned, and when heated with a little butter and served on hot buttered toast, make an excellent breakfast dish.

#### **Curry Scallops.**

Fry half a sliced onion in an ounce of clarified dripping until it is lightly browned, then add a large teaspoonful of curry powder and cook for five minutes longer. Have ready three-

quarters of a pint of thick melted butter sauce; stir this into the pan containing the onion and curry powder, and let simmer for fifteen minutes; then strain it and add two whiting which have been baked for ten minutes between buttered plates and then divided into flakes. Butter some china scallop shells, fill them with breadcrumbs; pour a little warm butter over them and put the scallops into a quick oven for ten minutes.

#### **Fish in Bread Cases.**

Stamp out some rounds with a cutter from some slices of bread, and with a small cutter make a little hollow in the middle of each. Dip the rounds of bread quickly into milk, then dust them lightly with flour, brush them over with beaten egg, and cover quickly with fine dry breadcrumbs. Have ready a bath of boiling fat, fry the cases in it until they are a golden brown, and let them drain on a paper in front of the fire. When all are ready fill the centers with a fricassee of fish made as under, and serve at once. Make half a pint of creamy melted butter, add a teaspoonful of lemon juice, a tablespoonful of finely-chopped parsley, and a dust of curry powder (or cayenne). Divide a medium-sized cooked whiting into flakes, carefully removing the skin and bones; make hot in the sauce, but take care that the latter does not boil after the lemon juice has been added, otherwise it will curdle.

#### **Fish with Macaroni and Tomatoes.**

Take a cooked whiting and divide into flakes, heat in a saucepan with melted butter sauce. Put a large tablespoonful of finely-minced onion into a frying-pan with an ounce of butter, and cook gently for eight minutes, taking care that it does not acquire more than a pale golden brown; then add a few tomatoes which have been sliced (rather thickly), and cut into small pieces; season with pepper and celery salt, and directly the tomatoes begin to get tender, stir in a tablespoonful of chopped parsley and remove from the stove. Add the mixture to the hot fish, and mix altogether. Have ready some well-boiled macaroni, which has been cut into pieces of about an inch in length; add a small piece of butter to it, and season with salt and pepper; put a layer of the macaroni on a hot dish, then cover it with a layer of the fish, and so on alternately until you have a good pile. Scatter browned breadcrumbs over the top and sides of the heap, and after placing the dish in a hot oven for a few minutes, serve quickly.

### Fish Rissoles.

Remove the skin and bones from some cooked whiting and divide into flakes; then mix it with some finely-mashed potato—two-thirds of fish to one of potato—and make into a fairly stiff paste by adding some thick white sauce, which should be hot, and after seasoning it with salt, curry powder, pepper and nutmeg, spread it out on a large plate for a short time. Take up a dessertspoonful at a time, and, with the hands well floured, form it into little balls. Have ready on the pastry board some rounds of nice light paste which has been rolled out rather thin; envelop the fish balls in the paste and moisten the edges to make them adhere. Dip the rissoles into beaten egg, then cover them with dry breadcrumbs, and fry in plenty of boiling fat. Allow to drain on paper, and serve garnished with fried parsley.

### Minced Galantine.

Take about a pound and a half of salt boiled beef, from which fat and gristle have been removed, and pass through a meat chopper; then mix with it breadcrumbs, chopped parsley, lemon peel (grated), chopped onion, and a very little salt, some black pepper, spice, and a dust of nutmeg. Moisten the mince with two raw eggs, and roll it into an oblong shape on a floured board, and wrap it up tightly in a buttered cloth, which must be sewn in the middle and tied at each end. Place the galantine in a large stewpan and cover with boiling water; add a sliced onion and carrot, previously blanched, and simmer gently for two hours. At the end of this time remove the galantine, and press it between two flat dishes with a medium weight on top, and leave until the following day. Now take off the cloth, wipe the meat and cover it evenly with glaze and place aside until the latter is set, when it will be ready for use. For the glaze: soak four sheets of gelatine in a little cold water until softened, then put them into a saucepan, and add a teaspoonful of "blackjack," and a quarter of a pint of boiling water; stir until the gelatine is melted, but not boiling, and use while warm.

### Ham and Rice Patties.

Mix some potted ham with a small piece of butter and sufficient milk to make a soft paste; season with pepper and nutmeg, add a small quantity of boiled rice, a little chopped parsley and the beaten yolk of an egg. Warm some little patty cases, and fill with the mixture; put them in a quick oven, and

when thoroughly hot, serve on a folded d'oyley, garnished with parsley.

#### **Scalloped Kippered Herrings.**

Divide into fillets some kippered herrings which have been soaked in milk, place in a hot frying-pan containing a small quantity of melted butter and cook until they are just tender. Now take out the fillets and cover them thickly with grated cheese, which has been mixed with dry breadcrumbs. Butter a small pie-dish, place the fillets therein, sprinkle with browned breadcrumbs, add a few pieces of butter and bake in a quick oven for ten minutes.

#### **Stuffed Lettuce.**

Wash a lettuce, trim off the outside leaves, tie with tape and blanch for a few minutes in boiling water, and allow to drain. When cool, split each with a sharp knife down one side, carefully remove a small portion of the heart, and proceed to stuff them with a savory mince made as for rissoles, and bound with an egg. Then bring the severed edges of the leaves together so that the lettuces assume their former shape, tie them up again, and braise very gently with soup, vegetables and good stock for an hour, and serve with the stock thickened and poured over them.

#### **Macaroni Cutlets.**

Boil four ounces of macaroni until quite tender, drain well and allow to cool. Then cut up into small pieces and mix with about a quarter of a pint of stiff white sauce, which has been flavored with a piece of onion, a small blade of mace, and salt and pepper. Add a dessertspoonful of lean bacon (finely minced), and half a beaten egg, and spread the mixture on a plate. When it is cold, take up a small portion at a time and form it on a floured board into the shape of small cutlets. Dip them into beaten egg, cover with fine breadcrumbs and fry them until lightly browned all over. Serve very hot.

### **SOYER'S PAPER-BAG COOKERY.**

#### **BREAKFAST DISHES.**

The following breakfast dishes will form a pleasant variation in the ordinary bill of fare for the morning meal.

#### **Œufs Aux Tomates.**

Butter a bag thickly. Put into it half a pint of thick tomato

catsup and a lump of butter the size of a walnut. *Cook in a hot oven for ten minutes.* Cut a square from the center of the bag and break in, one by one, four eggs. *Cook for three to four minutes.* Dish up. Cut away the top of the bag only and serve at once. (350° Fahr.).

#### **Œufs à la Béchamel.**

Boil four eggs hard. Throw them into cold water. Shell them, cut each in halves. Grease a bag thickly. Put in the eggs. Add a little cream, pepper, and salt to taste, and a tiny dust of powdered mace. *Make hot gently for five minutes,* and serve on squares of lightly buttered toast.

#### **Merluche Fumé à la Milanaise.**

Take a pound of filleted dried haddock. Dust lightly with black pepper. Grease a bag. Put in the fillets of haddock. Pour over them the contents of half a bottle of tomato catsup. *Cook for eighteen minutes;* dish upon a very hot dish, and serve with plenty of well buttered toast handed separately.

#### **Kippered Mackerel Fines Herbes.**

Place the fillets of mackerel in a deep, clean dish. Just cover them with boiling water. Leave for an instant. Take out and dry. Dust well with coarse black pepper and put on top of each fillet half a teaspoonful of minced chives and parsley (or finely-minced onion failing chives), and a bit of butter the size of a small walnut. Grease a bag, put in the fillets, and *cook for twenty minutes* in a hot oven (350° Fahr.). Take out and serve with brown bread and butter.

#### **Maréchale de Homard Aux Œufs.**

When lobsters are plentiful they are often to be had as cheaply as sixpence and ninepence each, so that this dish is not really as extravagant as it sounds. Take the white and claw meat of the lobster. Chop it up small and reserve it. Take the brown meat and rub it till quite smooth in a bowl with a bit of butter and a good dust of white pepper. Then add by degrees the contents of half a bottle of tomato catsup. Work the whole well together. Put into a bag four rashers of bacon. *Cook for four minutes.* Then take out the rashers and reserve them on a hot dish. Put in the lobster and tomato mixture and *cook for eight minutes.* Now cut open the bag, put in the white meat, and make hot for another four or five minutes. Be careful to lower the gas for this, as the white meat of the lobster must not get very hot. It must not actually cook,

or it will toughen and be spoilt. Empty out carefully into a *very* hot dish. Garnish with the rashers of bacon and serve at once. (300° Fahr.)

#### Maréchale of Crab

is prepared in exactly the same way, but as crabs run larger, from six to seven rashers of bacon may be used instead of four. Fried bread should garnish both these dishes.

#### Croûtes Strasbourg Aux Œufs.

Butter a bag. Cut four squares of stale bread, all of a size. Free them from crust. Butter them thinly and dust lightly with pepper. Spread a layer of foie-gras on each. Put in the bag and *cook in the oven for five minutes*. Then cut open the bag, and break an egg on top of each square of bread. Dust the top of the egg with pepper and a very little salt and *cook for another four minutes*. Take out, dish up on a very hot dish, and serve. (300° Fahr.)

#### Œufs à la Tripe.

Take half a pint of white sauce, made with an ounce of flour, an ounce of butter, and half a pint of milk, and flavored with a little mace. Add to it two large thinly-sliced onions cooked in a little butter in a bag, and from four to six halved hard-boiled eggs. Pour gently into a well-greased double bag and *make very hot in the oven for ten minutes*. Dish up on a hot dish and serve as quickly as possible. (350° Fahr.)

#### Stuffanté à la Milanaise.

Cut a round from the top of six tomatoes, scoop out the seeds, dust well with pepper and salt, and put a bit of butter in each tomato, fill with finely-minced cold veal and bacon or mutton or beef and bacon. Sprinkle fried breadcrumbs on top, grease a bag well, put in the tomatoes and *cook in a fairly quick oven for from ten to twelve minutes*. Dish up on a very hot dish and serve. (350° Fahr.)

#### Riz à la Strasbourg.

Take four ounces of freshly-boiled rice, mix with it the contents of a jar of Strasbourg paste (not the fat, only the pâté) and work up lightly but thoroughly with a fork. Butter a bag thickly and put in the mixture; *cook for ten minutes in a very hot oven*, turn out on to a hot dish, garnish with a little grated yolk of freshly-boiled (hard) egg and serve at once. (350° Fahr.)

#### Riz Aux Crevettes.

Take four ounces of boiled rice. Add to it pepper and salt



to taste, a lump of butter about the size of a big Brazil nut, and two dessertspoonfuls of finely-grated cheese. Put this mixture into a well-greased bag, and *make very hot for six minutes*. Then open the bag and stir in gently two dozen picked shrimps. Mix in lightly with a fork. Replace the bag on the grid, and *make hot for another three minutes*. Dish up and serve. (350° Fahr.).

#### **Kippers and Bloaters Aux Fines Herbes.**

Few people know how very nice the English smoked and dried fish can be when cooked in a paper-bag and seasoned in the French fashion. Take four soft-roed bloaters, bone them, fill the cavities with a little (about half a teaspoonful to each bloater) finely-minced shallot or chives and parsley. Add a few fresh breadcrumbs and tiny bits of butter. If liked, a tiny grate of nutmeg may be added as well as a good dust of pepper. Put into a well-greased bag, and *bake in the oven for ten minutes*. Dish up and serve as hot as possible. Kippers are excellent, and are prepared in the same way, minus the boning process. (350° Fahr.).

#### **Jambon Milanaise.**

Take some six slices of either raw ham or back bacon, machine cut if possible, take also half a pint of cold boiled peas, and, if to hand, half a dozen cold boiled new potatoes. Put the rashers into the bag and cook them. Then take out and add the peas and the potatoes, the latter first thinly sliced, and cook in the ham fat till very hot. Empty out gently on to a hot dish and pour over the peas half a pint of very hot well-seasoned tomato pulp or tomato catsup, whichever is preferred. The peas and potatoes should be arranged as a border with the rashers in the middle. When they can be had, half a dozen chicken livers are a great improvement to this dish.

#### **Filleted Soles Fines Herbes.**

Take four or six fillets of sole or lemon soles, dust lightly with salt and white pepper, and sprinkle also lightly with finely-minced parsley, chopped mushrooms, and a very little minced shallot. Add the tiniest possible squeeze of strained lemon juice. Put a bit of butter on each fillet and slip them gently into a well-greased bag, add quarter of a glass of sherry. *Bake in a moderately hot oven for fifteen to eighteen minutes*. (300° Fahr.) Cut open the bag very carefully with a pair of clean scissors, and slip the fish and the sauce which will have formed during cooking on to a very hot dish. Send to table at once.

## VARIOUS COLORINGS ESSENCES, FLAVORINGS, ETC.

### **Burnt Sugar, called Black Jack, Otherwise Essence Parisian.**

Take a pound of any kind of sugar, moisten with four tablespoonfuls of water and place in a copper sugar boiler made of pure copper, not tin. This vessel must not be tin, as the tin would run out. Let the mixture burn slowly, until it is perfectly black, which will be apparent by a blue smoke coming from it. Now quickly take your sugar boiler from the fire, and add one quart of water, and let the sugar stand at the side of the fire to boil gently until it is perfectly melted, then pass it through a piece of muslin, and when cold, bottle up. This is not much trouble, and is the only way to make Black-Jack coloring for stew, jellies, sauces, etc.

### **Green Spinach Coloring.**

Take and wash one pound of green spinach thoroughly in water, then squeeze it through a piece of muslin until perfectly dry, then put six spoonfuls of cold water in it, and let it stand, then remove it to a very small bowl, and gradually cook six hours. Empty the water gradually, be careful not to disturb the bottom, and do this until you find a thick green spinach coloring. Put a little bit of soda as big as a large pin's head and dissolve well, and put this in a small bottle, and it will keep for a fortnight or three weeks.

### **Essence of Lemon.**

Take one lemon, apply one piece of lump sugar on the rind, and keep on rubbing this until you get the side of the sugar perfectly yellow. Then take a knife and grate off the colored sugar on to a piece of paper. This is impregnated with the oil of the lemon. Then apply the sugar again until you have gone all round the lemon. Have ready a bottle with a large neck, so as to pass a knife or a teaspoon in easy access to the sugar. Into this bottle pour the colored sugar and cork well until required.

Every time you buy a lemon do the same thing, then you will always have pure essence of lemon ready for your cakes,

puddings, etc., in fact for anything you want to flavor with essence of lemon. This is the purest essence of lemon that can be bought.

ORANGE ESSENCE is secured by exactly the same process as that for lemons. It is not necessary to buy oranges or lemons for the purpose, as the fruit is not spoilt and can be used for desert, if desired.

#### Essence of Vanilla.

Buy two pods of vanilla from your grocer or confectioner, roll these in a piece of paper, so as to dry perfectly, then take twelve pieces of lump sugar, break the two pods of vanilla into it, place all in a mortar, and pound well for a quarter of an hour, or until thoroughly fine; then rub this through a very fine sieve, and you obtain a very fine vanilla powder. To this add one pound of icing sugar, mix this all together well. Take an ordinary jar and at the bottom place two whole pods of vanilla, and pour the pounded mixture on top. Cork well and use when required. A jar of vanilla made in this way can be kept for a year. When used up, pound the old vanilla pods and repeat the process as above, always taking care to put two fresh pods of vanilla at the bottom of the jar. Then you have a pure vanilla. The vanilla usually sold is not, in many cases, vanilla at all.

#### To Make Spice Salt, Otherwise Sel-a-picier.

Take two ounces of allspice, pure, mix up with one pound of salt, and put in a jar to keep dry. This salt is used for seasoning sausages, or any kind of meat pies, liver, etc. It will give you a salt which you will recognize as different in color from what you generally buy, and you will certainly note the difference in flavor.

Take a quarter of a pound of very dry fine table-salt, six small red chili, and rub well with your fingers until you have got the whole of the pepper out of them; then pass through a very fine sieve and bottle up. Use this instead of cayenne, or any other name of that kind on the market. You can make this for five cents, but you could not buy it for seventy-five cents. This is called "SOYER'S SALT," and is unapproachable for excellence.

#### Soyer's All-Spice.

One ounce of dried bay-leaves, half an ounce of dried thyme, one ounce of coriander, one ounce of cinnamon, one and a half

ounces of grated nutmeg, one ounce of cloves, one ounce of root ginger, three-quarters of an ounce of mace, two ounces of mixed pepper (half black and half white), and half a teaspoonful of cayenne pepper. Put all these into a mortar and pound them until able to pass through a very fine sieve. Put the powder into an airtight box or bottle and keep dry, using as required.

#### **To Make Spice Salt.**

For seasoning meat, game pie, forcemeat, etc.

Mix two ounces of the above powder with twelve ounces of well-dried salt. Keep airtight in a dry place.

#### **Aromatic Herbs for Flavoring**

consist of parsley, chervil, pimpernel, sage, basil, rosemary, sweet marjoram, thyme and bay. Cinnamon, ginger, juniper-berries, nutmegs, clove, mace and vanilla. Also Seville orange and lemon rind. The two last yield their flavors by grating the rind. (See pp. 392 and 393.)

#### **Saline Seasoning.**

Salt, spiced salt, saltpetre, malt vinegar, French vinegar, tarragon vinegar, white vinegar and lemon juice.

Peppercorns, ground or crushed, or pepper. Mignonette, paprika, curry, cayenne, and compound spices.

#### **Pungent Flavorings.**

Onions, shallots, garlic, chives, horse-radish, all of which are used judiciously according to taste (a little is always better than a large quantity).

#### **Bouquets Garnée.**

Faggots—commonly called bouquets garnée—are usually composed of two sprigs of parsley well washed, one bay-leaf, and one sprig of thyme, tied tightly together in a bunch or bouquet.

## VARIOUS FRUIT BEVERAGES.

### For Lemonade.

Take two cups of sugar, one cup of lemon juice, one and a half pints of water.

Make syrup by boiling sugar and water twelve minutes; add lemon juice, cool, and dilute with ice-water to suit individual tastes. Lemon syrup may be bottled and kept on hand to use as needed.

### Lemonade. (Another Method.)

Peel six lemons free from pith, cut the peel up in small pieces, and put them with two cloves into a bottle, with half a pint of hot water, and place in a *bain-marie*, or stewpan, with boiling water, and let it stand by the side of the fire for one or two hours, taking care it does not boil; remove it and let it remain until cold; then take half a pint of fresh lemon juice, half a pint of sugar, that will make the same quantity of syrup—to which add a few drops of orange-flower water; add the infusion of the rind, stir well together and add two quarts of cold water. The acidity of some lemons is greater than others, in which case, and also if using lime juice, more sugar must be used.

### Cold Punch.

Proceed as above for lemonade, but add one pint of sugar to half a pint of lemon juice, one pint of pale brandy, one pint of pale rum, one tablespoonful of arrack, and five quarts of cold water; let it remain some time before it is decanted.

### Port Wine Negus.

Take one quart of new port wine, of a fruity character, one tablespoonful of spirit of cloves, one teacupful of sugar, one lemon sliced, half a nutmeg grated; pour over these two quarts of boiling water.

### White Wine Fillip.

Take one bottle of sherry or Madeira, or champagne, or any other good white wine, a gill of Noyeau or Maraschino, the

juice of half a lemon; add to it one quart of calves' foot jelly, well sweetened and boiling hot, and serve immediately.

#### **Marmalade Water.**

Take two tablespoonfuls of orange marmalade, place in a jug and pour on half a pint of boiling water. Stir well together. Now add a further one and a half pints of boiling water, stir and allow to cool. When cold, strain through muslin and serve. A most refreshing drink on a hot summer's day. Individual taste must decide as to whether more or less marmalade should be mixed with the given quantity of water. No sugar should be added, but the juice of half a lemon, freshly expressed, adds a very agreeable flavor. The slightly bitter taste of this marmalade drink is a rare appetizer.

#### **Hot Orange Drink.**

Squeeze, free from pips the juice of two oranges and one lemon into a half-pint tumbler. Add one piece of lump sugar, and fill up with hot water. This is not a beverage for all occasions, but is particularly efficacious in warding off a severe cold. Persons feeling the premonitions of a cold should sip a tumblerful of this liquid, as hot as possible, upon retiring to bed, and, if warmly wrapped, will find in the morning that the cold has been averted. The stimulating and strengthening effect of orange juice in the case of influenza patients, has now been recognized for a considerable time.

#### **Pineapple Lemonade.**

One pint of water, one cup of sugar, one quart ice-water, one can of grated pineapple, juice of three lemons.

Make syrup by boiling water and sugar ten minutes; add pineapple and lemon juice, cool, strain, and add ice-water.

#### **Orangeade.**

Make syrup as for lemonade. Sweeten orange juice with syrup, and dilute by pouring over crushed ice.

#### **Mint Julep.**

One quart of water, two cups of sugar, one pint of claret wine, one cup of strawberry juice, one cup of orange juice, juice of eight lemons, one and a half cups of boiling water, twelve sprigs of fresh mint.

Make syrup by boiling quart of water and sugar twenty minutes. Separate mint in pieces, add to the boiling water, cover, and let stand in warm place five minutes, strain, and add to syrup; add fruit juices and cool. Pour into punch-bowl,

add claret, and chill with large piece of ice; dilute with water. Garnish with fresh mint leaves and whole strawberries.

#### Claret Punch.

One quart of cold water, half a cup of raisins, two cups of sugar, two-inch piece stick cinnamon, few shavings of lemon rind, one and one-third cups of orange juice, one-third cup of lemon juice, one pint of claret wine.

Put raisins in cold water, bring slowly to boiling-point, and boil twenty minutes; strain, add sugar, cinnamon, lemon rind, and boil five minutes. Add fruit juice, cool, strain, pour in claret, and dilute with ice-water.

#### Fruit Punch.

One quart of cold water, two cups of sugar, half a cup of lemon juice, two cups chopped pineapple, one cup of orange juice.

Boil water, sugar, and pineapple twenty minutes; add fruit juice, cool, strain, and dilute with ice-water.

#### Fruit Punch. (Another Method.)

One cup of water, two cups of sugar, one cup of tea infusion, one quart Apollinaris, two cups of strawberry syrup, juice of five lemons, juice of five oranges, one can grated pineapple, one cup of Maraschino cherries.

Make syrup by boiling water and sugar ten minutes; add tea, strawberry syrup, lemon juice, orange juice, and pineapple; let stand thirty minutes, strain, and add icewater to make one and one-half gallons of liquid. Add cherries and Apollinaris. Serve in punch-bowl, with large piece of ice. This quantity will serve fifty.

#### Fruit Punch. (Another Method.)

One cup of sugar, one cup hot tea infusion, three-quarters cup of orange juice, one-third cup of lemon juice, one pint of ginger ale, one pint of Apollinaris, few slices of orange.

Pour tea over sugar, and as soon as sugar is dissolved, add fruit juices. Strain into punch-bowl over a large piece of ice, and just before serving add ginger ale, Apollinaris, and slices of orange.

#### Ginger Punch.

One quart of cold water, one cup of sugar, half a pound of root ginger, half a cup of orange juice, half a cup of lemon juice. Chop ginger, add to water and sugar, boil fifteen minutes, add fruit juice, cool, strain, and dilute with crushed ice.

**Club Punch.**

One cup of water, two cups of sugar, one quart Burgundy, one cup of rum, one-third cup of brandy, one-third cup Benedictine, one quart Vichy, three sliced oranges, half can pineapple, with syrup, juice of two lemons, one cup of tea infusion, ice.

Make a syrup by boiling water and sugar ten minutes. Mix remaining ingredients, except ice, sweeten to taste with syrup, and pour into punch-bowl over a large piece of ice.

**Unfermented Grape Juice.**

Ten pounds of grapes, one cup of water, three pounds of sugar.

Put grapes and water in granite stewpan. Heat until stones and pulp separate; then strain through jelly-bag, add sugar, bring to boiling-point, and bottle. This will make one gallon. When served, it should be diluted one-half with water.

**Claret Cup.**

One quart of claret wine, one-half cup Curaçoa, one quart Apollinaris, one-third cup of orange juice, two tablespoonfuls of brandy, sugar, mint leaves, cucumber rind, twelve strawberries.

Mix ingredients, except Apollinaris, using enough sugar to sweeten to taste. Stand on ice to chill, and add chilled Apollinaris just before serving.

**Sauterne Cup.**

One quart of soda water, two cups of Sauterne wine, rind of half orange, rind of half lemon, two tablespoonfuls of orange Curaçoa, half a cup of sugar, mint leaves, few slices of orange, twelve strawberries.

Add Curaçoa to rind of fruit and sugar; cover, and let stand two hours. Add Sauterne, strain, and stand on ice to chill. Add chilled soda water, mint leaves, slices of orange, and strawberries. The success of cups depends upon the addition of mineral water just before serving.

**Capillaire Water.**

Place one pound of fresh, well-cleaned maiden-hair fern — roots and all — in a vessel with just sufficient boiling water to cover it. Let it remain in a warm place for ten hours, after which strain and add sugar to taste, usually one pound to each pint. Now stir in two tablespoonfuls of orange-flower



water and let the syrup simmer for five minutes. Then strain and bottle for use.

This syrup is taken with water, either by itself or with other syrups.

#### **Metheglin.**

Take eight gallons of boiling water, fifteen pounds of honey, a gallon of currant juice, an ounce and a half of cream of tartar, and stir together for half an hour. Let it ferment well, and then add two quarts of brandy. Strain carefully and bottle. It should be kept three months before being used.

#### **Nonpareil Cordial.**

Take two large pineapples, forty greengages, and twenty ripe pears. Peel and mince finely, being careful not to waste the juice. To each pound of the fruit add a pound and a half of sugar and three-quarters of a pint of water, and let the whole simmer for three-quarters of an hour, skimming from time to time. Strain carefully, and when quite cold add six quarts of gooseberry brandy. If this is not to be had, ordinary brandy will do.

Bottle, cork tightly, and keep in a cool place for six weeks, when the cordial will be ready for use.

#### **Heidelberg Punch.**

Slice a large cucumber and mix with three tablespoonfuls of sugar and the thin rind of a lemon. Let the mixture stand for a couple of hours and then pour over it a pint of claret, a pint of Vichy or soda-water, half a tumblerful of sherry, and three tablespoonfuls of brandy. Mix well and let the punch stand on ice for an hour before use.

#### **Kirsch and Lemon.**

Infuse the thinly pared rind of a lemon in a small glass of Kirsch for an hour or two, then strain and pour it into a quart of red or white wine, in which three-quarters of a pound of sugar has been dissolved. This quantity may be varied according to taste. The whole should be iced before use.

#### **Aromatic Cup.**

Take four pints of hock or Moselle and add half a pound of sugar, an orange and a lemon sliced, two sprigs of woodruff, one of peppermint, and twenty of balm, and then add three leaves each of black currant, lavender, and basil, and six leaves each of geranium, pimpernel, yarrow, and tarragon. Let the whole stand for two hours, then strain, and pour into a bowl

over two dozen strawberries—or any other fruit will do—and set it upon the ice for an hour before use.

If any of the herbs mentioned are not obtainable, use simply the woodruff and a few black currant leaves.

#### **Orange Bichof.**

Cut four bitter oranges into quarters, score the rind lightly with a knife and grill the pieces over a rather slow fire. Then place them in an earthenware cooking vessel with four bottles of strong white wine. Close the vessel tightly and let the whole infuse all the night in the warm ashes of the fire. Strain the mixture and add two pounds of sugar with a little grated nutmeg.

#### **Mead.**

Stir twenty pounds of honey and the whites of four eggs into twelve gallons of water. Add a spoonful each of cloves, mace, cinnamon, and ginger, and two sprigs of rosemary, and let the whole simmer for an hour. When cool place in a suitable vessel and add a spoonful of yeast. The process of fermentation should not be interfered with, but allowed to continue until it ceases of itself. The mead must be kept in a cool place, and should not be bottled until six months after it is made.

#### **Bordeaux Punch.**

Take a quart of claret and place it in a saucepan with a quarter of a pound of sugar, a small stick of cinnamon, and the juice of three oranges and two lemons. Raise to boiling point and then pour into a bowl, adding two slices of orange and two of lemon, and a bunch of mint sprinkled with sifted sugar.

This should be served as hot as possible.

#### **Rhubarb Water.**

Boil gently seven sliced stalks of green rhubarb and a quarter of a pound of chopped figs or raisins in three pints of water for half an hour. Then strain through muslin and add a few drops of orange-flower water and lemon or orange syrup to taste. Ice before serving.

#### **Koumiss.**

Fill a quart bottle three-quarters full with new milk, adding a tablespoonful of fresh yeast and a teaspoonful of sugar. Shake until the ingredients are mixed, then fill up the bottle with milk and shake again. Cork very tightly and tie or wire

in order that the cork may not be blown out. Let the bottle stand upright in a cool place for three days, then turn it on its side until required. It must be kept in a dark cellar or other place where the temperature does not rise above fifty-five degrees.

Very strong bottles are necessary for this purpose—champagne bottles for preference—and it is well to place the Koumiss where no great harm will be done if the bottle bursts. Care must be taken in decanting as the cork is expelled with great force; the better plan being to use a champagne tap, so that the liquor can be withdrawn without uncorking the bottle.

#### **Racahout.**

Mix thoroughly together two tablespoonfuls of ground rice, a tablespoonful of sifted sugar, one teaspoonful of chocolate powder, and half a tablespoonful of arrowroot. Take two dessertspoonfuls of this mixture and make into a smooth paste with a cup of water. Then stir it slowly into a quart of hot milk and boil for five minutes.

This should be drunk as hot as possible.

## COFFEE AND COCOA.

### COFFEE.

The coffee-tree is native to Abyssinia, but is now grown in all tropical countries. It belongs to the genus *Coffea*, of which there are about twenty-two species. The seeds or berries of coffee-trees constitute the coffee of commerce. Each berry contains two seeds, with exception of maleberry, which is a single round seed. In their natural state they are almost tasteless; therefore color, shape, and size determine value. Formerly, coffee was cured by exposure to the sun; but on account of warm climate and sudden rainfalls, coffee was often injured. By the new method coffee is washed, and then dried by steam heat.

In coffee plantations, trees are planted in parallel rows, from six to eight feet apart, and are pruned so as never to exceed six feet in height. Brazil produces about two-thirds the coffee used. Central America, Java, and Arabia are also coffee centers.

Tea comes to us ready for use; coffee needs roasting. In process of roasting the seeds increase in size, but lose fifteen per cent. in weight. Roasting is necessary to develop the delightful aroma and flavor. Java coffee is considered finest. Mocha commands a higher price, owing to certain acidity and sparkle, which alone is not desirable; but when combined with Java, in proportion of two parts Java to one part Mocha, the coffee best suited to average taste is made. Some people prefer Maleberry Java; so especial care is taken to have maleberries separated, that they may be sold for higher price. Old Government Java has deservedly gained a good reputation, as it is carefully inspected, and its sale controlled by Dutch government. Strange as it may seem to the consumer, all coffee sold as Java does not come from the island of Java.

The stimulating property of coffee is due to the alkaloid caffeine, together with an essential oil. Like tea, it contains an astringent. Coffee is more stimulating than tea, although, weight for weight, tea contains about twice as much theine as coffee contains caffeine. The smaller proportion of tea used

accounts for the difference. A cup of coffee with breakfast, and a cup of tea with supper, serve as a mild stimulant for an adult, and form a valuable food adjunct, but should never be found in the dietary of a child or dyspeptic. Coffee taken in moderation quickens action of the heart, acts directly upon the nervous system, and assists gastric digestion. Fatigue of body and mind are much lessened by moderate use of coffee; severe exposure to cold can be better endured by the coffee drinker. In times of war, coffee has proved more valuable than alcoholic stimulants to keep up the enduring power of soldiers. Coffee acts as an antidote for opium and alcoholic poisoning. Tea and coffee are much more readily absorbed when taken on an empty stomach; therefore, this should be avoided, except when used for medicinal purposes. Coffee must be taken in moderation; its excessive use means palpitation of the heart, tremor, insomnia and nervous prostration.

Coffee is often adulterated with chicory, beans, peas, and various cereals, which are colored, roasted and ground. By many, a small amount of chicory is considered an improvement, owing to the bitter principle and volatile oil which it contains. Chicory contains no caffeine. To detect adulteration by chicory, add cold water to supposed coffee; if chicory is present, the liquid will be quickly discolored, and the chicory will sink; pure coffee will float.

**BUYING OF COFFEE.**—Coffee should be bought for family use in small quantities, freshly roasted and ground; or, if one has a coffee-mill, it may be ground at home as needed. After being ground, unless kept air-tight, it quickly deteriorates. If not bought in air-tight cans, with tight-fitting cover, or glass, it should be emptied into canister as soon as brought from grocers.

Coffee may be served as filtered coffee, infusion of coffee, or decoction of coffee. Commonly speaking, boiled coffee is preferred, and is more economical for the consumer. Coffee is ground fine, coarse, and medium; and the grinding depends on the way in which it is to be made. For filtered coffee have it finely ground; for boiled, coarse or medium.

#### **Coffee à la Française.**

Take 1 cup coffee (finely-ground), 6 cups boiling water.

Various kinds of coffee-pots are on the market for making filtered coffee. They all contain a strainer to hold coffee without allowing grounds to mix with infusion. Some have an ad-

ditional vessel to hold boiling water, upon which coffee-pot may rest.

Place coffee in strainer, strainer in coffee-pot, and the whole on the range. Add boiling water at intervals of from five to ten minutes and allow it to filter. Cover the pot between each interval. These operations should extend over at least thirty minutes. Serve at once with lump sugar and cream.

Put sugar and cream in cup before pouring in the coffee. There will be perceptible difference if cream is added last. If cream is not obtainable, scalded milk may be substituted, or part milk and part cream may be used.

#### For Boiled Coffee.

Take two cupfuls of coffee, two eggs, two cups of cold water, twelve cups of boiling water.

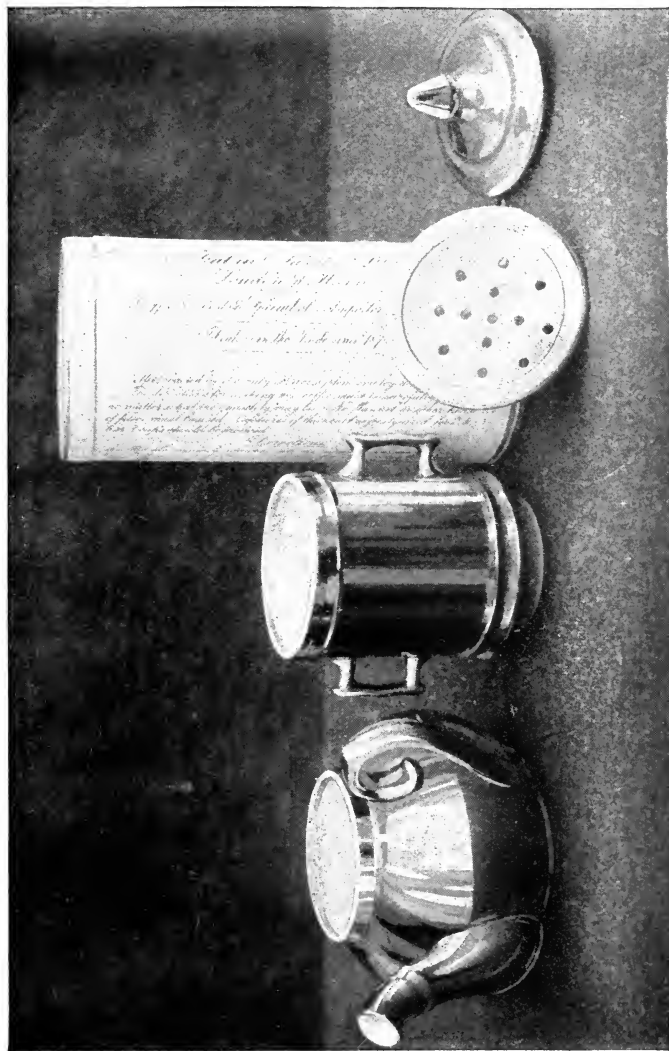
Scald granite-ware coffee-pot. Wash egg, break, and beat slightly. Dilute with one-half the cold water, add crushed shell, and mix the coffee. Turn into coffee-pot, pour on boiling water, and stir thoroughly. Place on front of range, and boil three minutes. If not boiled coffee is cloudy; if boiled too long, too much tannic acid is developed. *The spout of the pot should be covered or stuffed with soft paper to prevent escape of fragrant aroma.* Stir and pour some in a cup to remove collection of grounds from spout. Return to coffee-pot and repeat. Add remaining cold water, which perfects clearing. Cold water being heavier than hot water sinks to the bottom, carrying grounds with it. Place on back of range for ten minutes, where coffee will not boil; then serve with cream (or milk) and sugar as before.

Egg-shells should be saved and used for clearing coffee, the clearing agent being the slight amount of albumen which clings to the shell. Three egg-shells are sufficient to effect clearing where one cup of ground coffee is used.

Coffee made with an egg has a rich flavor which egg alone can give. Where strict economy is necessary, if great care is taken, egg may be omitted. Coffee so made should be served from range, as much motion causes it to become roiled or turbid.

When coffee and scalded milk are served in equal proportions, it is called *Café au lait*. Coffee served with whipped cream is called *Vienna Coffee*.

TO MAKE A SMALL POT OF COFFEE.—Mix one cup ground coffee with one egg, slightly beaten, and crushed shell. To one-third of this amount add one-third cup cold water. Turn



### HOW TO MAKE GOOD COFFEE. No. 1.

The proper utensils for making the best Coffee à la Française (see pp. 397, 398). Reading from the left we have: 1st, the pot; 2nd, the infuser; 3rd, the percolator; 4th, the lid. The coffee is put into the infuser, which is then covered by the percolator and placed over the pot—the whole standing by side of stove in a shallow pan containing hot water. Boiling water is then poured through the percolator as directed.





into a scalded coffee-pot, add one pint of boiling water, and boil for three minutes. Let stand on back of range ten minutes; when serve. The remaining coffee and egg, closely covered, should be kept in a cool place, when by simply re-heating, it may be used on the two successive mornings.

**TO MAKE COFFEE FOR ONE.**—Allow two tablespoonfuls of ground coffee to one cup of cold water. Add coffee to cold water, cover closely, and let stand over night. In the morning, bring to a boiling-point. If carefully poured, a clear cup of coffee may be served.

#### **After-Dinner Coffee. (Black Coffee, or Café Noir.)**

For after-dinner coffee use twice the quantity of coffee, or half the amount of liquid mentioned in previous recipes. Filtered coffee is often preferred where milk or cream is not used, as is always the case with black coffee. Serve in the usual small after-dinner coffee cups.

Coffee retards gastric digestion; but where the stomach has been overtaxed by a hearty meal, café noir may prove beneficial, so great are its stimulating effects, but over-indulgence must be strictly guarded against.

#### **Kola.**

The preparations on the market made from the kola-nut have much the same effect upon the system as coffee and chocolate, inasmuch as they contain caffeine and theobromine; they are also valuable for their diastase and a milk-digesting ferment.

#### **Cocoa and Chocolate.**

The cacao-tree is a native of Mexico. Although successfully cultivated between the twentieth parallels of latitude, the industry is chiefly confined to Mexico, South America, and the West Indies. Cocoa and chocolate are both prepared from seeds of the cocoa bean. The bean pod is from seven to ten inches long, and three to four and one-half inches in diameter. Each pod contains from twenty to forty seeds, imbedded in mucilaginous matter. Cocoa beans are dried previous to importation. Like coffee, they need roasting to develop flavor. After roasting, the outer covering of bean is removed; this covering makes what is known as cocoa shells, which have little nutritive value. The beans are broken and sold as cocoa nibs.

The various preparations of cocoa on the market are made from the ground cocoa nibs, from which, by means of hydraulic

pressure, a large amount of fat is expressed, leaving a solid cake. This in turn is pulverized and mixed with sugar, and sometimes, with a small amount of corn-starch or arrowroot, with perhaps the addition of cinnamon or vanilla. Broma contains both arrowroot and cinnamon.

Chocolate is made from cocoa nibs, but contains a much larger proportion of fat than cocoa preparations.

The fat obtained from cocoa bean is cocoa butter, which gives cocoa its principal nutrient.

Cocoa and chocolate differ from tea and coffee inasmuch as they contain nutriment as well as stimulant. The active principle is almost identical with theine and caffeine in its composition and effects.

Many people who abstain from the use of tea and coffee find cocoa indispensable. Not only is it valuable for its own nutriment, but for the large amount of milk added to it. Cocoa may be well placed in the dietary of a child after his third year, while chocolate should be avoided as a beverage, but may be given as a confection. Invalids and those of weak digestion can take cocoa, where chocolate would prove too rich.

#### **For Cocoa Shells.**

Take two cups of cocoa shells, twelve cups of boiling water.

Boil shells and water three hours; as water boils away it will be necessary to add more. Strain, and serve with milk and sugar. By adding two-thirds cup of cocoa nibs, a much more satisfactory drink is obtained.

#### **For Cracked Cocoa.**

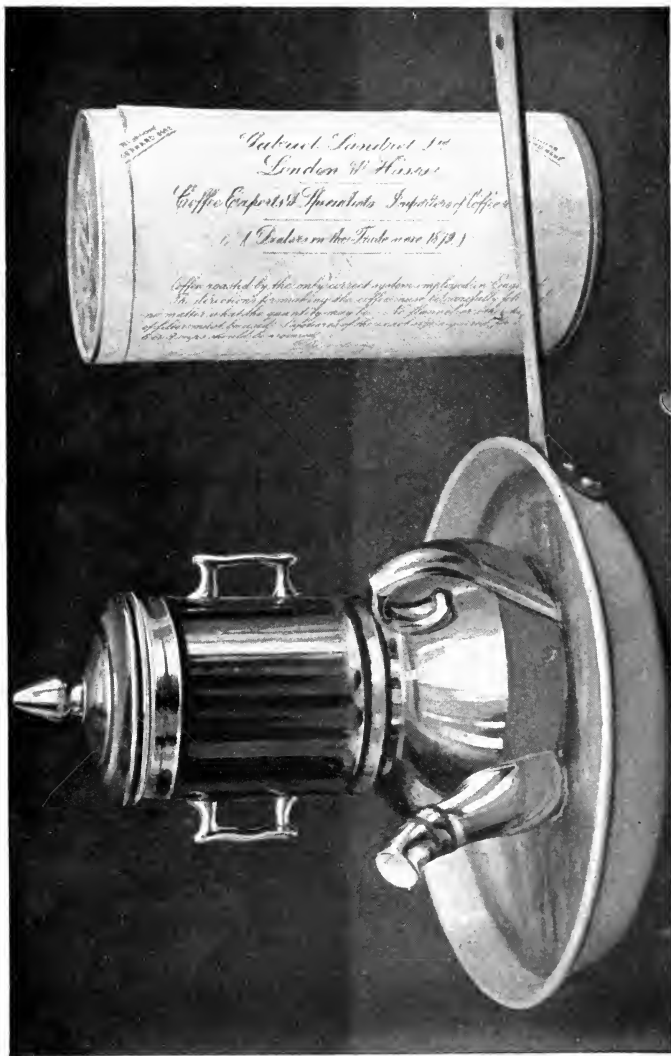
Take three tablespoonfuls of prepared cocoa, four tablespoonfuls of sugar, four cups of boiling water, four cups of milk.

Scald milk. Mix cocoa, sugar and a pinch of salt, dilute with one-half cup boiling water to make smooth paste, add remaining water, and boil one minute; turn into scalded milk and beat three minutes, when froth will form, preventing scum, which is so unsightly; this is known as milling.

#### **For Reception Cocoa.**

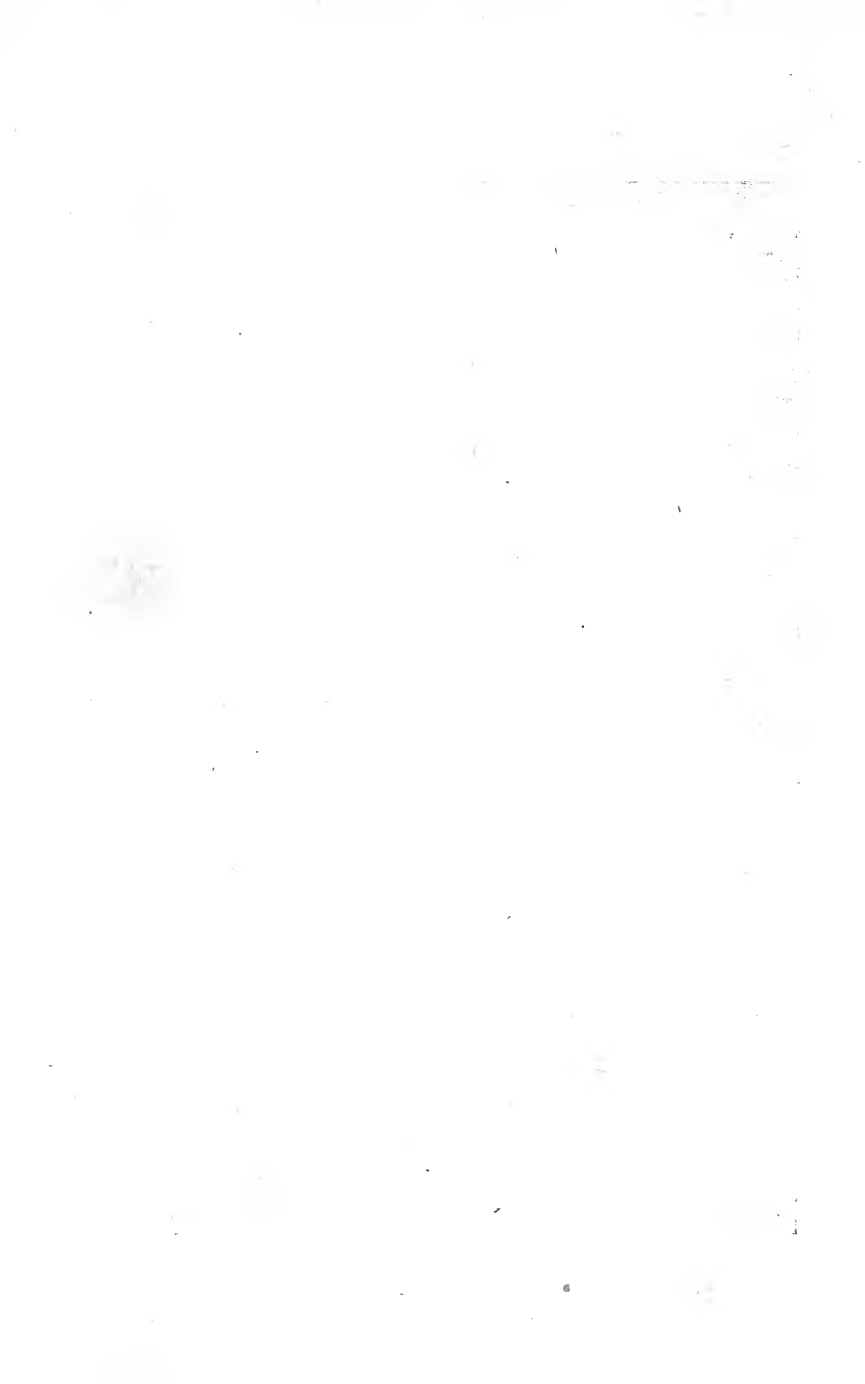
Take three tablespoonfuls of cocoa, one-quarter cup of sugar, a few grains of salt, four cups of milk, three-quarters cup of boiling water.

Scald milk. Mix cocoa, sugar, and salt, adding enough boiling water to make a smooth paste; add remaining water



HOW TO MAKE GOOD COFFEE. No. 2. (See also p. 398.)

Showing the Coffee Pot, complete, standing in shallow pan of hot water. When ready, the infuser is removed, the lid placed on top, and carried to the table.



and boil two minutes; pour into scalded milk. Beat three minutes, using egg-beater.

#### **For Chocolate.**

Take one and a half squares of chocolate, one-quarter cup of sugar, few grains of salt, one cup boiling water, three cups of milk.

Scald milk. Melt chocolate in small saucepan placed over hot water, add sugar, salt, and gradually boiling water; when smooth, place on range and boil one minute; add to scalded milk, mill, and serve in chocolate cups with whipped cream. One and one-half ounces vanilla chocolate may be substituted for chocolate; being sweetened, less sugar is required.

#### **Chocolate. (Another Method.)**

Prepare same as previous recipe, substituting one can evaporated cream or condensed milk diluted with four cups boiling water in place of three cups of milk.

#### **Soyer's Medicated Coffee for Invalids.**

Prepare coffee as "à la Française" (pp. 403-404), and when ready to serve drop into the liquor three ounces of raw, very lean beef (previously finely minced and diluted with three tablespoonfuls of COLD water). Place the coffee-pot at side of stove, to keep hot, but not boil, for two minutes. Then pass liquor through muslin and serve. An extremely nourishing and palatable drink for invalids.

## JEWISH DISHES.

In the hope that my book may appeal to all classes of the community, I give, in the following chapter a few recipes specially useful in those Jewish households where the regulations prescribed by the Jewish religion are strictly observed.

As is well known to the majority of my readers, these regulations are not confined to questions of personal conduct and worship but extend also to questions of food and the methods of cooking the same.

One has but to turn to that (possibly) least read early book of the Holy Bible—Leviticus—to realize how strict were the Mosaic laws in matters respecting food, clothing and personal cleanliness. And whilst many of those old-time injunctions have suffered by the passage of time, it is a notable fact that, in fundamentals at least, those relating to foods and their preparation still play an important part in the life of the strict, religious Jew. Just what these rules and regulations are need not be capitulated here—they are familiar to all who observe them—and it only remains therefore to give the various recipes, not only as a means of reference to those who regularly use them, but also as a matter of interest to those of my readers who, not being Jews, may yet take an interest in universal cookery.

It is possible, of course, that the passing interest may develop, and the casual reader be stimulated to give one or more of these Jewish recipes a trial. In such case I can safely promise a revelation both as regards preparation and resultant flavor.

### SOUPS.

#### Barsht.

Take some red beetroots, wash thoroughly and peel, and then boil in a moderate quantity of water from two to three hours over a slow fire, by which time a strong red liquor should have been obtained. Strain off the liquor, adding lemon juice, sugar, and salt to taste, and when it has cooled a little stir in sufficient yolks of eggs to slightly thicken it.

This may be used either hot or cold. In the former case

it is usually strengthened with a little home-made beef stock, and is considered to possess valuable tonic properties.

If after straining off the soup the remaining beetroot is not too much boiled away, it may be chopped finely with a little onion, vinegar, and dripping, flavored with pepper and salt, and used as a vegetable.

#### **Pesach Barsht.**

About a month before Easter, take one hundred-weight, more or less, of beetroot, which must be thoroughly washed and scraped. Place the whole in a clean barrel of sufficient size, adding five or six gallons of lukewarm water. Let this stand in a cool place until signs of fermentation are observed, when the cover must be removed and a fresh one of clean linen placed over the barrel.

The liquor is boiled as required, with any condiments and spices that are liked, and may be used either hot or cold. It is considered to be an excellent tonic.

#### **Shabbos Shalend.**

Take a quart each of white haricot beans and pearl barley, wash them in several waters and drain carefully. Now place them in a covered cooking vessel with some marrow bones or some meat cut into very small pieces. Flavor with pepper and salt and add sufficient water to just cover. Cover the vessel and bake thoroughly.

This is always done on Friday, and the vessel is left in the oven until required for the Saturday dinner, when it takes the place of the soup. So that this dish may not be of too thick a consistency, a little water can be added during the cooking process.

A rich suet dumpling is sometimes placed in the midst of the shalend; or some parboiled macaroni, contained in an inverted cup or jar, is baked with it.

#### **Yontuffsup.**

Take two pounds of rib of beef, half a chicken, a quarter of a turkey, and several pigeons. Place in a large cooking vessel with plenty of water, and add a split carrot and onion, a head of celery, a little parsley root, pepper and salt to taste, and a pinch of saffron. Let the whole simmer for two hours. The meat is then removed and can be used as a separate dish.

#### **Mazzakloyss.**

This is an accompaniment to the Yontuffsup described above. Prepare some Mazzamehl by crushing unleavened bread to

a fine powder. To each tablespoonful of this flour take one egg. Beat the egg separately, adding a very little ground ginger, powdered cinnamon, ground almond, pepper and salt. Now stir in the Mazzamehl and make into a paste with a sufficiency of chicken fat or clarified dripping. Form this paste into small balls and boil them for twenty minutes in the Yontuffsup previously described.

#### Einlauf.

Take four new-laid eggs and beat well into a semi-liquid paste with four tablespoonfuls of flour and a pinch of salt. Take up the mixture in large spoonfuls and drop from a considerable height into boiling soup shortly before serving.

The secret of success in preparing Einlauf lies in dropping it from sufficient height. If merely poured into the soup it will not at all be the same thing—neither so light or agreeable.

#### Fruit Soup.

Take two pounds of plums, cherries, or red currants and raspberries, which carefully pick and wash, and boil to a pulp with a pint of water. Let it slightly cool and then stir in the beaten yolk of an egg and a little sugar. Strain the soup, which should, preferably, be served cold.

### FISH.

#### Gäfilte Fisch.

Any large round fish, such as cod, hake, or haddock, may be used, but pike is considered best for the purpose.

Wash and scale the fish with the utmost care, and remove the entrails. The head may be cut off or left on as preferred. Next wash the fish in several waters and rub well with salt both inside and out. Let it stand for an hour, then wash again and remove the bones. Next remove the flesh from the skin, an operation which requires great care in order that the skin may not be broken. The best method is to scrape off from within.

Mince up the flesh with a small onion, some soaked bread-crumbs, a little parsley, nutmeg, pepper and salt, and bind together with two or three beaten eggs and just a touch of butter. If preferred, a little ground almonds may be added. With the pulp thus prepared refill the skin and give it the old shape—of course the fish will be more bulky than before.

Next place in a fish saucepan an onion and a carrot, both sliced, with two glasses of water, and cook gently till the vege-



tables are done. Then put in the stuffed fish and let it simmer for about an hour, according to size. When done, remove the fish to a dish, add a little pepper, salt, and butter to the liquor, and pour over the fish. This may be eaten either hot or cold.

#### **Jewish Method of Frying Fish.**

Scale the fish with the utmost thoroughness, remove the entrails, wash very thoroughly, and salt both inside and out. Then cut the fish into convenient slices, place them on a strainer, and leave them there for an hour.

Meanwhile, place some flour in one plate and some beaten eggs in another, and heat a large frying-pan half full of oil, or animal fat. Now wipe your fish slices thoroughly with a clean cloth, dip them first in flour and then in beaten eggs, and finally fry until browned.

#### **Another Method of Frying Fish.**

Thoroughly mix six ounces of flour with an ounce of olive oil, the yolk of an egg, and a pinch of salt. Stir in one gill of tepid water and place the whole to stand for half an hour in a cool place. Next beat the white of an egg stiff and stir into the batter. Dip each fish into the mixture, then roll in breadcrumbs and cook in boiling oil. Butter must not be used.

### **MEAT AND GAME.**

#### **Descaides.**

Wash thoroughly several fowls' livers and then let them simmer until tender in a little strong Kosher stock, adding some sliced mushroom, minced onion, and a little pepper and salt. When thoroughly done mince the whole finely, or pound it in a mortar. Now put it back in the saucepan and mix well with the yolks of sufficient eggs to make the whole fairly moist. Warm over the fire, stirring frequently until the mixture is quite thick, taking care that it does not burn.

It should be served upon rounds of toast on a hot dish garnished with parsley.

#### **Gafillte Milz.**

Take the milt of an ox or a calf, thoroughly wash it, rub well with salt, and again wash it. Then split it open and scrape off the flesh until only a somewhat thick skin is left. Make the flesh into a pulp in the same manner as directed for Gafillte Fisch. Then put the pulp back in the skin and sew it

up carefully. Boil in plenty of hot water until well cooked, and serve very hot.

#### **Krepplekh.**

Make a fairly tough paste by mixing beaten eggs with flour, roll out very thin and cut into small squares. Next mince any Kosher meat with onion, nutmeg, pepper and salt, and distribute the minced meat in small heaps on the squares of paste. Fold over each square diagonally so as to make a triangle, and pinch the edges of the paste together. The krepplekhs are then boiled in soup, and served very hot.

#### **Annastich.**

Cook one pound of rice in a quart of Kosher stock for half an hour, stirring frequently. Then add a chicken stuffed and trussed as for roasting; cover closely and cook thoroughly. After removing the chicken, pass the liquor through a strainer, add the juice of a lemon and the whipped yolk of an egg, and pour over the bird.

### **VEGETABLES.**

#### **Krosphada.**

Place two sliced onions with two ounces each of sugar, and spices, pepper and salt to taste, in a pint of pure malt vinegar, and boil gently until the onions are nearly done. Let it cool a little and then stir in six beaten eggs and sufficient crumbled ginger-bread to make the whole quite thick. Place again over the fire for a few minutes, stirring frequently and mashing the mixture into a uniform paste; but be very careful that it does not boil.

#### **Tsimess.**

Take equal portions of parboiled spinach and sorrel, flavor to taste with ground nutmeg, pepper and salt, and add sufficient dripping to make the whole moderately moist. Place in a covered bowl or other vessel in a slow oven.

This is prepared on Friday and left in the oven to keep hot until required for Saturday's dinner. All green vegetables may be prepared in the same way.

### **SALAD.**

#### **Salt Herring Salad.**

Put a salted herring to soak in water over night, and the next morning wash well, skin it and remove the bones. Mince

the flesh with a raw onion and a hard-boiled egg, adding pepper to taste and sufficient oil to moisten well the whole.

Mix very thoroughly and serve with fish, either hot or cold.

### SWEETS AND CAKES.

#### Mlinczki.

Beat up some eggs with sufficient flour to make a semi-liquid paste of about the consistency of thick molasses. Pour this into a frying-pan in which a little oil or butter has been heated to boiling point, and place it on the hob or near a fire, so that without exactly cooking it will set into a stiff dough somewhat resembling a partly cooked pancake. Turn this out on a board and let it cool.

Now peel, core, and mince one pound of apples with two ounces of ground sweet almonds, two ounces of powdered sugar, a pinch of cinnamon, and the juice of half a lemon. Mix well and then bind with the beaten whites of three eggs.

Spread this mixture on the dough which in the meantime has cooled on the board, fold over, and tuck the edges in well. Then sprinkle well with powdered cinnamon and castor sugar, and fry in plenty of oil or fat.

This is served either hot or cold as a sweet, but is better if served hot.

#### Kremslekh.

To each tablespoonful of Mazza flour (unleavened bread reduced to powder), take one egg, a pinch of salt, half a teaspoonful of sugar, a teaspoonful of ground almonds, a few stoned and chopped raisins, a pinch of ground cinnamon, a spoonful of oil, or its equivalent of beef dripping, and just enough water to make the whole into a stiff paste. Mix the ingredients very thoroughly.

Now take a large enameled saucepan and about half fill it with oil or animal fat. Bring this to boiling point, but do not let it burn. Now shape the paste into small pieces and drop them into boiling fat, turning them continually until well browned and then take out and drain carefully on a strainer.

This is a very popular sweet and may be eaten either hot or cold. In non-Jewish households, where Mazza flour is difficult to obtain, plain unsweetened water biscuits crushed to powder can be substituted.

#### Kindlekh.

In a large bowl place one pound of fine flour. Make a hole

in the midst and pour into it a small yeast cake dissolved in a little milk. Let this remain until the milk and yeast have risen a little. At this point stir in the surrounding flour together with three well-beaten eggs, a quarter of a pound of butter, six ounces of sugar, a pinch of salt, and half a pint of previously mixed milk. Knead the whole into a smooth dough.

Roll this out very lightly on a well-floured board, brush over with a feather dipped in melted butter, and strew thickly with chopped almonds, sultanas, and currants. Next fold over about three fingers' width of the dough. Brush the upper surface of this fold with melted butter and strew with mixed fruit and almonds. Fold over again and repeat the operation until the whole of the dough is folded up in layers somewhat resembling a flattened roly-poly pudding. Brush the top well with another feather dipped in beaten egg and cut the whole into thick slices or fingers. Let them stand for half an hour and then bake for an hour in a rather slow oven.

#### **Egg Marmalade.**

Make a thick syrup by dissolving one pound of sugar in half a pint of water over the fire, adding one ounce of pounded almonds while the syrup is clarifying. Take off the saucepan and when the contents have become moderately cool stir in carefully the well-beaten yolks of twenty eggs. It will need rather prolonged stirring to blend the eggs with the syrup. Now flavor with vanilla or wine, and cook over a slow fire, stirring constantly and taking great care that the mixture does not burn.

#### **Ramakins of Egg and Cheese.**

Beat three new-laid eggs and blend thoroughly with two ounces of grated cheese and one ounce of partly-melted butter. Place the mixture in little pans or saucers and bake in the oven.

#### **Almond Pudding.**

Whisk the whites of seven eggs with the yolks of ten, and stir into half a pound of pulverized sweet almonds with half an ounce of pounded bitter almonds, half a pound of castor sugar and a tablespoonful of orange-flower water. Blend very thoroughly and bake in a quick oven in a well-buttered dish. Powdered sugar should be strewed freely over it before serving.

#### **Lamplich.**

Make a mincemeat by chopping finely eight medium-sized

apples, half a pound each of raisins, currants, and sugar, a little citron peel, two or three cloves, and a teaspoonful of powdered cinnamon.

Cut some good puff paste into little triangles and fill with the mince, turning the corners of the paste over it so as to make little puffs. Place these closely together on a buttered baking-dish until it is full. Now mix an ounce of melted butter with a teacupful of thick syrup flavored with essence of lemon, and pour it over the puffs. Bake until done in a rather slow oven.

#### **Macrotés.**

Blend one pound of good light dough with two eggs, six ounces of butter, and add as much flour as may be needed to make the whole sufficiently dry. Make it into the shape of a French roll, and cut off rather thin slices, which should be placed before the fire to rise, and then fried in oil. Let them drain carefully, and when nearly cold dip each in very thick syrup flavored with essence of lemon.

#### **Gefulde Boterkoek. (Stuffed Butter Cake.)**

Make a paste by working three-quarters of a pound of butter into one pound of flour with three-quarters of a pound of moist sugar, a teaspoonful of ground cinnamon, and a pinch of salt.

Next mix half a pound of finely-chopped citron peel with half a pound of ground almonds, two pounds of powdered sugar, and three ounces of butter. Then flavor with half a spoonful of essence of vanilla and bind with the yolks of two eggs.

Roll out the dough and divide into two parts. Place one-half on a well-buttered baking-dish, spread the mixture evenly over it, and cover with the other half of the paste. Brush with a feather dipped in beaten egg, and bake in a moderately quick oven for half an hour. When done let it cool, and then cut into convenient pieces.

## A WEEK'S DINNERS FOR THE WORK- ING-MAN'S HOME

### SOYER'S PAPER-BAG COOKERY

BY ONE WHO HAS TRIED THE SOYER PAPER-BAG SYSTEM

The era of Paper-Bag Cookery opens up a happier prospect to the wife of the working man, not only in the quality of the dishes she may prepare, but in more leisure for herself.

Lest any frugal housewife may be appalled at the prospect at having to use some two or three bags before she can produce a dinner, let me state that all the following recipes, each of which I have tested personally, can be cooked in one bag, leaving only the pudding, pie, or tart to be considered.

In drawing up these dinners for a week, I have had in mind a household consisting of mother, father, and three or four children, ranging from twelve to five years of age.

It must be borne in mind that meat wastes practically not at all during the cooking process in the bag; therefore if you put four pounds in the bag, four pounds will come out.

#### Sunday.

Allow a quarter of a pound per head for each child, and half a pound per head for the two adults, and you will have two pounds left over, either for Sunday night's supper or for next day's dinner. As to vegetables, get a halfpennyworth of carrots, onions, and turnips, mixed, and two pounds of potatoes.

Peel the potatoes, slice them very thinly, and leave in water till needed. Peel and slice the onion and turnips and scrape the carrot. Cut all into small squares. Wash well; leave on a plate till needed. Take a little suet or two good tablespoonfuls of dripping. Rub this into half a pound of flour, and salt to taste, being careful not to overdo this, and a little pepper. Mix to the ordinary dumpling consistency with cold water, and shape into dumplings about the size of a big Brazil nut.

And now for beef in the good old farmer fashion.

Wash the beef well, but do not dry it. Sprinkle it with

seasoned flour—that is, flour to which a little pepper and salt have been added—on both sides. Now grease the large bag thickly with beef dripping. Take the potatoes out of their bowl. Do not dry them, but sprinkle them lightly with the seasoned flour. Then take the potatoes, carrots, turnips, and onions, and mix them all well together, sprinkling them with a very little salt. Take a handful of this mixture and some dumplings and put them into the bottom of the bag. Then put in the flank of beef. Press it in as tightly and as closely to the vegetables as possible, and if the bag admits put a few vegetables on top and under the joint. Add the remainder of the vegetables, etc., and close the bag.

Light the oven gas beforehand, let it get as hot as it can for eight minutes. Then place the paper bag on the grid, put the grid on the shelf of the oven, and close the door. Turn the gas down half way, and *leave the bag in for from an hour and a half to two hours*. Then take out, empty into a very hot dish as gently as possible. Stir well with a spoon which has been dipped in boiling water.

You will then have a dinner fit for a king. If you have not a wire grid you can use the ordinary gas grid. In this case allow another quarter of an hour for extra cooking.

If you would like a sweet for which no attention is needed, and do not wish to use another bag, try the following:—

Place a little sugar at the bottom of a clean empty jam jar, add a pint of well-washed gooseberries or peeled and cut-up rhubarb, half a pint of water, and cook the same time as the beef. If cooked in a greased bag instead of a jar this will be doubly delicious. When done serve it with sweet milk—i. e., half a pint of milk thickened with a tablespoonful of flour or corn-flour, and sweetened to taste.

#### Monday.

What is left over from Sunday will make the dinner for Monday.

Grease a bag well as before. Cut up the remains of the stewed beef into small square pieces. Dust these with fresh seasoned flour. Put two pounds of potatoes, cut small and dusted with salt, into a greased bag as before. Sprinkle the meat with a little powdered sweet herbs, put into the bag, and add to it a handful of either rice, barley, or oatmeal, which has been soaking all night in cold water. If the water has not been quite all absorbed, add this also. Now add the remains of any gravy which may be over from the previous day. Close

the bag, place it on grid as before, and *cook for sixty minutes*. Turn out into a hot dish. Stir as before and serve.

A jam turnover will be just the right sort of substantial dish to follow the beef. For this you must have a bag.

Rub four ounces of lard or good dripping into half a pound of flour salted to taste till it crumbles well. Add sufficient cold water to make to a stiff paste; roll out twice. Mark out a square and spread this thickly with any kind of jam liked. Fold over the two sides first and pinch well together. Now fold over the two sides in the same way. Brush over with water or milk, and sprinkle well with brown sugar. Put into the greased bag and *bake for forty-five minutes*.

### Tuesday.

For this day try a new way of doing sausages.

Take two pounds of cold boiled potatoes, pour on to them two wineglassfuls of hot milk or water, add a good big lump of dripping or cold bacon fat, and mash to a pulp, then beat up with a fork till quite light. Take one and a half pounds of either sausages or sausage meat (if the former, squeeze the meat out of the skins), and make into small cakes, each sausage making two cakes. Sprinkle a little finely-chopped onion on top of each cake. Make the potato pulp into thick round cakes, and put a sausage cake on top of each. Place in a well-greased bag. Close it, and *cook in a hot oven for fifteen minutes*.

This is a splendid way of using up cold potatoes, and a very quick emergency dinner for a washing day.

Old-fashioned Irish plum porridge. Soak half a pound of oatmeal over-night in cold water. At the same time soak four ounces of well-washed currants in another dish. Grease a bag well, drain the currants, add them to the oatmeal together with a bit of butter the size of a walnut. Mix, place in the bag, close, and *cook for fifty minutes in a moderately hot oven*. Serve with sifted sugar and, if possible, a little cream.

### Wednesday.

Let the dinner be roast and stuffed breast of mutton.

Take a lean breast of mutton four pounds weight, getting the butcher to bone it for you. Make a stuffing with two ounces of stale breadcrumbs, a dust of salt and pepper, a finely-chopped onion, and a heaped puddingspoonful of minced parsley, or, if pressed for time, a little finely-powdered mixed sweet herbs. Add a good lump of dripping, or cut a little fat



from the thick part of the breast, chop this finely, and use instead of dripping. Bind if possible with an egg, or, failing this, use a little cold milk. Lay this mixture on the inside of the meat. Roll as tightly as possible, tie into place with clean tape or string. Grease the bag well. Put in one pound of peeled and halved potatoes, choosing these all as nearly of a size as possible. Then put in the meat. Add the other and put in the rest of the potatoes. Put in bag in a very hot oven. Lower the gas half-way (or push in the dampers), and *cook for an hour and a quarter, or an hour and a half*, according as the meat is liked—well, over or underdone. Turn out, serve with a little red currant jam, if jelly is not possible.

Baked bread pudding will be found very acceptable after this.

To make it, soak half a pound or more of stale bread overnight in cold water. Then beat up with a fork until quite light. Now add to it an ounce of brown sugar, two ounces of well-washed currants, two ounces ditto raisins, a little candied peel, and a good lump of dripping. Beat up the mixture thoroughly. Sprinkle it thickly on top with brown sugar. Grease a bag thickly, put in the mixture, and *bake for forty minutes*. Open the bag, slip out gently, dust with sifted sugar, and serve.

#### Thursday.

Chop the cold mutton left over from Wednesday finely. Dust it with pepper, salt, a little powdered sweet herbs, and add to it a large finely-chopped onion. Sprinkle the whole well with seasoned flour. Add any cold gravy which may be over from the day before, and a couple of rashers of lean flank of bacon and a tablespoonful of Worcester sauce, with the same amount of water. Grease the bag. Put in the mince. *Cook gently for half an hour*, turn out, and serve with baked potatoes.

A jam roly-poly pudding will be a nice finish to this dinner. It is too well known to need a recipe.

#### Friday.

A little fish once a week not only makes a nice change in the monotony of the midday meal, but is often a distinct saving both in health and pocket. Stuffed and baked haddocks are delicious.

For a family of six allow three or four small haddocks, or one large one.

Make a stuffing in exactly the same way as described for stuffed breast of mutton. Wash the fish well and cut off the

head; then put in the stuffing. Sew up the fish or secure tightly with white cotton. Grease the outside of the fish slightly, this to take the place of the "bits of butter" put on the fish when the latter is cooked in the oven in the old way. Grease the bag well. Put in the fish and *bake for from twenty to thirty minutes*, according to whether two small fish or one large one is used. Slip out gently and serve with baked potatoes.

Dressed macaroni will serve for a pudding.

Take half a pound of cooked macaroni. Add to it a little white pepper, from two ounces to four ounces of grated cheese, and a liberal two ounces of nut margarine, which is quite equal to butter in every respect, and contains no animal fat whatever. Grease the bag well with the nut margarine. Mix the macaroni well up with the cheese and nut butter, put into the bag, and *cook in a hot oven for ten minutes*. Slip out on to a hot dish and serve at once.

### Saturday.

On Saturday the housewife usually has a good deal of cleaning up and mending to do for the morrow, so she will need something which does not require much preparation beforehand.

Liver and bacon, always a highly appreciated dish, will meet the difficulty, and there is no fear of it "catching" in the bag if she should chance to be called away for a minute or two.

Slice one pound of very fresh liver, dip each piece into flour nicely seasoned with salt and pepper. Put a piece of liver on top of each rasher of bacon. Grease the bag slightly. Put in the rashers and liver. *Cook for twenty-five minutes*. Open the bag, and slip out the meat gently on to a very hot dish. Put boiled potatoes round as a border, and pour the gravy over the potatoes.

Jam buns are a tremendous saving of trouble when the housewife is very busy on a Saturday. Get half a dozen stale buns (penny buns are sold at three a penny, when stale, at any bakers). Split them open. Pour a little boiling milk or water over them. Spread thickly with golden syrup. Make very hot in a bag (greased).

## SOYER'S PAPER-BAG COOKERY.

## INVALID COOKERY.

## Sweetbread Mackenzie.

Blanch and trim a good-sized sweetbread, make a little mirepoix of vegetables, paying attention to the color of the vegetables and seeing that they do not brown. Cut the sweetbread across the center, but do not halve it. Pound one ounce of pistachios and lay them in the slit of the sweetbread. Cover the sweetbread with the prepared vegetables and place in a well-buttered bag. *Cook in a slow oven for thirty minutes.* Dish the sweetbread, place the other ingredients in a fine sieve and lightly press the gravy through on to the sweetbread.

## Chicken and Rice Tea.

Chop up half a raw chicken, wash a tablespoonful of rice in cold water and mix with the chicken. Wash a teaspoonful of pearl barley and add with a quarter of a pint of cold water. Put the whole in a small paper-bag and *cook for forty to fifty-five minutes in a slow oven (300° Fahr.).*

## Chicken Quennelle.

Take the breast of one Surrey fowl, add a pint of white sauce and a piece of butter the size of a walnut. Pound well, mix in one egg, pass through a hair sieve. Place in a bowl, add a quarter of a pint of cream and stir well. Form small quennelles with a spoon, place in a well-buttered bag, lay carefully on a grid, and *cook for six minutes in a hot oven (350° Fahr.).*

## Filletted Poultry for Invalids.

Mince up finely a carrot, turnip, and onion, add a little ham, a pinch of sugar and salt, and place at the bottom of small well-buttered bag. Slice the breast of a fowl, lay the slices on the prepared vegetables, sprinkle with oiled butter. Seal and *cook six minutes in a slow oven.* Dish the fillets, put the vegetables in a small sieve, press lightly and pour the gravy over the fillets.

## Minced Chicken for Invalid.

Finely mince the breast of a chicken, add a tablespoonful of cream, the yolk of an egg, and a little salt. Lay in a small bag, together with a small piece of toast placed at the side. *Cook for five minutes in a hot oven.* Serve in the bag.

**Baked Custard for Invalid.**

Peel and remove the seeds from a slice of tomato, add a pinch of salt. Break three eggs and place the yolks in a bowl, add a tablespoonful of cream and half a pint of milk. Place the tomato at the bottom of a small pie-dish, stir in the custard over the tomato, place in a bag, seal, and *bake for twenty minutes in a slow oven.*

**Beef Tea.**

Put one pound of beef steak in a paper bag, seal it and put on grid in a *moderate oven for twelve minutes.* Take the parcel and place on a dish. Open the bag and you will find the natural gravy on the dish. Cut the steak and squeeze the juice from it, strain into a hot cup, and serve at once. Season to taste.

**Chicken Tea.**

Cut up half a fresh fowl. Break up the bones with a chopper. Place in paper bag. Add two tablespoonfuls of water, seal up, and place on the grid. *Allow forty-five minutes in a slow oven.* Strain as in the foregoing recipe and serve.

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