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Contributors

Myra.

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Myra's Cookery Book


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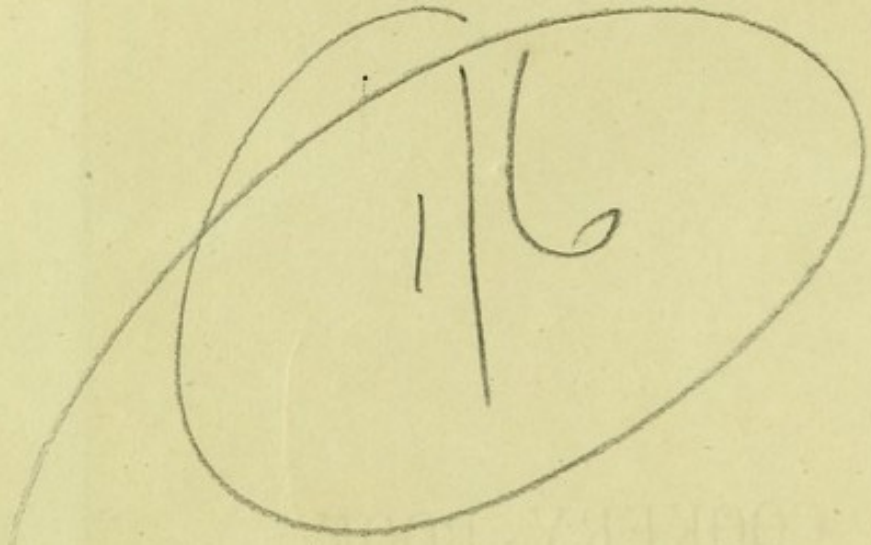
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MYRA'S COOKERY BOOK.



MYRA'S
COOKERY BOOK,

BEING

A New and Practical Method of Learning Cookery, and Working out Well-tried Recipes,

TOGETHER WITH CLEAR INSTRUCTIONS IN THE ARTS OF

Baking,	Boiling,	Broiling,	Braising,
Roasting,	Frying,	Stewing,	Steaming,
Larding,	Glazing,	Preserving,	Pickling,

AS WELL AS THE PROPER WAYS OF MAKING

Pastry,	Puddings,	Moulds,	Jellies,
Creams,	Custards,	Sauces,	Forcemeats,
Savouries,	Cakes,	Compôtes,	Omelets.

EDITED BY MYRA.

LONDON:

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PREFACE.

THIS little volume must not be considered in any way as a substitute for larger and well-known Cookery Books, the standard works on the subject of cookery for many years. It is more intended for beginners who require a book to which they can instantly refer whilst preparing a dish, and which tells them in the fewest possible words the ingredients they will require in its preparation, the quantity of each ingredient, the process or processes through which it has to go before it can be mixed with the other ingredients, and the order in which these processes have to follow each other. No attempt is made to treat cooking from a scientific point of view; the object has been to provide a handy, practical, concise book, easily referred to, and in which it is not necessary to read through the whole of the recipe in order to find the particular point that requires the moment's study. The tabular system followed obviates any necessity of this kind: the young student of cookery looks down the columns, notes the nature and amount of the ingredients required, collects these round her, and then sees what has to be done with each one.

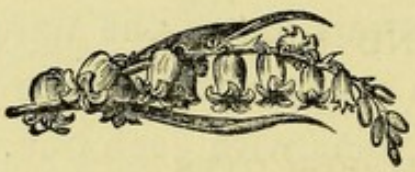
The quantities have been given as accurately as possible, and should be carefully observed; at the same time, the cook should note the taste of the individuals for whom she exercises her art, and alter the seasonings and flavouring of the dishes as she thinks expedient in order to render the

food thoroughly palatable. A little experience will soon give the necessary skill for judging such matters.

The recipes given include all those usually required by English middle-class families, and to these have been added the recipes of a number of French, German, and Italian dishes, all good in their several ways, easy of preparation, and likely to be acceptable as providing a little agreeable change in the rather limited menu of the ordinary English cuisine.

More recipes are given for soups and vegetables than are usually found in English cookery books, for these two very nutritious, economical, and delicious branches of cookery are generally too much overlooked in England.

A great number of recipes are also given for "little dishes," made either from fresh meat or from such as has been already cooked. The preparation of these requires care and intelligence, but without a due exercise of these two qualities neither cooking, nor any other art, is likely to be pursued with success.



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METHODS OF COOKING.

ROASTING.

ROASTING is the simplest and most generally adopted way of cooking fresh meat; it may be done in the oven, or before the fire on a spit, or suspended from a bottle-jack—most people prefer this method, as tending less to deteriorate the flavour of the meat. For a large joint the fire should be strong and even; for a smaller joint it should be brisk—in either case the length of the fire should be a little longer than that of the meat, so that the ends of the joint may be roasted equally with the centre. Large joints are improved if they are allowed to lie in the dripping pan near the fire until warmed through, before they are hung up to roast. Great care must be used in roasting meat on a spit not to run this through the best part of the joint, as the gravy escapes by the holes made by the spit—the same remark holds good with skewers: string should be used as much as possible instead of skewers, to prevent the loss of gravy.

The time generally allowed for roasting is a quarter of an hour to each pound of meat, and the joint is tender in proportion with the slowness of the roasting. There are, however, some points to be noted with regard to time that should be remembered; fresh meat takes longer to roast than does meat that has been hung for some time; young meat requires less cooking than that of older animals; and fat meat takes longer than lean meat, which should be covered with buttered paper before roasting, to prevent burning and dryness.

Small—and especially thin—joints may be put down to a

brisk fire, which causes the fibres to contract and prevents the gravy from escaping. Large joints should not be put close to the fire at first, but gradually brought nearer to it, so that the heat may penetrate to the centre of the joint without scorching and burning the outside of it.

Salt may be sprinkled over the joint while it lies in the pan before the fire, or when it is partially cooked: basting should be continued the whole time the joint is before the fire. It should be sheltered from draughts while roasting, and when the steam rises from the joint it is time to take it off the spit. The outside of a well-cooked joint is well browned, but not burnt: the inside is filled with natural gravy, the juice of the meat. Some joints, such as a fillet of veal, have flour dredged over them and browned, just before taking the meat from the fire.

The cook must consult the taste of the family as to the amount of roasting that is required: veal, pork, and lamb should always be thoroughly done, but many people prefer beef and mutton rather underdone. To secure great tenderness, keep the joint at a distance from the fire, and allow half an hour to each pound of meat, and put it closer to the fire to brown it for the last half hour before serving. Roasted in this way the joint will be tender and thoroughly done.

BAKING.

The oven is now often used for roasting meat instead of cooking the joint before the open fire: to many people, however, meat cooked in this way is unpalatable, and, except for its convenience, baking cannot be recommended as a substitute for roasting.

Meat is baked in a tin dish, but raised on a stand so that it may not rest in the gravy that drips from it. To prevent it from being dried or burnt, sheets of buttered paper may

be skewered over it, and potatoes or a Yorkshire pudding may be baked in the dish under the meat.

The oven is, however, exceedingly well adapted for many methods of slow cooking when regular heat is required. Stews of meat, fish, or vegetables may all be cooked in the oven, either in earthen jars or in stewpans—rice baked in this way, with a proper amount of liquid and a little meat or fish, is excellent; and stock and soup can be as well prepared in the oven as on the fire.

Many kinds of fish are nicer when baked than dressed in any other way; fresh cured hams may be covered with paste and then baked, and will be found very tender and of fine flavour—in fact, any process of cooking that is done in a closed vessel, and that requires gentle and regular heat, may be safely entrusted to the oven.

For baking pastry the oven should be moderately hot to raise the paste, but not hot enough to burn it before it is cooked through. When the pastry has been put in, the oven door must be closed, and not opened again until the paste is thoroughly set: if the heat is checked, or allowed to escape, the pastry will fall and become tough.

Raised pies require a much hotter oven than is needed for fruit tarts: it is a good plan to heat the oven by burning wood in it for an hour or so before the pie is put in. Resinous or scented wood must not, however, be used for this purpose.

Meat pies, when sufficiently browned, should be allowed to stand on the top of the oven for an hour or more, that the meat in them may become thoroughly cooked. The paste may be covered with white paper, to preserve it from blacks or dust and from burning.

Baked milky puddings, such as rice, sago, custard, etc., require a very gentle oven; but puddings of the batter kind require more heat to raise them.

Baked puddings that resemble a soufflé, and that have frothed white of eggs mixed with them the moment before they are put in the oven, require a moderate heat, and should be sent to table the instant they are taken out of the oven. A sheet of white paper placed over a pudding, when it is set and slightly browned, will preserve it from burning or from becoming too dark a colour.

Large cakes require a well-sustained heat, or they will not be baked through: when done they should be gently taken out of the moulds and put near the door of the oven to dry the surface, and then laid on their sides on a sieve to cool.

Small cakes and gingerbread must be baked in a slow oven, but light cakes, macaroons, ratafias, etc., require rather more heat. Cake tins should be well buttered, and lined with paper.

BOILING.

The time required for boiling meat varies with the size and nature of the joint, and also with the kind of meat: the method of cooking also varies slightly. Fresh meat is generally put into cold water, in the proportion of a quart of water to each pound of meat, and allowed to come gradually to the boil; the pot is then drawn aside, and the meat simmers gently until it is done. It is a good plan to place a reversed plate or dish at the bottom of the pot, to prevent the meat from resting on this and possibly adhering to it. Another way of boiling joints of fresh meat is to put them at once into boiling water, and when they have remained in it a minute to add cold water until the temperature is reduced to tepid. After this the heat is again increased, and the joint is allowed to simmer until tender. This plan is said to keep the gravy in the meat without

hardening it. Large joints require from fifteen to twenty minutes boiling to each pound of meat; smaller joints take from twelve to fifteen minutes to each pound; lamb and veal take longer than mutton or beef; a chicken takes twenty minutes; a fowl thirty or forty minutes; a turkey from an hour and a half to two hours, depending on the size; rabbits require a great deal of boiling in plenty of water, nearly or quite an hour and three-quarters.

All salt meat should be soaked in cold water for at least two hours before it is required for cooking, and well washed and dried. It is put into cold water, which is allowed to come gradually to the boil, and the pot is then drawn away from the fire so that the meat can simmer gently until done. Some people consider it a good plan to let the meat boil fast for ten minutes before drawing it aside to simmer; this boiling preserves the juices, and it does not last long enough to harden the meat. The time usually allowed is a quarter of an hour to each pound of meat, but this, although sufficient for small joints, is not always enough for large ones. Bacon, for instance, takes much longer to boil than salt beef, ham, or tongue.

All boiled meat or poultry that is to be eaten hot should be taken out of the pot as soon as it is done—it will become sodden and flavourless if left too long in the water. Meat that is to be eaten cold, such as tongue or ham, should be allowed to cool in the liquor it has been boiled in; rolled tongue and pressed spice beef are, of course, exceptions, as they must be moulded while hot.

The meat should always be covered with water, although it is not desirable that there should be a great depth of water above the joint. Fast boiling will entirely spoil the meat, and render it hard, tough, and a bad colour. The scum must be taken off as it rises, but, except when skimming is necessary, the lid should be left on the pot, and the

heat, which need not be great for simmering, should be even and uninterrupted.

In boiling poultry or white meats, a piece of bread without crust, and a little butter or beef suet, may be added to the water to soften it, and to keep the colour and improve the flavour of the joint.

STEAMING.

Steaming is often preferred to boiling for some kinds of food, such as potatoes, rice, vegetables, macaroni, fish, and sweet puddings. The steamer fits into the top of a saucepan made for the purpose, and any article that has no strong flavour may be boiled in the water contained in the saucepan, and which provides the steam for the steamer.

The food to be steamed is prepared as for boiling, and the lid of the saucepan must be firmly closed to prevent the escape of the steam.

Steaming is an excellent way of warming cold puddings and meat, as it entirely preserves their original flavour.

FRYING.

There are two chief points on which the success of frying depends; one is to have a sufficiency of fat to cover the articles to be fried, and the other is to have this boiling before anything is put into it. No food can be properly fried in a thin layer of warm grease; there must be plenty of it, and it must be at the right degree of heat. A deep pan is therefore necessary for frying any but very flat objects, such as soles; and an admirable plan is to put the articles to be fried into a kind of wire-work basket, which is dipped into the pan of boiling fat, and then taken out with the fried articles in it when these are cooked. If well

covered with the fat, they are fried on both sides at once, and do not require turning, or any handling or touching, until they are removed from the basket.

Butter, oil, lard, dripping, and clarified suet are all used for frying; of these, lard, dripping, and clarified suet are most used in general cooking. Olive oil answers extremely well for frying fish, and, if strained and carefully kept, can be used several times. Fat, also, may be used more than once for meat, if carefully strained and kept quite fresh. Butter is generally used only in frying vegetables for stews, when it forms part of the gravy, and for light and delicate dishes. No fat that has been used for one kind of food should ever be used for any other kind, as it invariably contracts the flavour of the articles fried in it.

To test the heat of the boiling fat wait till it has left off bubbling, then dip your finger in water and shake it over the pan; if the fat crackles and sputters the heat is right, and the articles can be put in. The fat used must be perfectly fresh, clean, and free from salt, otherwise the food will be spoilt in flavour and colour.

All fried food must be carefully drained before it is sent to table; it should be so dry that it scarcely leaves a trace of grease on the cloth or paper on which it is served.

Omelets should be fried in a special enamelled pan kept for the purpose, and never used for any other kind of food. The butter in which they are fried must be boiling hot, but not brown, or it will spoil the colour of the omelet.

BROILING.

The success of broiling depends almost entirely on the brightness and clearness of the fire: there should be a steady glow at the top, without smoke or flames. Much

can be done to improve the fire, if it is not clear, by sprinkling a handful of salt on it.

The gridiron should be perfectly clean and polished: gridirons with fluted bars and a receptacle for the gravy answer best. When hot the bars should be rubbed with suet or grease, to prevent the meat from sticking to them: chalk is used instead of grease for fish, and the gridiron is held in a sloping position over the fire.

No salt should be sprinkled on the meat before broiling, as it has the effect of bringing out the gravy, which falls into the fire and is wasted. The meat, if thick, must be gradually heated through by being kept at a little distance above the fire, otherwise the outside will be burnt while the inside is nearly raw: thin meat may be broiled more briskly.

Steaks, chops, and all broiled articles should be frequently turned with a pair of tongs: the holes made by a fork let the gravy out.

Meat that has been dipped in egg and bread crumbs should also be dipped in clarified butter before broiling; cutlets may be seasoned a little with pepper and salt, and then brushed over with oil or butter—they are very good cooked in this way. Fish may be wrapped in buttered paper for broiling.

STEWING.

Fresh meat for stewing may be first gently boiled in the stewpan with the vegetables and stock, and then skimmed, but sometimes the meat is put into boiling stock or water: at other times cold water or stock, sufficient only to provide the necessary gravy in either case, is poured over it. In French stews the meat and vegetables are browned in butter and flour in the stewpan, the hot stock is then added

with the seasoning and other ingredients, the lid is put on and the stewpan is placed where it will have slow but well-regulated heat, until it is ready to serve. The regulation of the heat is an important point in all stews, as the flavour of the dish depends almost entirely on the care that is taken to keep it steady and even, never too fast nor too slow, for an error in either direction will destroy the flavour, and either harden the meat or leave it insufficiently cooked. Once fairly started a stew should be interfered with as little as possible; even raising the lid checks the process of cooking, and the fragrant steam that escapes is so much lost from the flavour.

Good stock or gravy is absolutely necessary to make a rich and well flavoured stew; water or thin stock can only be used for Irish stews and similar homely family dishes.

Stewing is the most economical process in cooking, as nothing is put into a stew that is not eaten, unless it is perhaps the bunch of parsley and herbs put in to flavour the gravy. No method of cooking is more easy, yet none is so often a failure, chiefly because the gravy is too thin and flavourless, and the stew is allowed to boil at a gallop, when it should simmer very gently.

When cold meat is to be served as a stew, the gravy must be first made and simmered with the vegetables, seasoning, flavouring, etc., until it is of the right consistence; any thickening it requires should be put in at the very first stage; the addition of flour towards the end of the cooking should be avoided as much as possible, as it does not mix well, and often gives the gravy a raw flavour. If it is necessary to thicken the gravy a little more, this should be done by adding a little butter kneaded with flour, or a little prepared white or brown roux. The gravy when thoroughly cooked is strained, if necessary, into another saucepan, and the meat, cut in neat slices and perfectly

free from gristle and skin, is then heated in the simmering gravy, which must never be allowed to boil. Boiling will infallibly harden the meat and destroy the flavour of the stew, which should be served as soon as the meat is thoroughly hot.

Saucepans should not be used for stewing: a stewpan, with a well-fitting lid, is the only vessel fit for the purpose. Meat and vegetables that require browning before they are stewed can be fried in an ordinary stewpan, or in a deep frying pan or *sauté* pan.

Good stews can, however, be made by putting all the ingredients in an earthen jar with a well-fitting top, and putting this in a slow oven to stew gently till done. The lid of the stewpan or jar may be rendered air-tight by putting some flour-and-water paste over the opening, and removing this only when the stew is cooked.

BRAISING.

A braising-pan is required for this method of cooking joints, etc. This is a large or small, deep, oblong vessel of copper, with a tinned lining like a stewpan, having a very deep lid or cover, with an upright ledge all round it, to keep in the hot coals or embers that are burnt on it, to give the necessary heat above and below the article cooked.

Meat and some kinds of poultry, turkeys, fowls, game, etc., are frequently braised; slices of fat bacon are placed in the pan, and the meat is covered with more slices before it is put in. Onions, herbs, and sometimes vegetables are added; bones and trimmings of meat are put in to add richness to the gravy, a sufficient quantity of good stock is poured over it, with any seasoning that is needed, the cover is put on, hot coals are placed on this, and the pan is placed

where its contents will simmer or stew very gently for two or three hours.

When the meat is done it is taken out of the pan and kept hot, and the gravy is strained into a basin ; to get rid of the fat plunge the basin of gravy into cold water, and when the fat coagulates at the top take it off. Then boil the gravy quickly until it thickens, and pour it over the meat ; if very thick, brush it over and put the meat in the oven for a few minutes to form a glaze.

Delicate kinds of meat are covered with a sheet of buttered paper, to save them from being burned by the fire on the lid.

GLAZING.

Glaze is a thick, but clear brown gravy, produced by the continued boiling of an ordinary good made gravy until it is reduced to a third or fourth part of the original quantity, and is about the same consistence as the best treacle—when cold it becomes a jelly. Glaze is used for brushing over made dishes, and many that are eaten cold—ham, tongue, boned turkey, etc.

When two or three coats of glaze are needed, as is sometimes the case, each coat must be allowed to cool before the next one is put on. When cold they form a thick, brown smooth jelly all over the article glazed.

LARDING.

The best fat bacon should be used for larding, and slices of this, free from lean and rind, are cut into strips of equal size and thickness. For poultry, game, and small joints the strips of bacon are two inches long and about the eighth

of an inch square; when the lardoons are required for large joints, or have to be taken right through the meat, the strips are longer and nearly half an inch square.

Small lardoons on the breasts of birds, or on the upper surface of the meat, should be put in very regularly in intersecting lines, and at equal distances apart.

To insert the lardoons, secure one end in the larding needle, and take up with the point as much of the meat to be larded as will keep the strip firm; draw the needle through and the bacon with it, but leave the two ends out —these should be of the same length—and when the larding is finished the meat should resemble a cake stuck with almonds.

For larding or *doubing* the inside of meat, the bacon is rolled in seasoning before it is inserted: a large larding needle is used, and the strips are drawn right through the meat.

Larding is a great improvement to meat or poultry of a dry nature.

SYRUP-MAKING.

The best lump sugar should be used for making syrups, candies, and caramel; coarser sugar is less easily clarified, and there is more waste in boiling it. The sugar is broken in large lumps into the preserving pan, and a pint of water is allowed to each pound of sugar for syrups, or about a third of a pint of water if the sugar is to be candied. To clarify this half the white of one egg is enough for six pounds of sugar.

Beat the white of egg to a light froth, alone first, then add it to the water and beat the two together. When well mixed pour the greater part of the water on to the sugar, and let this stand until dissolved; stir well, put the pan on

the fire, and let the syrup boil for five minutes without disturbing it. Take the pan off the fire, let it stand two minutes, and then skim carefully and thoroughly. Put the pan back on the fire, and when the syrup begins to boil pour in a little of the water that was left over. Repeat the skimming until the syrup is quite clear, and then strain through muslin into a clean pan to be boiled again.

There are several degrees of boiling sugar which may be learnt most accurately by means of a syrometer, but which may be judged of with a considerable degree of correctness by the ordinary thumb and finger test.

The first stage is that of a thin syrup; if the finger is dipped in water and then in the liquid, and pressed against the thumb and quickly withdrawn, the syrup will form short threads that snap directly. Another five or ten minutes of rapid boiling will bring it to the second stage of a thick syrup, and the threads may then be drawn out to a great length without breaking. Long threads will also fall from the skimmer when this is raised.

In the next two stages the syrup forms bubbles on the surface in boiling, small at first and then large; if it is intended to make barley sugar or caramel the flavouring of lemon juice must now be added, but for candying the syrup is simply stirred until it rises in white foam almost to the top of the pan. It must now be taken out instantly and put on dishes, or it will resolve itself into a powder that will require more water and reboiling. Stirring is necessary in making barley-sugar, after the lemon juice is put in, which is at the rate of a dessert-spoonful of strained lemon-juice to three pounds of sugar. To test the barley-sugar, drop a little from the ladle or skimmer into a basin of cold water, take it out at once, and if it snaps clean and crisp between the teeth it is done, and must be taken off the fire immediately.

Caramel is the last stage of syrup making; the sugar becomes a dark yellow colour, and emits a strong odour. The pan must be drawn away from the fire, and a little water thrown into it.

In making orange-flower or cocoa-nut candy, these are thrown into the boiling syrup after it has been clarified and skimmed, and when it is very thick and white. It is then stirred until it rises in a mass, when it must be taken out immediately and laid on sheets of fine white paper.

There is no great difficulty in making syrups and candies, but they require great care and constant watching, as if left on the fire a moment too long the syrup may be entirely spoilt, and be either wasted or require re-boiling.

PRESERVING.

In preserving fruit the pan containing it should at first be subjected to gentle heat, until the sugar is melted; the heat may then be increased until the boiling point is reached. Steady, regular heat must then be continued the whole time, together with constant stirring, or the fruit will burn and the preserve be rendered uneatable.

The pots when filled must be left until they are stone cold before covering. The best way to do this is, first, to lay on the jam a round of tissue paper the exact size of the jar, and press it down. A second round of tissue paper, cut larger than the jar, is dipped on one side in beaten white of egg, laid over the top, and pressed down round the rim. The white of egg on the inner side will make the paper adhere firmly to the jar, and the top, when dry, will have the consistence of parchment.

MYRA'S
COOKERY BOOK.

SECTION I.—SOUPS.

1.—SOUP STOCK *(Quickly made) à la Minute.*

Order.	Ingredients.	Quantities.	Method.
1...	Raw beef ...	1 lb. ...	Cut into slices.
2...	Carrot ...	1 lb. ...	do.
3...	Onion ...	1 lb. ...	do.
4...	Celery ...	1 lb. ...	do.
5...	Turnip ...	1 lb. ...	do.
6...	Cloves ...	2 ...	
7...	... ...	... ...	Mix them all in a saucepan.
8...	Water ...	1 quart ...	Pour over.
9...	Salt ...	1 pinch ...	Sprinkle over.
10...	... ...	... ...	Boil 15 minutes.
11...	... ...	... ...	Take off the fire.
12...	... ...	... ...	Skim while off the fire.
13...	... ...	... ...	Strain through a sieve.
14...	Stale bread ...	... ...	Cut in thin slices into the tureen.
15...	... ...	... ...	Pour the stock over.
16...	Chervil ...	1 handful	Chop fine and sprinkle over stock.

NOTE.—The chervil can be omitted if not liked. The meat and vegetables are eaten in France after the soup.

2.—ANOTHER QUICKLY-MADE STOCK.

Order.	Ingredients.	Quantities.	Method.
1...	Water ...	1 quart ...	Boil it.
2...	Gravy from roast meat	¼ pint ...	Add the gravy, and use it as stock for soups, gravies, &c.

3.—SOUP STOCK, *made in an hour.*

Order.	Ingredients.	Quantities.	Method.
1...	Beef, mutton, or veal	1 lb. ...	Cut into small slices, and put into a stewpan or saucepan.
2...	Carrots ...	1 or 2 ...	Cut lengthways.
3...	Turnips ...	1 or 2 ...	do.
4...	Onion ...	1... ...	Stick a clove in the onion.
5...	Burnt onion ...	1... ...	Add to colour the soup.
6...	Fat bacon ...	... ..	Cut into small pieces.
7...	... ...	... ...	Mix the whole with the meat.
8...	Water ...	½ pint ...	Pour over.
9...	... ...	... ...	Let all simmer over a slow fire until it begins to stick to the bottom of the stewpan or saucepan.
10...	Boiling water	1 quart ...	Pour over.
11...	Salt ...	1 pinch ...	Sprinkle over.
12...	... ...	... ...	Let all boil on a quick fire ¾ hour.
13..	... ...	... ...	Skim off the fat.
14...	... ...	... ...	Strain through a sieve or cloth.

4.—SOUP STOCK, *the French Pot-au-feu.*

Order.	Ingredients.	Quantities.	Method.
1	Beef, or ...	4 lbs. ...	Shin, or leg of beef should be chosen, as it makes the best stock.
	Mutton, or ...	4 lbs. ...	Can be used when not too fat.
	Veal ...	4 lbs. ...	For invalids most strengthening.
2...	Old fowl, old pigeon, old partridge, rabbits	... ...	Are excellent added to increase the flavour.
3...	Bones from roast meat	... ...	Chopped, and thrown into the pot, add gelatine.
4...	... ...	... ...	Place the meat, which ought to be very fresh, on the chopped bones at the bottom of the pot; the meat should be tied up with string.
5...	Cold water ...	1 quart to each pound of meat	Pour over 4 hours before serving.

SOUP STOCK (*continued*).

Order.	Ingredients.	Quantities.	Method.
6...	Salt ...	1 handful	Add.
7...	... ...	... ...	Put the pot on the fire till it begins to boil, then draw to one side.
8...	... ...	... ...	Let it only simmer. When the water boils too fast it prevents the scum rising by coagulating the Albumen.
9...	Water ...	1 tea-cup ful ...	Skim carefully. If the pot has boiled too quickly, add cold water to make the scum rise.
10...	Large carrots	3 ...	Cut lengthways and throw into the pot.
11...	Turnips ...	2 ...	do.
12...	Onion ...	1 ...	do.
13...	Leeks ...	... ...	Tie up a bunch and add.
14...	Burnt onion...	1 ...	To colour the stock.
15...	Garlic ...	1 clove ...	Add if liked, but not during hot weather as garlic prevents stock from keeping well.
16...	... ...	... ...	Let it simmer 5 or 6 hours.
17...	Hot stock or water ...	... ...	Add as the stock evaporates to keep the meat covered.
18...	Parsley ...	1 bunch...	Tie up and add 1 hour before serving.
19...	Stale bread ...	3 oz. ...	Cut into thin slices and put into the tureen.
20...	... ...	... ...	Skim the grease off the stock; if time allows do this when the stock is cold.
21...	... ...	... ...	Take out the vegetables with the skimmer.
22...	... ...	... ...	Take out the meat.
23...	... ...	... ...	Place a sieve or cloth over the tureen.
24...	... ...	... ...	Pour over gradually at first, to allow the bread to swell.
25...	Chopped chervil or grated parmesan ...	If liked ...	Sprinkle over the soup.
26...	... ...	... ...	Keep the remainder of the stock covered in a cool place.
27...	... ...	... ...	In warm weather, boil it up each day.
28...	Bag of charcoal	... ...	Plunge into the pot while on the fire in warm weather. This prevents it turning sour.

5.—POT-AU-FEU (*another Recipe*).

Order.	Ingredients.	Quantities.	Method.
1...	Beef ...	4 lbs. ...	Roll and tie with string.
2...	Mutton ...	4 lbs. ...	do.
3...	... ...	... ...	Put the meat in a saucepan.
4...	Water ...	6 quarts	Pour over the meat.
5...	Salt ...	1 handful	Add.
6...	... ...	... ...	Put the saucepan on a slow fire, and take off the scum as it rises.
7...	Onion ...	1	Stick with cloves.
8...	Mace ...	1 piece	
9...	Leek ...	1	
10...	Celery ...	1 head	Tie all together in a bunch and put in the saucepan.
11...	Chervil ...	...	
12...	Herbs ...	...	
13...	Pepper ...	... ...	To taste.
14...	Carrots ...	4 ...	Add.
15...	Turnips ...	4 ...	Add.
16...	... ...	... ...	Boil all together gently for 4 or 5 hours.
17...	... ...	... ...	Remove the meat and the bunch of herbs, etc.
18...	... ...	... ...	Take the string off the meat.
19...	... ...	... ...	Skim the broth.
20 ..	Bread ...	... ...	Cut in thin slices into the tureen.
21...	... ...	... ...	Pour a portion of the broth gently through a sieve on to the bread; when this is swelled pour in the remainder of the broth.
22...	Chervil ...	1 handful	Chop fine and throw in if liked.
23...	... ...	... ...	Serve the vegetables and meat separately.

6.—CHICKEN BROTH.

Order.	Ingredients.	Quantities.	Method.
1...	Chicken ...	One ...	Dress and cut up.
2...	... ...	... ...	Put the pieces in a stewpan.
3...	Salt ...	1 pinch...	Sprinkle over.
4...	Cold water ...	1 quart...	Pour over till all is covered.
5...	... ...	... ...	Put it on the fire.
6...	... ...	... ...	Boil it up one minute.

CHICKEN BROTH (*continued.*)

Order.	Ingredients.	Quantities.	Method.
7...	... ...	... ...	Skim.
8...	Pearl barley, rice or honey	3 table-spoonsful	Add if liked
9...	... ...	... ...	Let it simmer till reduced to half the quantity.
10...	... ...	... ...	Strain through a sieve.

7.—CHICKEN BROTH, (*another Method*)

Order.	Ingredients.	Quantities.	Method.
1...	Old fowl ...	... ...	Truss and tie up with string.
2...	... ...	... ...	Put into a pot.
3...	Salt, pepper...	... ...	Sprinkle over.
4...	Water ...	... ...	Pour over till all is covered.
5...	... ...	... ...	Put it to boil on a slow fire.
6...	... ...	... ...	Skim as the scum rises.
7...	Carrots ...	2...	
8...	Turnips ...	2...	
9...	Onions ...	2...	
10...	Leek ...	1...	Add immediately after skimming.
11...	Parsley ...	1 bunch tied to-gether	
12...	... ...	... ...	Let it boil 3 hours.
13...	... ...	... ...	Take out the fowl and vegetables, and serve separately.
14...	Stale bread...	... ...	Cut in slices into a tureen.
15...	... ...	... ...	Strain the soup over and serve.

8.—MUTTON BROTH.

Order.	Ingredients.	Quantities.	Method
1...	Neck ...	2 or 3 lbs.	Put it in the saucepan.
2...	Water or stock	1 quart per lb. of meat	Let it boil 2 hours and skim.

MUTTON BROTH (*continued.*)

Order.	Ingredients.	Quantities.	Method.
3...	Salt, pepper ...	... ...	Sprinkle over.
4...	Turnips	Cut into pieces	
5...	Celery		
6...	Carrots		Add.
7...	Onion with a clove in it ...	...	
8...	Pearl barley ...	If liked	
9...	... ...	... ...	Let it simmer over a slow fire 4 or 5 hours.
10...	... ...	... ...	Skim off the fat.
11...	Stale bread ...	... ...	Toast and cut in small pieces.
12...	... ...	... ...	Put the pieces of bread at the bottom of the soup tureen.
13...	... ...	... ...	Place a cullender over the tureen and pour the soup in.
14...	... ...	... ...	Serve the vegetables separately.

9.—MEAT BROTH *or Consommé.*

Order.	Ingredients.	Quantities.	Method.
1...	Beef ...	2 lbs.	
2...	Old fowl (half roasted beforehand) ...	1	
3...	Calf's foot ...	1 lb.	
4...	Odds and ends of meat cleared from fat ...	1 lb.	
5...	Water or cold stock ...	2 quarts...	Put together in a saucepan over a slow fire.
6...	... ...	... ...	Skim as the scum rises.
7...	... ...	... ...	Boil 2 or 3 hours without stopping.
8...	Turnips ...	2 ...	Add.
9...	Carots ...	2 ...	do.
10...	Celery ...	½ stick ...	do.
11...	Onions stuck with 1 clove	2 ...	do.
12...	Salt and pepper ...	... ...	do.

MEAT BROTH *or Consommé (continued.)*

Order.	Ingredients.	Quantities.	Method.
13...	Bunch of thyme and bay ...	... ...	Add.
14...	... ...	... ...	Let it simmer till there only remains 1 quart or rather less of broth.
15...	... ...	... ...	Strain through a sieve.

10.—VEGETABLE SOUP.

Order.	Ingredients.	Quantities.	Method.
1...	Carrots ...	2 ...	Peel all the vegetables, cut them into ribbons, then cut them across into very thin strips.
2...	Turnips ...	2 ...	
3...	Parsnips ...	2 ...	
4...	Potatoes ...	2 ...	
5...	Cabbage ...	2 leaves...	Cut into slices.
6...	Leek ...	1 ...	
7...	Celery ...	½ stick ...	
8...	Onions ...	2 small ...	
9...	Lettuce ...	2 leaves...	
10...	Sorrel ...	2 or 3 leaves	
11...	Chervil ...	If liked ...	Chop and mix with all the rest.
12...	Fresh butter	2 ozs. ...	Put to melt in a saucepan over a slow fire.
13...	Salt, pepper ...	... ...	Sprinkle over.
14...	... ...	... ...	Throw all the prepared vegetables into the butter.
15...	... ...	... ...	Mix well with a wooden spoon.
16...	Meat stock or water	According to number of guests	Pour over and let it simmer 1 hour.
17...	Green peas ...	1 table spoonful	Add ½ hour before serving.
18...	Asparagus heads	1 table spoonful	
19...	Stale bread (or rice already boiled)	... ...	Place in the tureen.
20...	... ...	... ...	Pour the boiling soup over.
21...	Tomato sauce	2 or 3 table spoonsful	Add if liked, when in season.

11.—THICK VEGETABLE SOUP.

Order.	Ingredients.	Quantities.	Method.
1...	French beans	1 lb. of each.	Slice.
2...	Lentils ...		
3...	Peas ...		
4...	Stock ...	2 quarts...	Put to boil in a large saucepan.
5...	Carrot ...	1... ...	
6...	Onions ...	2... ...	Add.
7...	... ...	... ...	Crush the vegetables when cooked, and pass them through a cullender into another saucepan.
8...	Stock ...	... ...	Add gradually to thin the soup.
9...	... ...	... ...	Put it on to boil 20 minutes.
10...	Crumb of stale bread	... ...	Cut in different patterns.
11..	Butter ...	1 oz. ...	Melt in a frying pan.
12...	... ...	... .	Fry the bread on a slow fire,
13...	... ...	... ...	When fried put the bread in a tureen.
14...	... ...	... ...	Strain the soup over, and serve.

12.—VEGETABLE SOUP, (*a purée.*)

Order.	Ingredients.	Quantities.	Method.
1...	Haricot beans	Any of them according to the season, to make when mashed 1 quart, or weigh 1 lb.	Scrape, peel, wash, and cut up into a saucepan.
2...	Peas		
3...	Lentils		
4...	Lettuce		
5...	Carrots		
6...	Turnips		
7...	Parsnips		
8...	Celery		
9...	Leeks		
10...	Onions		
11...	Boiling water	... ...	Pour over to whiten them.
12...	... ...	... ...	Drain.
13...	Butter ...	1 oz.	Melt in another saucepan.
14...	Flour ...	1 pinch	Mix with the butter.
15...	Stock ...	1 pint	Add gradually, stirring with a wooden spoon.
16...	... ...	... ...	Throw in the prepared vegetables.
17...	Boiling stock	2 quarts	Pour over.

VEGETABLE SOUP, *a purée* (*continued.*)

Order.	Ingredients.	Quantities.	Method.
18...	Salt and pepper	... ...	Add.
19...	... ...	... ...	When the vegetables are done, take them off the fire, pour into a cullender, and press through into another saucepan.
20...	... ...	... ...	When all are through, put the saucepan on the fire.
21...	Stale bread ...	... ...	Cut into pieces.
22...	Butter ...	1 oz.	Melt in a frying pan over a slow fire.
23...	... ...	... ...	Fry the bread.
24...	... ...	... ...	Pour the soup into a tureen, and put the fried bread on the top.
25...	... ...	... ...	Serve hot.

13.—GREEN PEA SOUP.

Order.	Ingredients.	Quantities.	Method.
1...	Green Peas ...	1 quart ...	Shelled.
2...	Onions ...	3... ...	Cut in quarters or slices.
3...	Lettuces ...	3... ...	Washed and shredded.
4...	Mint ...	6 leaves...	
5...	Ham ...	2 slices ...	Cut thin.
6...	Butter ...	2 ozs. ...	Melt in a saucepan.
7...	Water ...	1 quart ...	Stew the peas, onions, lettuces, mint, ham and butter, in water gently for one hour.
8...	Stock ...	3 pints ...	Add to the foregoing.
9...	French Rolls	2... ...	Add the crumb only.
10...	... ...	... ...	Boil for one hour.
11...	Spinach ...	2 good handsful	Boil, squeeze dry and add to the soup to colour it.
12...	... ...	... ...	Rub the soup through a sieve.
13...	Young Peas...	1 pint ...	Boil separately and add to the soup.
14...	Sugar ...	1 lump ...	Add to the soup, boil up and serve.

14.—CABBAGE SOUP.

Order.	Ingredients.	Quantities.	Method.
1...	Spring cabbage ...	1... ...	Wash well and cut into slices or quarters.
2...	... ...	... ...	Put the slices in a pan.
3...	Boiling water	... ...	Pour over.
4...	... ...	... ...	Let the cabbage steep ten minutes to whiten it.
5...	... ...	... ...	Drain through a sieve.
6...	Slices bacon...	4 slices ...	Place at the bottom of a stewpan.
7...	... ...	... ...	Put the slices of cabbage above.
8...	Pickled Pork	½ lb. ...	Place above the cabbage.
9...	Sausage ...	do. ...	
10...	Carrots ...	2... ...	
11...	Turnips ...	2... ...	
12...	Onions ...	2... ...	
13...	Leek ...	1... ...	
14...	Celery ...	½ stick ...	Cut in slices and add.
15...	Stock, or meat broth ..	To cover	Pour over till the whole is covered.
16...	... ...	... ...	Let it boil two hours.
17...	Potatoes ...	... ...	Add if liked one hour before serving.
18...	Stale bread ...	... ...	Cut in thin slices into a tureen.
19...	... ...	... ...	Pour in the soup and serve.

NOTE.—This soup is not good warmed up. Beef may be used instead of bacon.

15.—LENTIL SOUP.

Order.	Ingredients.	Quantities.	Method.
1...	Lentils ...	1 lb. ...	Boil all together.
2...	Stock ...	1 quart . .	
3...	Carrot ...	1... ...	
4...	Onions ...	2... ...	
5...	... ...	... ...	When soft press through a cullender.
6...	Stock ...	½ pint ...	Pour into the cullender to help the vegetables through.
7...	... ...	... ...	Boil 15 or 20 minutes.
8...	Stale bread ...	... ...	Cut into a tureen, pour the soup over and serve.

16.—HARICOT BEAN SOUP.

Order.	Ingredients.	Quantities.	Method.
1...	White haricots ...	1 pint ...	Let them steep all night, wash and drain them.
2...	Carrots ...	2... ...	Add to the beans, and boil altogether.
3...	Onion ...	1... ...	
4...	Stock ...	1 quart ...	
5...	Salt and pepper	... ...	
6...	... ...	... ...	Put a cullender on another saucepan.
7...	... ...	... ...	Pour the vegetables in and press them through.
8...	... ...	... ...	Put the saucepan on the fire again.
9...	Butter ...	1 oz. ...	Mix with the soup.
10...	... ...	... ...	Let it simmer 15 or 20 minutes.
11...	Stale bread ...	... ...	Cut into a tureen.
12...	... ...	... ...	Pour the soup over and serve.

17.—ONION SOUP.

Order.	Ingredients.	Quantities.	Method.
1...	Onions ...	6... ...	Peel, cut into slices, then chop.
2...	Butter ...	2 oz. ...	Melt in a saucepan over a slow fire.
3...	... ...	... ...	Put the onions in and let them brown, stirring to prevent burning.
4...	Flour ...	1 dessert spoonful	Sprinkle over when the butter is half-browned.
5...	Salt, pepper ...	... ...	Sprinkle over.
6...	... ...	... ...	When the contents of the saucepan are quite brown, draw it away from the fire.
7...	Hot water ...	3 pints ...	Pour over gradually, put the saucepan on the fire again and let it boil 10 minutes.
8...	Yolks of eggs	1 or 2 ...	Beat up together in a bowl with a wooden spoon.
9...	Milk ...	1 or 2 table spoonsful	
10...	... ...	... ...	Take the saucepan off the fire, and when the contents no longer boil, pour in the eggs, &c., stirring all the time with a wooden spoon.
11...	Stale bread ...	... ...	Cut into a tureen.
12...	... ...	... ...	Pour the hot soup over the bread, let it stand a minute and serve.

18.—ONION SOUP WITH CHEESE.

Order.	Ingredients.	Quantities.	Method.
1...	Butter ...	2 oz. ...	Melt in a stewpan over a slow fire.
2...	Onions ...	6... ...	Cut in thin slices and blanch in boiling water.
3...	... ...	... ...	Throw them into the hot butter, but do not brown them.
4...	Flour ...	1 dessert spoonful	Sprinkle over the onions, and stir them with a wooden spoon.
5...	Water or white stock ...	1 quart ...	Add.
6...	Salt, pepper ...	... ...	To taste, but very little salt is required.
7...	... ...	... ...	Let it boil up.
8...	Stale bread ...	... ...	Cut in thin slices into the tureen.
9...	Gruyère cheese ...	¼ lb. ...	Grate very fine.
10...	Parmesan cheese ...	¼ lb. ...	do.
11...	... ...	... ...	Mix the two kinds of cheese together and put a layer on the bread.
12...	... ...	... ...	Pour some of the soup on the bread.
13...	... ...	... ...	Put in another layer of bread sprinkled with cheese, and pour in the remainder of the soup.
14...	... ...	... ...	Let it stand for ¾ hour, but keep the tureen very hot.

NOTE.—The soup can be improved by adding half a pint of boiling cream to it before pouring it into the tureen.

19.—SPINACH SOUP.

Order.	Ingredients.	Quantities.	Method.
1...	Sorrel ...	¼ lb. ...	Wash in a pan through several waters, and carefully pick the spinach.
2...	Lettuce ...	¼ lb. ...	
3...	Chervil ...	1 oz. ...	
4...	Spinach ...	2 lbs. ...	
5...	Parsley ...	3 sprigs ...	
6...	... ...	... ...	Chop coarsely and mix.
7...	Butter ...	1 oz. ...	Melt in a saucepan over a slow fire.
8...	... ...	... ...	Put in all the chopped leaves.
9...	Salt and pepper	... ...	Sprinkle over.

SPINACH SOUP (*continued.*)

Order.	Ingredients.	Quantities.	Method.
10...	... ...	... ...	Stir all up together with a wooden spoon, taking care not to let it burn.
11...	Meat stock ...	3 pints ...	Pour over.
12...	... ...	... ...	Let it simmer 20 or 30 minutes.
13...	Butter ...	1 oz. ...	Add if liked just before it is done.
14...	Bread ...	... ...	Cut in thin slices into a tureen.
15...	... ...	... ...	Pour the boiling soup on to the bread.
16...	Yolk of egg...	1 or 2 ...	Beat together in a bowl.
17...	Stock or cream	2 or 3 table spoonsful	
18...	... ...	... ...	When the soup has quite ceased boiling, pour in the contents of the bowl, stirring all the time with a wooden spoon.
19...	... ...	... ...	Let it remain 5 minutes drawn back from the fire.
20...	... ...	... ...	Serve it up hot.

20.—SPLIT-PEA SOUP.

Order.	Ingredients.	Quantities.	Method.
1...	Split peas ...	1 pint ...	Put to soak at least 12 hours in water, to which a large pinch of salt has been added.
2...	... ...	... ...	Drain and throw away the water.
3...	... ...	... ...	Put the peas into a saucepan.
4...	Water ...	... ...	Cover the peas with it.
5...	Carrots ...	2...	Peel, cut lengthways and add
6...	Turnips ...	2...	
7...	Potatoes ...	2...	
8...	Leek	1...	Add in a bunch.
9...	Celery ...	1 stick	
10...	Chervil ...	If liked	
11...	Onions ...	2 or 3	
12...	... ...	... ...	Let all simmer 1½ hours, stirring from time to time with a wooden spoon to prevent burning.

SPLIT-PEA SOUP, (*continued.*)

Order.	Ingredients.	Quantities.	Method.
13...	... ...	... ...	Take out the onions, leek, and chervil.
14...	... ...	... ...	Put all the rest into a cullender over another saucepan.
15...	... ...	... ...	Press through the cullender with a wooden spoon.
16...	Stock ...	3 pints ...	Add gradually, stirring well.
17...	Rice, cooked beforehand, or bread fried in butter.	... ...	Put into a tureen.
18...	... ...	... ...	Pour the soup over and serve.

21.—POTATO AND SORREL SOUP.

Order.	Ingredients.	Quantities.	Method.
1	Sorrel ...	1 handful	Chop fine.
2	Butter ...	1 oz.	Melt in a saucepan over a slow fire.
3	... ...	... ...	When the butter is melted, add the chopped sorrel.
4	Salt and pepper	... ...	Sprinkle over, and stir well with a wooden spoon.
5	... ...	... ...	Keep it hot.
6	Potatoes ...	6... ...	Peel and cut into slices.
7...	Water ...	3 pints ...	Pour with the potatoes into another saucepan, and let them boil.
8...	... ...	... ...	When the potatoes are ready, place a cullender over the saucepan with the sorrel in.
9...	... ...	... ..	Pour the potatoes and the water they have boiled in, into the cullender.
10...	... ...	... ...	Let the water run through, and mix it well with the sorrel.
11...	... ...	... ..	Pour into the tureen.
12...	... ...	... ..	Put the slices of potato above the sorrel instead of bread.
13...	... ...	... ..	Serve hot.

22.—SORREL SOUP WITH CREAM.

Order.	Ingredients.	Quantities.	Method.
1...	Sorrel ...	2 handsfull ...	Wash and pick, and chop fine with a knife.
2...	Butter ...	2 oz. ...	Melt together the sorrel and butter.
3...	Flour ...	1 dessert spoonful	Sprinkle in and stir well to mix the ingredients.
4...	Water ...	3 pints ...	Add.
5...	Salt, pepper...	... ...	To taste.
6...	Cream ...	1 pint ...	Add when the soup begins to boil.
7...	Yolk of egg ...	1 ...	Beat up in the cream.
8...	Stale bread ...	... ...	Cut in slices into a tureen.
9...	... ...	... ...	Pour the soup on to the bread and serve.

23.—PUMPKIN SOUP.

Order.	Ingredients.	Quantities	Method.
1...	Pumpkin ...	1 quarter	Peel and take out the seeds.
2...	... ...	... ...	Cut into dice.
3...	Water or milk	3 quarts	Boil in a saucepan.
4...	... ...	... ...	When it boils throw in the pumpkin.
5...	Salt or sugar	... ...	Add.
6...	... ...	... ...	Let it boil till soft.
7...	... ...	... ...	Mash well with a wooden spoon.
8...	... ...	... ...	Let it simmer, uncovered, on the fire.
9...	... ...	... ...	Strain into another saucepan.
10...	... ...	... ...	Pour away the water.
11...	... ...	... ...	Put the cullender on the saucepan again.
12...	Milk or water	2 or 3 drops ...	Pour over the pumpkin to help it to pass through the cullender.
13...	Butter ...	2 oz. ...	Add to the pumpkin when it has all passed through
14...	Milk ...	1 pint }	Boil in another saucepan.
15...	Sugar and salt ...	1 pinch }	
16...	... ...	... ...	When the milk boils pour it gradually on to the crushed pumpkin, stirring continually with a wooden spoon.

PUMPKIN SOUP (*continued*).

Order.	Ingredients.	Quantities.	Method.
17...	Stale bread ...	... ...	Cut in thin slices into a tureen.
18...	... ...	... ...	Pour the soup over.
19...	Orange flower water ...	1 teaspoonful	Add (if liked and if you have used sugar).
20...	... ...	... ...	Serve hot.

24.—SOUPE MAIGRE (*without Meat*).

Order.	Ingredients.	Quantities.	Method.
1...	Fresh or dried vegetables	2 lbs. ...	Put in a saucepan.
2...	Cold water with dried vegetables	2 quarts	Pour over the vegetables in sufficient quantity to cover them well.
3...	Boiling water with fresh vegetables	2 quarts	
4...	Salt, pepper	... ...	Flavour to taste.
5...	... ...	... ...	Boil thoroughly.
6...	Stale bread ...	... ...	Cut in thin slices and place at the bottom of the soup tureen.
7...	... ...	... ...	Put a strainer on the tureen.
8...	... ...	... ...	Pour the boiling soup into it.
9...	Butter ...	1 oz. ...	Add to the soup in the tureen.
10...	Yolks of eggs	2 ...	Beat up in a basin.
11...	Water ...	¼ pint ...	Add to the eggs drop by drop, mixing them together with a wooden spoon.
12...	... ...	... ...	Pour the mixture gradually into the soup, when it has ceased boiling, and serve.

25.—VEGETABLE SOUP, (Without Meat).

Order.	Ingredients.	Quantities.	Method.
1...	Carrots ...	2 ...	Cut into dice.
2...	Parsnips ...	2 ...	do.
3...	Turnips ...	2 ...	do.
4...	Onions ...	2 ...	do.

VEGETABLE SOUP (*continued*).

Order.	Ingredients.	Quantities.	Method.
5...	Leeks ...	2 ...	do.
6...	Butter ...	¼ lb. ...	Melt in a saucepan over a slow fire.
7...	... ...	... ...	Put in the vegetables and brown lightly
8...	Sorrel ...	6 leaves...	Chop fine and add to the browned vegetables.
9...	Celery ...	½ stick ...	do.
10...	Lettuce ...	1 ...	do.
11...	Chervil ...	1 handful	do.
12...	Green peas ...	1 pint ...	Add when in season if liked.
13...	French beans	... ...	do.
14...	Asparagus tops	... ...	do.
15...	Broad beans...	... ...	do.
16...	... ...	... ...	Stir the vegetables in the saucepan gently 2 or 3 times with a wooden spoon.
17...	Boiling water	3 quarts...	Pour over the vegetables.
18...	Salt, pepper...	... ...	Flavour to taste.
19...	... ...	... ...	Boil for 3 hours.
20...	Butter ...	2 oz. ...	Add to the soup and stir well.
21...	... ...	... ...	Pour the soup into the tureen.
22...	Bread ...	Cut in slices	Fry in butter and add to the soup; serve very hot.

26.—CABBAGE SOUP (*without meat*).

Order.	Ingredients.	Quantities.	Method.
1...	Cabbages ...	2 ...	Choose young cabbages and take off the outer leaves.
2...	... ...	... ...	Cut the hearts in small pieces into a shallow basin filled with water.
3...	Boiling water	2 quarts	Throw the cabbage into a saucepan of boiling water, after draining it from the cold water.
4...	Salt, pepper...	... ...	Add to taste.

CABBAGE SOUP *(continued)*.

Order.	Ingredients.	Quantities.	Method.
5...	Butter ...	2 oz. ...	Add.
6...	Crust of bread	1 ...	Add.
7...	Carrots ...	2 ...	Cut in dice and add.
8...	Onions ...	2 ...	do.
9...	Turnips ...	2 ...	do.
10...	Stale bread ...	... ...	Cut in thin slices into the tureen.
11...	... ...	.. ...	Pour the boiling soup gradually on to the bread to swell it.
12...	... ...	... ...	Let it stand for ¼ hour and serve very hot.

NOTE.—This soup cannot be warmed up again.

27.—FLOUR SOUP.

Order.	Ingredients.	Quantities.	Method.
1...	Fine flour ...	3 table-spoonsful	Mix in a saucepan with a wooden spoon.
2...	Cold water ...	A few drops.	
3...	... ...	... ...	Take care to leave no lumps.
4...	Milk ..	1½ pint ...	Add gradually while mixing, and stir 8 minutes.
5...	Salt & sugar	If liked ...	Sprinkle over.
6...	... ...	... ...	Put it on the fire and stir one way all the time.
7...	... ...	... ...	Let it boil a few minutes.
8...	... ...	... ...	Pour into the tureen and serve.

28.—RICE SOUP (I).

Order.	Ingredients.	Quantities.	Method.
1...	Rice ...	3 table-spoonsful	Put into a soup plate.
2...	Water ...	... ...	Pour over till all is covered.
3...	... ...	... ...	Let it steep 3 hours.
4...	... ...	... ...	Wash well and let it drain.

RICE SOUP (*continued*).

Order.	Ingredients.	Quantities.	Method.
5...	Milk ...	2 quarts	Boil in a saucepan
6...	... ...	... ...	When the milk boils throw in the rice.
7...	... ...	... ...	Draw to the side of the fire.
8...	... ...	... ...	Stir with a wooden spoon to prevent burning.
9...	... ...	... ...	Let it simmer gently 3 hours.
10...	Salt ...	1 pinch	Sprinkle over.
11...	Powd. sugar	2 spoonsful	Sprinkle over.
12...	... ...	... ...	When a skin forms on the top it is done.

29.—RICE SOUP (II).

Order.	Ingredients.	Quantities.	Method.
1...	Carolina rice	4 oz. ...	Put into a pan and wash in several waters, rubbing between the hands.
2...	... ...	... ...	Drain well.
3...	Cold stock ...	½ pint ...	Pour on to the rice, and leave it till absorbed.
4...	Hot stock ...	2 quarts	Pour over the rice.
5...	Salt and pepper	... ...	Sprinkle over very slightly, because the stock is already seasoned.
6...	Veal gravy ...	1 pint ...	Add at will to give a better flavour.
7...	... ...	... ...	Let all simmer ½ hour without stirring until the grains are soft, but not mashed.
8...	... ...	... ...	Pour into a tureen and serve.

30.—RICE SOUP (III).—(Simpler).

Order.	Ingredients.	Quantities.	Method.
1...	Stock ...	1 quart ...	Warm in a saucepan.
2...	Boiled rice ...	2 ozs. ...	Throw into the boiling stock and let it simmer 1 hour.
3...	... ...	... ...	When served the rice should be firm.

31.—RICE MILK SOUP.

Order.	Ingredients.	Quantities.	Method.
1...	Carolina rice	4 oz. ...	Wash well in several waters, and let it soak 2 or three hours in the last water.
2...	... ...	... ...	Put it with the water into a saucepan on the fire, and let it boil till the rice has absorbed the water.
3...	Milk ...	2 quarts...	Boil in another saucepan.
4...	... ...	... ...	When the milk boils pour it over the rice.
5...	... ...	... ...	Stir well for a ¼ hour.
6...	Salt ...	1 pinch	Add.
7...	Sugar ...	1 pinch	
8...	Bay-leaf ...	1	
9...	... ...	... ...	Let it boil another ¼ hour.
10...	... ...	... ...	When the rice is done it will be soft, but not mashed.
11..	... ...	.. ...	When the soup is done a skim forms at the top.
12...	... ...	... ...	Take out the bay-leaf.
13...	... ...	... ...	Put the saucepan near you on the stove.
14...	Yolks of eggs	2... ...	Break in a bowl.
15...	Cold milk ...	2 tea-spoonsful	Pour drop by drop on the eggs, mixing with a spoon.
16...	... ...	... ...	When the milk has ceased boiling, add the eggs and stir.
17...	... ...	... ...	Serve.

32.—MAIZE SOUP.

Order.	Ingredients.	Quantities.	Method.
1...	Maize flour ...	3 table spoonsful	Mix in an enamelled saucepan.
2...	Milk, water, or broth	1½ pint ...	
3...	... ...	... ...	Put it on a slow fire.
4...	... ...	... ...	Stir constantly to prevent lumps.
5...	... ...	... ...	Let it simmer 1 hour.
6...	Salt & sugar...	If liked ...	Add.
7...	Butter ...	1 oz. ...	Add when nearly done.
8...	... ...	... ...	When the soup is quite liquid, serve.

33.—SAGO SOUP.

Order.	Ingredients.	Quantities.	Method.
1...	Stock ...	1 quart ...	Put to boil in a saucepan.
2...	Sago ...	3 table spoonsful to each pint of stock	Pour by degrees into the boiling stock.
3...	... ...	... ...	Let it simmer ½ hour.
4...	... ...	... ...	Pour it into the tureen and serve hot.

34.—SAGO MILK SOUP.

Order.	Ingredients.	Quantities.	Method.
1...	Milk ...	1 quart ...	Put to boil in a saucepan.
2...	Sago ...	3 table-spoonsful to each pint of milk	Pour gradually into the boiling milk.
3...	... ...	... ...	Stir with a wooden spoon to prevent burning.
4...	Salt ...	1 pinch)	Sprinkle with one hand and stir with
5...	Sugar to taste	...)	the other.
6...	... ...	... ...	Let it simmer ½ hour.
7...	... ...	... ...	Pour into a tureen and serve.

35.—MACARONI SOUP.

Order.	Ingredients.	Quantities.	Method.
1...	Naples macaroni	3 oz. ...	Soak ½ nour in cold water and cut into inch lengths.
2...	... ...	... ...	Drain and put in a stewpan,
3...	Clear stock ...	3 pints ...	Boil and pour over,
4...	Parmesan cheese	2 table spoonsful	Add.
5...	Mustard ...	1 teaspoonful	
6...	Salt ..	1 pinch ...	
7...	Loaf sugar ...	1 pinch ...	

MACARONI SOUP (*continued*).

Order.	Ingredients.	Quantities.	Method.
8...	... ...	... ...	Let it simmer 1 hour, stirring frequently.
9...	Stock ...	1 quart ...	Add.
10...	Marsala wine	1 wine glass	Add.
11...	... ...	... ...	Boil slowly 10 minutes longer, and serve with a separate dish of grated Parmesan cheese.

36.—VERMICELLI SOUP.

Follow the preceding receipt, substituting vermicelli for macaroni, and boiling 10 minutes less.

37.—SEMOLINA SOUP.

Order.	Ingredients.	Quantities.	Method.
1...	Stock ...	1 quart ...	Put to boil in a saucepan.
2...	Semolina ...	8 dessert spoonsful	Drop it into the boiling stock, stirring all the time.
3...	... ...	... ...	Boil it ¾ hour, stirring constantly to prevent lumps.
4...	Salt, pepper ...	... ...	Sprinkle over.
5...	... ...	... ...	Pour into a tureen and serve.

38.—SEMOLINA MILK SOUP.

Order.	Ingredients.	Quantities.	Method.
1...	Milk ...	1 quart ...	Put to boil in a saucepan.
2...	Semolina ...	6 dessert spoonsful	Drop into the boiling milk, stirring with the other hand.
3...	... ...	... ...	Boil ¾ hour stirring all the time to prevent lumps.
4...	Powrd. sugar	1 tea-spoonful	Add. Pour into a tureen and serve.
5...	Flavouring ...	to taste	

39.—TAPIOCA SOUP (I).

Order.	Ingredients.	Quantities.	Method.
1...	Water ...	1 quart ...	Boil in a saucepan.
2...	Tapioca ...	4 dessert spoonsful	Sprinkle into the boiling water, stirring with the other hand.
3...	... ...	... ...	Let it boil, still stirring.
4...	Salt, pepper...	... ...	Sprinkle over.
5...	Butter ...	2 oz. ...	Add, constantly stirring.
6...	... ...	... ...	Let it boil ¾ hour.
7...	... ...	... ...	Pour into a tureen and serve.

40.—TAPIOCA SOUP (II).

Order.	Ingredients.	Quantities.	Method.
1...	Stock or milk	Rather more than ½ pint per head	Put into a saucepan on the fire, and let it boil well.
2...	Tapioca ...	1 dessert spoonful per head	Pour into the boiling liquid, stirring with the other hand.
3...	... ...	... ...	Boil ¾ hour, stirring all the time to prevent lumps.
4...	Salt ...	... ...	Add.
5...	... ...	... ...	When the tapioca is done, it will be transparent.

41.—MILK SOUP.

Order.	Ingredients.	Quantities.	Method.
1...	Fresh milk ...	1 quart ...	Pour into a saucepan.
2...	Salt ...	1 pinch ...	Sprinkle in while on the fire.
3...	Butter ...	1 oz. ...	Add if liked.
4...	... ...	... ...	Take the milk off the fire as soon as it boils.
5...	Stale bread ...	... ...	Cut into a tureen.
6...	... ...	... ...	Pour the boiling milk over.
7...	Powd. sugar	To taste	Add if liked.
8...	... ...	... ...	Let it soak an instant, then serve.

42.—BREAD SOUP, *or Panada.*

Order.	Ingredients.	Quantities.	Method.
1...	Crusts of bread ...	1 lb. ...	Break in small pieces into a saucepan.
2...	Stock ...	1 quart ...	Pour over the bread.
3...	Salt and pepper ...	... ...	Season well to take away the insipid taste of the bread.
4...	... ...	... ...	Let it simmer on a slow fire 1 hour.
5...	Fresh butter...	2 oz. ...	Add before taking off the fire.
6...	... ...	... ...	Mix with a wooden spoon.
7...	... ...	... ...	Let it boil a few minutes.
8...	... ...	... ...	Draw the saucepan to the side of the fire.
9...	Yolk of egg ...	1 ...	Beat up gently, and add to the soup when it has done boiling.
10...	Milk or cream	few drops	
11...	... ...	... ...	Serve.

NOTE.—For children this can be made entirely with milk.

43.—FORCEMEAT-BALL SOUP.

Order.	Ingredients.	Quantities.	Method.
1...	Eggs ...	4	Mix to a paste in a pan with a wooden spoon.
2...	Milk ...	¼ pint	
3...	Butter ..	2 oz.	
4...	Salt ...	1 pinch	
5...	White pepper	1 pinch	
6...	Flour ...	1 pinch	
7...	Flour ...	... ...	Sprinkle over a paste-board.
8...	... ...	... ...	Pour the contents of the pan over.
9...	... ...	... ...	Roll into balls or ovals.
10..	Butter ...	¼ lb. ...	Melt in a saucepan over a slow fire.
11...	... ...	... ...	Put the balls in to fry.
12...	... ...	... ...	When they are brown, put them in the soup tureen.
13...	Boiling stock	3 pints ...	Pour over the balls and serve.

44.—BOURGEOIS SOUP.

Order.	Ingredients.	Quantities.	Method.
1...	Butter, dripping or lard	¼ lb. ...	Put in a saucepan over a slow fire.
2...	... ...	... ...	Let it brown.
3...	Onion ...	1 large	Cut in quarters and throw into the saucepan.
4...	Tomato ...	1	
5...	Salt and pepper ...	... ...	Sprinkle over for seasoning.
6...	Vegetable stock	1 quart ...	Pour into the saucepan, a little at a time.
7...	... ...	... ...	Let it simmer ¾ of an hour on a slow fire.
8...	... ...	... ...	Strain the soup into another saucepan.
9...	... ...	... ...	Put it again on the fire.
10...	Burnt onion...	½ ...	Throw in.
11...	Butter ...	1 oz. ...	Add if liked.
12...	Stale bread in slices	... ...	Cut into a tureen, add the soup, and serve.

45.—ITALIAN PASTE SOUP.

Order.	Ingredients.	Quantities.	Method.
1...	Fresh butter...	1 oz.	Rub together till perfectly mixed.
2...	Baked flour ...	4 oz.	
3...	Yolk of egg ...	1	Beat up together and stir into the flour.
4...	Cold water ...	1 wine glass	
5...	... ...	... ...	Knead it into a stiff paste and roll out as thin as a shilling.
6...	... ...	... ...	Cut into strips an inch long and the eighth of an inch broad.
7...	... ...	... ...	Set it in a cool airy place for 5 or 6 hours.
8...	Stock ...	2 quarts...	Boil.
9...	... ...	... ...	Put in the paste.
10...	Parmesan cheese	3 tablespoonsful	Grate and add.
11...	Marsala wine	½ wine gls.	Add.
12...	... ...	... ...	Boil fast 20 minutes and serve with grated Parmesan on a dish.

46.—RICE AND TOMATO SOUP.

Order.	Ingredients.	Quantities.	Method.
1...	Rice ...	1 oz. ..	Wash well in cold water.
2...	Water ...	½ pint ...	Swell the rice in this on a slow fire.
3...	Butter ...	½ oz. ...	Add.
4...	Salt ...	... ...	To taste.
5...	... ...	... ...	Boil for twenty minutes.
6...	Tomatoes ...	4 ...	Skin and cut them in pieces, boil for a minute or two, and press them through a sieve.
7...	Water or stock	1 or 1½ quart	Add as much as may be required.
8...	Cayenne ...	... ...	A small pinch if liked.
9...	Butter ...	1 oz. ...	If the soup is made with water stir in the butter before serving.

47.—ALMOND SOUP.

Order.	Ingredients.	Quantities.	Method.
1...	Neck of veal	1 lb.	Chop into small pieces and put into a large stewpan.
2...	Scrag-end of neck of mutton	1 lb.	
3...	Turnip ...	1 lb. ...	Cut into the stewpan.
4...	Water ...	5 quarts	Add.
5...	... ...	... ...	Set it on the fire and let it boil gently till reduced to 2 quarts.
6...	... ...	... ...	Strain through a hair sieve into a clean saucepan.
7...	Almonds ...	6 oz. ...	Blanch, beat fine, and add.
8...	Thick cream	½ pint ...	Add.
9...	Cayenne pepper	To taste	Add.
10...	French rolls...	3 ...	Have ready small round dinner rolls.
11...	Jordan almonds	2 oz. ...	Blanch, cut lengthways, and stick slantways round the edge of the rolls and over the top.
12...	... ...	... ...	When you dish up, pour the soup upon the rolls.

NOTE.—These rolls look like hedge-hogs, and hence the name of hedge-hog soup has been given to it by French cooks.

48.—OX-CHEEK SOUP.

Order.	Ingredients.	Quantities.	Method.
1...	Ox-cheek bones	2 lbs. ...	Break and wash till perfectly clean.
2...	... ...	... ...	Lay them in warm water.
3 ..	Salt ...	... ...	Throw in to bring out the slime.
4...	Butter ...	2 oz. ...	Put into a large stewpan and lay the fleshy side of the cheek-bone on it.
5...	Shank of ham	½ lb. ...	Cut in slices and add.
6...	Celery ...	½ stick ...	Cut into the soup.
7...	Large onions	5	Slice and add.
8...	Carrots ...	3	
9...	Parsnip ...	1	
10...	Beetroot ...	2 slices	
11...	... ...	... ...	Set over a moderate fire for fifteen minutes.
12...	Water ...	4 quarts	Add and let it stew till reduced to 2 quarts.
13...	... ...	... ...	Strain into a tureen.
14..	Vermicelli ...	2 oz. ...	Scald and add.
15...	... ...	... ...	Serve.

49.—MOCK TURTLE SOUP.

Order.	Ingredients.	Quantities.	Method.
1...	Calf's head ...	1 ...	Scald with the skin on, taking out the bones, and cut into pieces about 2 inches square.
2...	... ...	... ...	Wash and clean these well and put into a stewpan, boil for 1 hour.
3...	Stock ...	3 quarts...	Put into another stewpan.
4...	Onion ...	1	Add.
5...	Carrots ...	2	
6...	Shank of ham	1	
7...	Head of celery	1	
8...	Cloves ...	1 or 2	
9...	Peppercorns...	3 or 4	
10...	Sweet herbs...	1 bunch	
11...	Lemon Peel...	A little	
12...	... ...	... ...	Stew these well till the broth be reduced to 2 quarts, then strain into the stewpan containing the head.

MOCK TURTLE SOUP (*continued.*)

Order.	Ingredients.	Quantities.	Method.
13...	Knotted marjoram	A sprig each	Chop and add.
14...	Savoury		
15...	Thyme		
16...	Parsley		
17...	Cloves ...	2	
18...	Cayenne pepper ...	A pinch	Add.
19...	Green onions	2 or 3	Chop and add.
20...	Shalot ...	1	
21...	Mushrooms ...	10 small	Chop and add.
22...	Madeira or Marsala	¼ pint ...	Add.
23...	... ...	... ...	Stew all these together gently till the soup be reduced to 2 quarts.
24...	Stock ...	1 teacupful	Heat in another saucepan.
25...	Flour ...	1 teaspoonful	Mix smooth in it.
26...	Yolk of eggs	2 ...	Add.
27...	... ...	... ...	Keep stirring these over a gentle fire till near boiling.
28...	... ...	... ...	Add this to the soup, stirring as it is poured in.
29...	... ...	.. ...	Let all stew together 1 hour or more.
30...	Lemon juice...	½ lemon	Add when you take it off the fire.
31...	Boiled forcemeat balls...	... ...	

50.—HARE SOUP.

Order.	Ingredients.	Quantities.	Method.
1...	Large old hare	1 ...	Dress, wash, dry, and cut into joints, then cut into small pieces and put in a baking dish.
2...	Blades of mace ...	3	Add.
3...	Salt ...	1 pinch	
4...	Large onions	2	
5...	Red herring ...	1	
6...	Red wine ...	½ pint	
7...	Water ...	3 quarts	

HARE SOUP (*continued*).

Order.	Ingredients.	Quantities.	Method.
8...	... ...	... ...	Bake 3 hours in a quick oven.
9...	... ...	... ...	Strain into a stewpan.
10...	Sago ...	3 oz. ...	Have ready in water.
11...	Liver of the hare	... ...	Put 2 minutes in scalding water, and rub it through a hair sieve with the back of a wooden spoon.
12...	... ...	... ...	Put it into the soup with the sago.
13...	Butter ...	¼ lb. ...	Add.
14...	... ...	... ...	Set over the fire and keep stirring, but do not let it boil.

51.—PARTRIDGE SOUP.

Order.	Ingredients.	Quantities.	Method.
1...	Old partridges	2 ...	Dress, skin and cut into small pieces.
2...	Ham ...	3 slices ...	Add.
3...	Celery ...	1 stick ...	Add.
4...	Onions ...	2 or 3 ...	Slice and add.
5...	Butter ...	2 oz. ...	Fry all in butter till perfectly brown, but take great care not to burn them.
6...	... ...	... ...	Put them in a stewpan.
7...	Water ...	3 quarts	Add.
8...	Peppercorns...	5 ...	Add.
9...	... ...	... ...	Boil slowly till reduced to about a pint.
10...	... ...	... ..	Strain into a tureen.
11...	Fried bread ...	... ...	Add.
12...	Stewed celery	... ...	Add.
13...	... ...	... ...	Serve.

52.—STRONG FISH-STOCK.

Order.	Ingredients.	Quantities.	Method.
1...	Fish ...	4 lbs. ...	All kinds of fresh-water fish, and most salt-water fish, together with any heads or other remains of fresh fish, can be used for this stock.

STRONG FISH-STOCK (*continued*).

Order.	Ingredients.	Quantities.	Method.
2...	Carrots ...	2 ...	Scrape and clean, and cut in dice.
3...	Onions ...	2 ...	Cut in quarters.
4...	Celery ...	1 head ...	
5...	Shalots ...	2 ...	
6...	Butter ...	2 oz. ...	Melt on the fire, and fry the vegetables in it.
7...	Herbs ...	A bunch	Parsley, thyme, marjoram, &c.
8...	Salt, pepper...	... ...	To taste.
9...	Water ...	2 quarts	
10...	White wine ...	¼ pint ...	Add to the water.
11...	... ...	... ...	Cut the fish in pieces, and put them with the fried vegetables and the herbs in the water.
12...	... ...	... ...	Boil gently for three hours, skimming it as the scum rises.
13	... ...	... ...	Strain through a hair sieve, and use as required.

53.—BOUILLABAISSE (a fish soup.)

Order.	Ingredients.	Quantities.	Method.
1...	Carp ...	1 lb.	
2...	Perch ...	1 lb.	Wash, scale and clean the fish; cut them in nice pieces, and put them in a saucepan.
3...	Whiting ...	1 lb.	
4...	Gurnet ...	1 lb.	
5...	Tench ...	1 lb.	
6...	Mussels ...	20 shelled	Add to the fish.
7...	Salad oil ...	¼ pint ..	Pour in gradually.
8...	Onions ...	5 cut in quarters	Add to the fish, with cloves stuck in the onions.
9...	Bay leaf ...	1	
10...	Lemon ...	2 slices	
11...	Salt, Pepper...	... ...	Sufficient to flavour.
12 ..	Cold water or Fish stock...	2 quarts	Pour over the fish until all is covered.

BOUILLABAISSE (*continued*).

Order.	Ingredients.	Quantities.	Method.
13...	White wine ...	½ pint ...	Add to the stock or water.
14...	Powdered saffron	1 teaspoonful	Add.
15...	... ...	... ...	Boil on a brisk fire for a quarter of an hour.
16...	Parsley root...	1 ...	To be scraped and added to the soup.
17...	... ...	... ...	Boil up quickly.
18...	Toast ...	In sippets	Soak them in the soup and put in a deep dish.
19...	... ...	... ...	Pour in the soup through a sieve, and dress the pieces of fish nicely in the dish.

NOTE.—This dish is a kind of stew of fish, and both fresh and salt-water fish can be used for it, such as plaice, soles, &c. It should be highly spiced.

54.—FISH SOUP WITH HERBS.

Order.	Ingredients.	Quantities.	Method.
1...	Fish stock ...	1½ pint ...	Boil up.
2...	Lettuces ...	2 ...	The hearts only, chopped fine.
3...	Sorrel ...	1 handful	Chopped fine.
4...	Chervil ...	1 handful	
5...	Celery ...	1 head	
6...	... ...	... ...	Add the herbs to the boiling stock and simmer gently until they are tender.
7...	Eggs ...	2 yolks ...	
8...	Fish stock ...	¼ pint ...	Beat up the yolks of eggs with the stock, put on the fire for a few minutes, and then add to the soup.
9...	Stale bread ...	... ...	Cut in thin slices and soak in stock.
10...	... ...	... ...	Pour the soup on to the bread in the tureen.

55.—FISH SOUP.

Order.	Ingredients.	Quantities.	Method.
1...	Plaice or brill or skate	1 of either kind	Clean, skin, and cut the flesh in small fillets.
2...	Onions ...	2	
3...	Parsley ...	3 sprigs...	
4...	Water ...	2 quarts...	Boil the head, skin and bones with the onions and parsley until the water is reduced to 1 quart, then skim and strain it.
5...	Butter ...	2 oz. ...	Brown and add to the stock to colour and thicken it.
6...	... ...	... ...	Put in the fillets and boil for ¼ hour.
7...	Salt, Pepper...	... ...	To taste.
8...	Catsup ...	1 table spoonful	Add.
9...	Sherry ...	1 wine glass ...	Add, boil up and serve.

56.—OYSTER SOUP.

Order.	Ingredients.	Quantities.	Method.
1...	Fish stock ...	2 quarts	Same as described at No. 52.
2...	Oysters ...	3 dozen...	Beard them and scald in their own liquor.
3...	... ...	... ...	Add the liquor to the stock.
4...	Butter ...	2 oz. ...	Add to the stock.
5...	Flour ...	1 oz. ...	Sprinkle into the stock to thicken it.
6...	... ...	... ...	Boil gently for 15 or 20 minutes.
7...	... ...	... ...	Put in the oysters, stir well, and make the soup very hot, but do not let it boil.

NOTE.—A good stock for oyster soup can be made by boiling down a cod's head and any bones and skin of fresh fish, flavoured with vegetables and herbs, and thickened with butter and flour.

57.—CRAWFISH SOUP (*Bisque.*)

Order.	Ingredients.	Quantities.	Method.
1...	Crawfish ...	40 ...	Clean and wash them well, and put them in a stewpan.
2...	Onions ...	2 ...	Slice and add to the crawfish.
3...	Sweet herbs...	A bouquet	Add.
4...	Salt, pepper...	... ...	Add to taste.
5...	Rich stock ...	¾ pint ...	Pour over the crawfish.
6...	... ...	... ...	Simmer them for ten minutes; when red they are sufficiently cooked.
7...	... ...	... ...	Drain them, pull off the tails, pick out the meat, and set the tails aside.
8...	... ...	... ...	Pound the shells, claws, and the meat in a mortar to a paste.
9...	Bread ...	1 slice ...	Soak in the liquor the crawfish were boiled in.
10...	... ...	... ...	Dry the bread before the fire and pound with the crawfish, adding more liquor as required.
11...	... ...	... ...	Strain through a cullender and keep the mixture hot without boiling it.
12...	Good stock ...	2 quarts	Pour over it boiling hot.
13...	... ...	... ...	Add the tails of the crawfish.
14...	Cayenne pepper ...	A pinch...	Add to the soup.
15...	Fried bread ...	... ...	Put in the tureen.
16...	... ...	... ...	Pour the soup on to the bread and serve very hot.

58.—WATER SOUCHY.

Order.	Ingredients.	Quantities.	Method.
1...	Fish ...	4 lbs. ...	Any small fish can be used, but the best kinds are flounders, whiting, soles, perch, tench and eels.
2...	... ...	... ...	Clean the fish and remove the flesh from the bones.
3...	... ...	... ...	Put the heads, bones and skins in a saucepan with water to cover them.
4...	Salt, peppercorns ...	... ...	To taste.

WATER SOUCHY (*continued*).

Order.	Ingredients.	Quantities.	Method.
5...	Cayenne ...	A pinch...	Add.
6...	Parsley roots	2 ...	Add in short lengths split fine.
7...	... ...	... ...	Stew for about an hour to make a strong broth, then strain.
8...	... ...	... ...	Cut the fish in small pieces.
9...	... ...	... ...	Put it in a clean stewpan with the broth and parsley roots.
10...	... ...	... ...	Clear off the scum as it rises, and stew the fish for 10 or 12 minutes, taking care that it is not broken.
11...	Minced parsley	2 spoonsful	Add 2 minutes before dishing.
12...	Lemon juice...	½ lemon	Add the juice of half a lemon.
13...	... ...	... ...	Take out the fish carefully with a slice and put in a deep dish.
14...	... ...	... ...	Pour the broth over it, removing only the parsley roots; serve very hot.
15...	Brown bread and butter	... ...	Neatly cut slices to be sent to table with the souchy.

59.—TO CLEAR SOUPS.

Order.	Ingredients.	Quantities.	Method.
1...	Gravy soup ...	1 quart ...	Boil up well and stir.
2...	Whites of eggs	2 ...	Beat up in a cup of cold water.
3...	Egg shells ...	2 ...	Break and beat up with the whites.
4...	... ...	... ...	Throw suddenly into the soup and cease stirring.
5...	... ...	... ...	Draw the pot to the side.
6...	... ...	... ...	Let it stand 10 or 12 minutes.
7...	Hot water ...	... ...	Wring out a fine cloth in hot water.
8...	... ...	... ...	Put it over a basin and pour the soup gently through it.
9...	... ...	... ...	Take off the cloth very carefully.
10...	... ...	... ...	Let the soup stand till next day, then pour into a clean saucepan without disturbing any sediment there may be, boil up and serve.

SECTION II.—FISH.

1.—BRILL, *boiled.*

Order.	Ingredients.	Quantities.	Method.
1...	Brill ...	1 ...	Empty and wash out the inside.
2...	Salt ...	... ...	Rub a little over the outside to remove the slime, and wash it several times.
3...	... ...	... ...	Cut off the fins.
4...	Hot water ...	... ...	Put the fish into nearly boiling water.
5...	... ...	... ...	Let it simmer gently until the skin begins to crack.
6...	... ...	... ...	Dish it on a folded napkin.
5...	Lobster or Anchovy sauce	... ...	Serve separately.

2.—BRILL, *à la Parisienne.*

Order.	Ingredients.	Quantities.	Method.
1...	Brill ...	Small one	Empty, wash, and dry it.
2...	... ...	... ...	Make a few incisions in the back.
3...	Oil ...	1 wine glassful	Put in a stewpan.
4...	Stock ...	½ cupful	Add.
5...	White wine ...	1 wine glassful	Add.
6...	Salt and pepper ...	To taste	Add.
7...	Bunch of herbs	... ...	Add.
8...	... ...	... ...	Put in the fish, and stew gently over a slow fire.
9...	... ...	... ...	When done, strain it, and put it on a hot dish.
10...	Stock ...	1 pint ...	Put on the fire, and reduce to half the quantity.
11...	Minced parsley ...	1 tea spoonful	Mix with the stock.
12...	... ...		Pour it over the fish and serve.

3.—COD, *salted.*

Order.	Ingredients.	Quantities.	Method.
1...	Cod ...	... ...	Let it soak in water 24 hours, changing the water several times.
2...	... ...	... ...	Boil in the last water.
3...	Egg sauce ..	... ...	Serve separately.

4.—SALT COD, *à la crême.*

Order.	Ingredients.	Quantities.	Method.
1...	Cod ...	... ...	Prepare as in preceding receipt, skin, and take out the bones.
2...	Butter ...	2 oz. ...	Melt in a stewpan, but do not let it brown.
3...	Salt ...	... ...	Sprinkle over.
4...	Milk or cream	1 cupful	Mix in gradually, stirring with a wooden spoon.
5...	... ...	... ...	Put in the pieces of cod.
6...	... ...	... ...	Let it simmer uncovered till the sauce is thick.
7...	... ...	... ...	Slide the whole on to a dish that can go in the oven.
8...	Bread crumbs	... ...	Place a thick layer on the fish.
9...	Butter ...	1 oz. ...	Melt in a saucepan and pour over the bread.
10...	... ...	... ...	Place another layer of bread crumbs on the butter.
11...	... ...	... ...	Put it to bake, and serve in the dish it is baked in.
12...	Fried bread ...	... ...	To garnish the dish.

5.—FRESH COD, *boiled.*

Order.	Ingredients.	Quantities.	Method.
1...	Cod's head and shoulders	... ...	Rub a little salt down the bone and thick part, and tie a fold or two of wide tape round.
2 ..	... ...	... ...	Put it in a fish kettle.
3 ..	Cold water ...	... ...	Cover the fish.

FRESH COD, *boiled.—(continued.)*

Order.	Ingredients.	Quantities.	Method.
4...	Salt ...	4 oz. to 1 gallon of water	Add.
5...	Vinegar ...	3 tea spoonsful	
6...	Horse-radish	A little ...	
7...	... ...	... ...	Bring the water to the verge of boiling.
8...	... ...	... ...	Let it then simmer gently ½ hour or more.
9...	... ...	... ...	Skim well and carefully.
10...	... ...	... ...	Drain the cod and slip it off the strainer on to a folded napkin.
11...	Parsley, lemon and the cod's liver ...	... ...	Garnish the dish.

NOTE.—Crimped cod requires a shorter time to boil.

6.—COD, *curried.*

Order.	Ingredients.	Quantities.	Method.
1...	Cold cod ...	1 lb. ...	Take from the bones.
2...	Butter ...	3 oz. ...	Melt in a frying-pan.
3...	Onion ...	1 sliced ...	Brown in the butter.
4...	... ...	... ...	Fry the fish a nice brown.
5...	... ...	... ...	Put the butter and onions in a stewpan.
6...	White stock ...	½ pint	Thicken the stock with the butter and flour, and put into the stewpan.
7...	Butter ...	1 oz.	
8...	Flour ...	½ oz.	
9...	Curry powder	1 tea spoonful	Add, and let the whole simmer for 10 minutes.
10...	Cream or milk	¼ pint ...	Add.
11...	Salt and cayenne ...	To taste	Add.
12...	... ...	... ...	Put in the fish, boil up and serve.

NOTE.—Any remains of cold fish can be dressed in this way. It is much improved if the curry powder is simmered with the stock the day before it is required.

7.—HADDOCK, *baked.*

Order.	Ingredients.	Quantities.	Method.
1...	Haddock ...	1 large ...	Clean thoroughly, dry, and wrap in a cloth.
2...	Bread Crumbs	4 oz.	Mix together.
3...	Minced herbs	¼ oz.	
4...	Salt and pepper ...	to taste	
5...	Nutmeg and cayenne ...	a pinch of each	
6...	Butter ...	2 oz. ...	Work in with the bread crumbs, &c.
7...	Yolk of egg ...	1 ...	Beat and mix with the preceding to make a forcemeat.
8...	... ...	... ...	Fill the body of the haddock with the forcemeat, and sew up the opening.
9...	... ...	... ...	Curl the fish round and fasten the tail in the mouth with a skewer.
10...	Yolks of eggs	2 well-beaten	Dip the fish in.
11...	Bread crumbs and minced parsley	... ...	Roll the fish in.
12...	... ...	... ...	Dip it again in the egg and put it in a baking dish.
13...	Butter ...	1 oz. ...	Clarify and pour over the fish.
14...	... ...	... ...	Bake for 1 hour, or more, if very large.
15...	... ...	... ...	Serve with melted butter.

NOTE.—Haddock can also be cooked like Herrings and Whiting, and Pike can be baked in the same manner as Haddock.

8.—HERRINGS, *broiled.*

Order.	Ingredients.	Quantities.	Method.
1...	Fresh herrings	... ...	Thoroughly clean, scale and dry them.
2...	... ...	... ...	Put them in a deep dish.
3...	Salt and pepper ...	... ...	Sprinkle over lightly.
4...	Chopped parsley and chives ...	... ...	

HERRINGS, *broiled.*—(*continued.*)

Order.	Ingredients.	Quantities.	Method.
5...	Olive oil ...	A few drops	Pour on each herring.
6...	... ...	... ...	Let them soak 1 hour, turning two or three times.
7...	... ...	... ...	Warm a gridiron.
8...	... ...	... ...	Broil the fish without drying them.
9...	... ...	... ...	Serve on a bed of parsley.

9.—HERRINGS, *baked.*

Order.	Ingredients.	Quantities.	Method.
1...	Herrings ...	4 ...	Clean, wash, and lay them on a board.
2...	Salt, pepper, and pounded cloves ...	... ...	Rub well into the fish.
3...	... ...	... ...	Lay them in a pie-dish.
4..	Vinegar ...	... ...	Pour over till the herrings are covered.
5...	Bay-leaves ...	2 or 3 ...	Add.
6...	Thick paper ...	... ...	Cover over the dish.
7...	... ...	... ...	Put them into a moderate oven and bake 1½ hour.
8...	... ...	... ...	This dish is eaten cold.

10.—JOHN DORY, *boiled.*

Cook like Turbot or Brill.

11.—MACKEREL, *à la maître d'Hôtel.*

Order.	Ingredients.	Quantities.	Method.
1...	Mackerel ...	2 or 3 ...	Clean as in preceding receipt, and place them in a deep dish.
2...	Salad oil ...	a little ...	Put over them.
3...	Salt and pepper	... ...	
4...	Parsley	... ...	

MACKEREL, *à la maître d'Hôtel.*—(*continued.*)

Order.	Ingredients.	Quantities.	Method.
5...	... ...	... ...	Leave them to soak ½ hour.
6...	... ...	... ...	Take them out and dry them in a clean cloth.
7...	... ...	... ...	Warm the gridiron and broil the fish on a gentle fire, turning when necessary.
8...	... ...	... ...	Place them on a warm dish.
9...	Chopped parsley, chervil, and chives	... ...	Mix with butter, pepper, and salt to a ball.
10...	... ...	... ...	Place it inside the mackerel, and serve with lemon juice.

12.—MACKEREL, *boiled.*

Order.	Ingredients.	Quantities.	Method.
1...	Mackerel ...	... ...	Cut open, remove the roes, well wash them and the mackerel.
2...	... ...	... ...	Put the fish and roes into a fish kettle.
3...	Cold water ...	... ...	Pour over till the fish swims.
4...	Salt ...	1 tablespoonful	Add.
5...	... ...	... ...	Bring gradually to the boil, and simmer for about 20 minutes; they are done when the eyes start.
6...	... ...	... ...	Skim as the scum rises.
7...	... ...	... ...	Serve on a napkin.
8...	Fennel, or gooseberry sauce, or plain melted butter	... ...	Serve separately.

NOTE.—Mackerel may also be done before the fire, broiled or baked.

13.—MULLET.

This fish is excellent in autumn and winter, and may be cooked according to the receipts given for mackerel and whiting.

14.—RED MULLET.

Order.	Ingredients.	Quantities.	Method.
1...	Red Mullet ...	... ...	Wash and dry the fish; do not open them, but remove the gills gently with the small intestine adhering to them.
2...	Buttered paper	... ...	Wrap each fish up separately, and tie the paper firmly on.
3 .	... ...	... ...	Roast the fish in a Dutch oven, bake them, or broil them over a clear fire.
4...	... ...	... ...	Remove the string before serving, but leave the paper on or remove it as preferred.
5...	... ...	... ...	Make a sauce as follows to serve with it.
6...	Good melted butter	½ pint ...	Add to this the liquor from the fish.
7...	Anchovy sauce	1 teaspoonful	Add.
8...	Cayenne pepper	a pinch ...	Add.
9...	Port or claret	1 wineglassful	Add.
10...	Lemon juice	small quantity	Add; mix well.
11...	... ...	... ...	Serve separately.

15.—PLAICE, *filleted.*

Cook like Soles.

16.—SALMON, *boiled.*—(English way.)

Order.	Ingredients.	Quantities.	Method.
1...	Salmon ...	... ...	Scale, empty, and wash carefully, do not leave any blood inside.
2...	Warm water...	1 gallon	Put into a fish kettle
3...	Salt ...	4 oz.	
4...	... ...	... ...	Put in the salmon and let it boil gently till thoroughly done.
5...	... ...	... ...	Take it out on a fish plate and drain.

SALMON, *boiled.*—(English way.)—(*continued.*)

Order.	Ingredients.	Quantities.	Method.
6...	... ...	... ...	Place on a folded napkin.
7...	Shrimp or lobster sauce	... ...	Serve separately.
8...	Dressed cucumber	... ...	do.

NOTE.—We always add 1 wine glass of vinegar to the water the fish is boiled in.

17.—SALMON, *pickled.*

Order.	Ingredients.	Quantities.	Method.
1...	Remains of boiled salmon	... ...	Remove the bone and place in a deep dish.
2...	Vinegar, and liquor the salmon was boiled in	Equal quantities	Mix and put into a saucepan and boil for 10 minutes.
3...	Pepper and salt	... ...	Season well.
4...	... ...	... ...	When this is cold, pour it over the fish.

NOTE.—A teaspoonful of tarragon vinegar is a good addition to this dish Some people put the remainder of the melted butter and a little anchovy sauce into the pickle, and we think it an improvement. The French add the inevitable onion.

18.—SALMON STEAKS.

Order.	Ingredients.	Quantities.	Method.
1...	Slices from the middle of a salmon	... ...	Cut them 1½ inches thick.
2...	Cayenne pepper	... ...	Sprinkle over each.
3...	Oiled or buttered letter paper	... ...	Wrap up each slice.
4...	Suet ...	... ...	Rub over a gridiron.
5...	... ...	... ...	Broil the steaks over a clear fire.

19.—SALMON, *boiled.*—(French way.)

Order.	Ingredients.	Quantities.	Method.
1...	Salmon ...	... ...	Scale, empty, and wash carefully.
2...	White French wine	1 bottle	Put into a fish kettle and boil ½ hour.
3...	Water ...	do.	
4...	Fresh butter	¼ lb.	
5...	Parsley ...	1 bunch	
6...	Onion pricked with 1 clove	1	
7...	Sliced carrot	1 or 2	
8...	Bay-leaf ...	2 or 3	
9...	Salt and pepper	... ...	
10...	... ...	... ...	Put the fish on a cloth, hold the four corners and place it in the kettle, leaving the corners outside.
11...	... ...	... ...	Let the fish simmer equally and gently 2 hours.
12...	... ...	... ...	Serve as in English receipt.
13...	... ...	... ...	Add some of the water the fish was boiled in to any sauce you serve with it.

NOTE.—This way of cooking salmon makes it extremely delicate eating.

20.—SALMON, *baked.*

Order.	Ingredients.	Quantities.	Method.
1...	Tail piece of salmon ...	... ...	Make incisions in the fish.
2...	Oil ...	4 spoonsful	Mix, and let the fish soak in this one hour, turning it frequently that it may be well seasoned.
3...	Vinegar ...	1 spoonful	
4...	Salt and pepper ...		
5...	Butter ...	3 oz. ...	Melt and add to the fish.
6...	... ...	... ...	Bake in the oven and baste frequently.
7...	Salt ...	... ...	Sprinkle over when nearly done.
8...	... ...	... ...	Serve the fish with the sauce round it.
9...	Caper sauce ...	... ...	Serve separately.

21.—SALMON SCALLOPS.

Order.	Ingredients.	Quantities.	Method.
1...	Salmon ...	1½ lb. ...	Cut in small thin slices and remove all skin.
2...	... ...	... ...	Cut the slices round, and flatten them with a knife dipped in cold water.
3...	Butter ...	3 oz. ...	Melt in a stewpan.
4...	... ...	... ...	Put in the scallops side by side.
5...	Pepper and salt	To taste	Sprinkle over.
6...	... ...	.. ...	When they are brown turn them.
7...	Stock ...	¼ pint ...	Put in a saucepan and heat up.
8...	... ...	... ...	Add the butter the fish was cooked in.
9...	Minced parsley ...	1 tea spoonful	Add.
10...	Pepper and nutmeg ...	To taste	Add, and serve with the fish.

22.—SHAD.

Order.	Ingredients.	Quantities.	Method.
1...	Shad ..	... ...	Only good just out of the water.
2...	... ...	... ...	Draw through the ears.
3...	... ...	... ...	Wash and wipe; leave the tail, but cut off the fins.
4...	... ...	... ...	Make incisions on the cross down the back, but not very deep.
5...	... ...	... ...	Put in a deep dish.
6...	Salt and pepper ...	... ...	Sprinkle over.
7...	Olive oil ...	¼ pint ...	Pour over.
8...	Bunch of parsley, thyme, chives, and bay-leaf ...	... ...	Add.
9...	... ...	... ...	Let it soak 1 hour or more. Turn the fish.
10...	Buttered paper	... ...	Roll round the fish.
11...	... ...	... ...	Put the fish to the fire, and let it roast 1 hour at a good fire.
12...	... ...	... ...	Before it is done, take off the paper and baste it with the oil the fish was soaked in.
13...	... ...	... ...	When it is a nice colour take it from the fire.

SHAD (*continued.*)

Order.	Ingredients.	Quantities.	Method.
14...	... ...	... ...	Serve on a white serviette.
15...	Fresh parsley	... ...	Sprinkle over the serviette.
16...	... ...	... ...	Put the fish on the dish so that the head may be on the left, and the back in front, of the person carving.

NOTE.—Shad can also be boiled like Salmon.

23.—WAY TO CARVE SHAD.

1.—Trace a deep line with the fish-knife from head to tail.
2.—Cut each portion by oblique lines.
3.—Leave the tail entire.

24.—SMELTS.

Cook like herrings.

25.—SKATE, *fried.*

Order.	Ingredients.	Quantities.	Method.
1...	Skate ...	... ...	This fish keeps well, is very nourishing, but not very delicate eating.
2...	Beaten egg ...	1 yolk ...	Brush over the fish.
3...	Bread crumbs	4 oz. ...	Cover the fish.
4...	Boiling fat ...	... ...	Fry a nice brown.
5...	Anchovy or shrimp sauce	... ...	Serve separately.

26.—CRIMPED SKATE, *boiled.*

Order.	Ingredients.	Quantities.	Method.
1...	Skate ...	... ...	Clean, skin, and cut into slices.
2...	... ...	... ...	Roll each slice over your finger, and fasten it round with twine.
3...	Salt and water	... ...	Put into a stewpan.
4...	... ...	... ...	Put in the fish.
5...	... ...	... ...	Boil from 15 to 20 minutes.
6...	... ...	... ...	Remove the string and serve on a folded napkin.
7...	Shrimp or lobster sauce	... ...	Serve separately.

27.—SKATE, *au beurre noir.*

Order.	Ingredients.	Quantities.	Method.
1...	Skate ...	... ...	Dress and wash well in several waters.
2...	... ...	... ...	Put it into a fish-kettle.
3...	Cold water ...	... ...	Pour over till the fish swims.
4...	Vinegar ...	1 wineglass	Add.
5...	Carrots ...	2... ...	
6...	Small onions	3... ...	
7...	Bunch of thyme, parsley and bay-leaf	... ...	
8...	Salt & pepper	... ...	Season well.
9...	... ...	... ...	Boil gently ½ hour.
10...	... ...	... ...	Skim.
11...	Liver ...	... ...	Wash and put in the liver.
12...	... ...	... ...	When the fish is done take the kettle off the fire.
13...	... ...	... ...	Put a cloth over and let it stand till you can bear your hand in the water.
14...	... ...	... ...	Drain the skate.
15...	... ...	... ...	Scrape off the black skin.
16...	... ...	... ...	Trim the edges and fins with scissors.
17...	... ...	... ...	Put the skate on a dish, the liver in the centre, and keep it hot.
18...	Butter ...	½ lb. ...	Melt in a frying-pan and stir till it is dark brown.
19...	Picked parsley	1 handful	Throw into the butter and let it fry till it no longer sputters.
20...	... ...	... ...	Take it out with the strainer and garnish the skate with it.
21...	Vinegar ...	1 or 2 teaspoonsful	Add to the butter, stirring well.
22...	Salt & pepper	... ...	Add.
23...	... ...	... ...	Pour over the skate and serve hot.

28.—SOLES, *boiled.*

Order.	Ingredients.	Quantities.	Method.
1...	Soles ...	2 ...	Put them into a fish kettle.
2...	Salt & water	... ...	Pour over them.
3...	... ...	... ...	Let them boil slowly, then simmer.

SOLES, *boiled.*—(*continued.*)

Order.	Ingredients.	Quantities.	Method.
4...	... ...	... ...	They will take about 10 minutes.
5...	... ...	... ..	Serve on a napkin with the white side up.
6...	Parsley and slices of lemon	... ...	Garnish the dish.
7...	Anchovy or shrimp sauce	... ..	Serve separately.

29.—SOLES, *fried.*—(French way.)

Order.	Ingredients.	Quantities.	Method.
1...	Soles ...	2... ...	Dress, clean, and put into a deep dish.
2...	Milk ...	½ pint ...	Pour over, and let them soak ½ hour.
3...	... ...	... ...	Drain, and wipe the fish on a clean cloth.
4...	Flour ...	... ...	Sprinkle over a paste-board.
5...	... ...	... ...	Roll the soles in it.
6...	Butter ...	¼ lb. ...	Melt in a frying-pan over a clear fire.
7...	Salt ...	... ...	Sprinkle over, stirring.
8...	... ...	... ...	As soon as the butter boils, plunge in the soles by the head.
9...	... ...	... ...	Fry a nice brown.
10...	Fried parsley	... ...	Put round the soles on the dish.

30.—SOLES, *fried.*—(English way.)

Order.	Ingredients.	Quantities.	Method.
1...	Soles ...	2 ...	Remove the skin from the dark side, clean and wipe them dry.
2...	Flour ...	... ...	Dredge a little flour over.
3...	Beaten egg ...	1 yolk ...	Brush over the soles.
4...	Bread crumbs	3 oz. ...	Dip the soles in.
5...	Boiling fat ...	... ...	Fry brown in boiling fat.

NOTE.—The French way is more delicate.

31.—SOLES, *au gratin.*

Order.	Ingredients.	Quantities.	Method.
1...	Butter ...	2 oz. ...	Melt in a dish that can go into the oven.
2...	Flour ...	1 oz. ...	Sprinkle over the butter, stirring with a wooden spoon.
3...	Parsley, chives eschalot, mushrooms	... ...	Chop fine and put a layer over the butter.
4...	Salt and pepper	... ...	Sprinkle over.
5...	Soles ...	2 ...	Dress the fish and put them on this layer.
6...	White French wine	¼ pint ...	Pour over.
7...	Bread crumbs	... ...	Put a thick layer over all.
8...	Butter ...	1 oz. ...	Melt in a saucepan, and pour over the crumbs.
9...	Salt and pepper	... ...	Sprinkle over.
10...	... ...	... ...	Bake in a hot oven, and serve on the same dish.

32.—SOLES, *filleted.*

Order.	Ingredients.	Quantities.	Method.
1...	Soles ...	2... ...	Divide them from the backbone, cut off the heads, fins, and tails.
2...	Salt ...	... ...	Sprinkle over the insides.
3...	... ...	... ...	Roll them from the tail end upwards, and fasten with small skewers.
4...	Beaten egg ...	1 yolk ...	Dip the soles in.
5...	Bread crumbs	3 oz. ...	Do.
6...	Hot lard or clarified butter	... ...	Fry them brown.
7...	Parsley and slices of lemon	... ...	Garnish the dish.

33.—SPRATS, *broiled.*

Order.	Ingredients.	Quantities.	Method.
1...	Sprats ...	... ...	Choose them very fresh and wipe them dry.
2...	... ...	... ...	Fasten them in rows, by running a skewer through the eyes.
3...	Flour ...	... ...	Dredge over them.
4...	Suet ...	... ...	Rub on the gridiron.
5...	... ...	... ...	Broil them for 3 or 4 minutes and serve very hot.

NOTE.—Fresh sprats may be known by their bright eyes and silvery appearance. Sprats can also be fried in batter.

34.—TURBOT, *boiled.*

Order.	Ingredients.	Quantities.	Method.
1...	Turbot ...	... ...	Empty, and wash the inside.
2...	Salt ...	... ...	Rub a little over the outside to remove the slime, and wash in several waters.
3...	... ...	... ...	Make an incision in the skin of the back nearly to the bone, to prevent the skin of the white side cracking.
4...	... ...	... ...	Do not cut off the fins.
5...	Lemon cut in two	1 ...	Rub over the fish.
6...	White wine and water, or vinegar and water	1 wine-glass of wine or vinegar to each quart of water	Put in a saucepan.
7...	Onion pricked with a clove	1 ...	Add.
8...	Bunch of herbs	... ...	
9...	Salt and pepper	... ...	
10...	... ...	... ...	Boil this liquor ½ hour.
11...	... ...	... ...	Strain, and let it get cold.

TURBOT, *boiled*—(*continued*).

Order.	Ingredients.	Quantities.	Method.
12...	... ...	... ...	Put the fish into a turbot kettle, with the vinegar or wine and water, &c.
13...	... ...	... ...	Put the kettle on a quick fire, and let it boil uncovered.
14...	... ...	... ...	When it boils cover it with buttered paper, and let it simmer only 1 or 2 hours.
15...	... ...	... ...	When the fish bends under the finger it is done.
16...	... ...	... ...	Serve on a folded napkin.
17...	Lobster, shrimp or anchovy sauce	... ...	Serve separately.

35.—TURBOT, *à la Hollandaise.*

Order.	Ingredients.	Quantities.	Method.
1...	Turbot ...	... ...	Prepare as in preceding receipt.
2...	Lemon ...	1 ...	Rub over the fish on both sides.
3...	... ...	... ...	Put it in a turbot kettle.
4...	Salt water ...	1 quart	Pour over till the fish swims.
5...	Milk ...	do.	
6...	... ...	... ...	Put the kettle on a quick fire till it boils, then let it simmer only till done.
7...	Fried parsley	... ...	Put a bed on the dish and place the turbot upon it.
8...	Boiled potatoes	1 lb. ...	Slice and place round the dish.
9...	Melted butter and lemon juice	... ...	Serve separately.

36.—TURBOT, *au gratin.*

Order.	Ingredients.	Quantities.	Method.
1...	Cold turbot ...	Any pieces left	Remove the skin and bones.
2...	Butter ...	2 oz. ...	Melt in a stewpan.
3...	Eschalots ...	2 or 3 ...	Add.
4...	Parsley, chives	... ...	Add.
5...	Flour ...	a spoonful	Mix smoothly together.
6...	Cream ...	½ cupful	
7...	Salt, pepper, nutmeg	... ...	Add to the cream, and then put it in the stewpan.
8...	... ...	... ...	Boil the sauce until it thickens, stirring all the time.
9...	... ...	... ...	Strain it.
10...	... ...	... ...	Put the pieces of fish in a pie dish, and pour the sauce over.
11...	Bread crumbs	1 oz. ...	Sprinkle over.
12...	Butter ...	1 oz. ...	Clarify and pour over.
13...	... ...	... ...	Bake in the oven, or Dutch oven, and serve in the dish it is cooked in.

37.—WHITEBAIT, *fried.*

Order.	Ingredients.	Quantities.	Method.
1...	Whitebait ...	... ...	Choose very fresh.
2...	Beaten egg ...	... ...	Dip the fish in.
3...	Bread crumbs	... ...	Roll the fish in.
4...	Boiling fat ...	... ...	Fry the fish brown.
5...	Fried parsley	... ...	Serve round the dish.

38.—WHITEBAIT, *Greenwich style.*

Order.	Ingredients.	Quantities.	Method.
1...	Whitebait ...	... ...	Throw from the basket on to a cloth without touching the fish with the hands.
2...	Flour ...	3 or 4 handsful	Throw over the fish and shake them well in it.

WHITEBAIT, *Greenwich style—(continued)*.

Order.	Ingredients.	Quantities.	Method.
3...	... ...	... ...	Put them in a wicker sieve to get rid of the superfluous flour.
4...	Lard ...	... ...	Put in a frying pan, enough to fill it nearly when boiling.
5...	... ...	... ...	When the fat boils, throw in the fish a few at a time.
6...	... ...	... ...	Take them out before they begin to brown, and throw in some more.
7...	... ...	... ...	Drain them on blotting paper before the fire.
8...	... ...	... ...	Serve them on a hot dish, piled high in the centre.
9...	Lemon ...	Cut in halves	Serve to eat with the fish.
10...	Brown bread and butter	... ...	

39.—WHITING, *fried*.

Order.	Ingredients.	Quantities.	Method.
1...	Whiting ...	... ...	Clean, take off the skin, turn them round, and fasten the tail into the mouth.
2...	Beaten egg ...	1 yolk ...	Brush over them.
3...	Bread crumbs	... ...	Roll the fish in.
4...	Hot lard ...	... ...	Fry the fish.
5...	... ...	... ...	Serve them on a napkin.
6...	Fried parsley	... ...	Garnish the fish.
7...	Shrimp or anchovy sauce	... ...	Serve separately.

40.—WHITING, *au gratin*.

Order.	Ingredients.	Quantities.	Method.
1...	Whiting ...	... ...	Clean and take off the skin.
2...	Flour ...	... ...	Sprinkle over a paste-board and roll the fish in it.

WHITING, *au gratin—(continued)*.

Order.	Ingredients.	Quantities.	Method.
3...	Chives, parsley, chervil, eschalot, and mushrooms	A little of each	Chop fine, and mix.
4...	Butter ...	2 oz. ...	Melt in a baking dish over a slow fire.
5...	... ...	... ...	Sprinkle in a layer of the chopped herbs, and take it off the fire.
6...	... ...	... ...	Put the whiting on the butter, head to tail.
7...	Butter ...	1 oz. ...	Melt in a saucepan, and pour over the fish.
8...	Salt & pepper	... ...	Sprinkle over.
9...	Bread crumbs	... ...	Sprinkle on a thick layer.
10...	White wine ...	1 wine glassful	Pour over the whole.
11...	Stock ...	1 wine glassful	
12...	... ...	... ...	Put the dish in the oven and bake it well.
13...	... ...	... ...	Serve in the dish it is cooked in.

41.—CARP, *boiled.*

Order.	Ingredients.	Quantities.	Method.
1...	Carp ...	2 ...	Take out the gills, clean and thoroughly wash.
2...	... ...	... ...	Leave the roes.
3...	... ...	... ...	Cut off the tail and fins.
4...	... ...	... ...	Put them in a fish pot.
5...	Claret ...	¼ pint ...	Boil separately and pour over the fish.
6...	Boiling water	... ...	Add till the fish swims.
7...	Sliced onions and carrots	3 of each	Put into the pot.
8...	Bunch of parsley, sage, chives, bay-leaf, thyme	... ...	
9...	Cloves ...	3 ...	
10...	Salt and pepper	... ...	
11...	... ...	... ...	Let all simmer 1 hour or more, according to the size of the carp.

CARP, *boiled*—(*continued*).

Order.	Ingredients.	Quantities.	Method.
12...	... ...	... ...	Skim off the scum as it rises.
13...	... ...	... ...	Take the pot off the fire.
14...	... ...	... ...	Serve on a serviette.
15...	Melted butter or parsley and butter	... ...	Serve separately.

42.—CARP, *à la marinière.*

Order.	Ingredients.	Quantities.	Method.
1...	Carp ...	2 ...	Dress and cut into equal sized pieces.
2...	... ...	... ...	Let the blood flow into a cup, as you will want it for the sauce.
3...	Butter ...	2 oz. ...	Melt in a stewpan over a slow fire.
4...	Flour ...	1 oz. ...	Sprinkle into the butter, stirring all the time.
5...	Small onions	12 ...	Brown in the butter
6...	Mushrooms ...	12 ...	Brown in the butter
7...	Salt and peper	... ...	Sprinkle over.
8...	... ...	... ...	Take out the onions and mushrooms as they brown.
9...	Claret ...	½ pint ...	Pour gradually into the stewpan, stirring all the time.
10...	Bunch of parsley, chervil, and chives	... ...	Put into the sauce.
11...	Warm water	... ...	Add according to quantity of sauce required.
12...	... ...	... ...	Boil on a clear fire.
13...	... ...	... ...	When it boils put in the pieces of carp.
14...	... ...	... ...	Put in the onions and mushrooms over the fish.
15...	... ...	... ...	Let all boil 1 hour on a bright fire, so as to set fire to the steam from the wine.
16...	Toast ...	... ...	Put round a deep dish.
17...	... ...	... ...	Take out the fish, mushrooms, and onions, and put them in the dish.
18...	... ...	... ...	Take out the herbs.
19...	The blood that was set aside	If liked ...	Mix gradually with the sauce, pour over the fish, and serve.

43.—EELS, *stewed.*

Order.	Ingredients.	Quantities.	Method.
1...	Eels ...	2 small or 1 large	Cut them into pieces.
2...	... ...	... ...	Dry and flour them.
3...	Butter ...	2 oz. ...	Melt in a frying pan.
4...	... ...	... ...	Brown the eels in the butter.
5...	... ...	... ...	Put them into a stewpan.
6...	Bunch of sweet herbs	... ...	Add.
7...	Onion ...	1 ...	Cut into four and add.
8...	Pepper, salt, and spice, if liked	... ...	Add.
9...	Stock or water	... ...	Nearly cover the fish.
10...	... ...	... ...	Let it stew gently until it is cooked enough.
11...	Flour ...	... ...	Thicken the sauce with it.
12...	... ...	... ...	Serve with the sauce round it.
13...	Tomato [or any other sauce	... ...	May be used to flavour the stew.

44.—EELS, *boiled.*

Order.	Ingredients.	Quantities.	Method.
1...	Small eels ...	... ...	Boil them in enough water to cover them.
2...	Bunch of parsley	... ...	Add.
3...	... ...	... ...	When tender they are done.
4...	... ...	... ...	Serve them up in a deep dish.
5...	Parsley and butter	... ...	Pour over them.

45.—EELS, *baked.*

Order.	Ingredients.	Quantities.	Method.
1...	Eels ...	2 ...	Dress and wash.
2...	... ...	... ...	Cut off the heads, and divide the eels into small pieces.

EELS, *baked*—(*continued*).

Order.	Ingredients.	Quantities.	Method.
3...	... ...	... ...	Wipe very dry.
4...	Seasoning of cayenne, salt, chopped parsley, and powdered herbs	... ...	Dip the fish in.
5...	... ...	... ...	Put them into a deep dish.
6...	Veal stock ...	... ...	Cover them.
7...	... ...	... ...	Cover the dish.
8...	... ...	... ...	Bake in the oven till the eels are tender.
9...	... ...	... ...	Skim off the fat.
10...	... ...	... ...	Take out the fish and keep it warm.
11...	Port wine ...	2 wine glasses	Stir into the sauce.
12...	Lemon juice	1 lemon	
13...	Worcester sauce	1 tea spoonful	
14...	... ...	... ...	Let it just boil.
15...	... ...	... ...	Pour over the fish and serve.

46.—EELS, *fried.*

Order.	Ingredients.	Quantities.	Method.
1...	Eels ...	1 large or 2 small	Prepare, wash, and wipe them thoroughly dry.
2...	Flour ...	Very little	Dredge over them.
3...	... ...	... ...	Cut them into pieces about 4 inches long.
4...	Beaten egg ...	1 yolk ...	Brush over them.
5...	Bread crumbs	... ...	Dip them in.
6...	Hot fat ...	... ...	Fry the fish in it.
7...	Fried parsley	... ...	Serve round them.

47.—EELS, *en Matelote.*

Order.	Ingredients.	Quantities.	Method.
1...	Eel ...	1 large ...	Dress and and cut into pieces.
2...	Butter ...	2 oz. ...	Melt in a stewpan over a slow fire and stir till it is brown.
3...	Flour ...	1 teaspoonful	Sprinkle over, still stirring, till well mixed.
4...	Small onions	7 or 8 ...	Add.
5...	Water or stock	½ pint ...	Pour over, still stirring.
6...	Salt and pepper	... ...	Season well.
7...	... ...	... ...	Put the pieces of eel into this sauce.
8...	Flour ...	... ...	Add, if the sauce is too thin.
9...	Bunch of thyme, parsley, chives, and bay-leaf	... ...	Add.
10...	... ...	... ...	Let all simmer 20 to 30 minutes.
11...	Claret ...	¼ pint ...	Add just before it is done.
12...	Toast ...	... ...	Put sippets to soak in the stewpan.
13...	... ...	... ...	Place them in a deep dish.
14...	... ...	... ...	Put the fish on the top, and the onions round.
15...	... ...	... ...	Take out the herbs.
16...	... ...	... ...	Pour the sauce over the fish and serve.

48.—COLLARED EEL.

Order.	Ingredients.	Quantities.	Method.
1...	Eel ...	1 large one	Bone and skin it, and open it up the middle.
2...	Pepper & salt	To taste	
3...	Mace ...	2 blades	Pound in a mortar.
4...	Cloves ...	2... ...	Pound with the mace.
5...	Allspice ...	A little ...	Pound.
6...	Sage ...	6 leaves...	Mince very fine, and add to the other seasoning ingredients.
7...	Sweet herbs ...	Small bunch	
8...	... ...	... ...	Sprinkle the seasoning all over the fish.
9...	Tape ...	... ...	Roll it up and bind tightly with broad tape.
10...	Water with salt and vinegar	... ...	Boil the eel till tender.

COLLARED EEL (*continued*).

Order.	Ingredients.	Quantities.	Method.
11...	... ...	... ...	When cold remove the tape.
12...	Vinegar ...	... ...	Add a little to the water the eel was boiled in, and keep the fish in this.

49.—GUDGEON, *fried.*

Order.	Ingredients.	Quantities.	Method.
1...	Gudgeon ...	... ...	Clean and dry.
2...	Flour ...	... ...	Sprinkle in a deep dish.
3...	... ...	... ...	Roll the fish in it.
4...	Butter or lard	... ...	Boil in a frying-pan.
5...	... ...	... ...	Throw in the fish one at a time.
6...	Salt and pepper	... ...	Sprinkle over.
7...	... ...	... ...	As soon as the fish are brown and crisp, take them out of the pan.
8...	Fried parsley	... ...	Garnish the dish, and serve hot.

50.—PERCH.

Good fresh-water fish. Cook according to the receipts given for Whiting.

51.—PIKE, *roasted.*

Order.	Ingredients.	Quantities.	Method.
1...	Fine pike	... ...	Dress, and take out the roe, which is purgative.
2...	Fat bacon rolled in pepper, salt and grated nutmeg	¼ lb. ...	Lard the Pike in three rows on each side of the back.
3...	Flour ...	... ...	Flour it lightly.
4...	... ...	... ...	Put it down before a moderate fire.
5...	White wine ...	¼ pint ...	Mix in the dripping-pan, and baste the fish with it.
6...	Olive oil ...	3 spoonsful	
7...	Vinegar ...	1 tea-sponful	
8...	... ...	... ...	Serve on a bed of parsley.
9...	Melted butter	¼ pint ...	Add to the contents of the dripping-pan and serve this sauce separately.

52.—TENCH.

Cook like Herrings.

53.—TROUT, *boiled.*

Cook like Salmon.

54.—TROUT, *stewed.*

Order.	Ingredients.	Quantities.	Method.
1...	Trout ...	2 ...	Empty, wash, and wipe them dry.
2...	Butter ...	3 oz. ...	Melt in a stewpan.
3...	Flour ...	1 tablespoonful	Stir in.
4...	Mace, cayenne and nutmeg	... ...	Add to season.
5...	... ...	... ...	Put in the fish and brown them lightly on both sides.
6...	Veal stock ...	¾ pint ...	Add to the sauce.
7...	Parsley ..	A bunch	Add.
8...	Bay leaf ...	1 ...	Add.
9...	Lemon peel ...	½ lemon	Add.
10...	Salt	A pinch...	Add.
11...	... ...	... ...	Stew the fish very gently for ½ or ¾ hour.
12...	... ...	... ...	Put the fish on a hot dish.
13...	... ...	... ...	Skim the sauce and strain it.
14...	Lemon juice	If liked ...	Add.
15...	Claret ...	1 wineglassful	Add to the sauce and pour over the fish.

55.—SCALLOPED FISH.

Order.	Ingredients.	Quantities.	Method.
1...	Any remains of cold fish	1 lb. ...	Take all the fish from the bones, and put it in a stewpan.
2...	Egg ...	1 ...	Beat up.

SCALLOPED FISH (*continued*).

Order.	Ingredients.	Quantities.	Method.
3...	Milk ...	A teacupful	Beat up with the egg.
4...	Flour ...	1 dessert spoonful	Sprinkle in and mix smooth.
5...	Anchovy sauce	1 teaspoonful	Add.
6...	Pepper and salt	... ...	Add.
7...	... ...	... ...	Pour this over the fish, heat through on the fire and put in a deep dish or scallop shells.
8...	Bread crumbs	3 oz. ...	Put a thick layer over the top.
9...	Butter ...	1 oz. ...	Clarify and pour over.
10...	... ...	... ...	Brown before the fire.
11...	Lemon juice...	A few drops	Add.
12...	Yolks of eggs	2 ...	Beat up and add to the sauce, stirring well.
13...	... ...	... ...	Arrange the scallops on a dish, and pour the sauce over them.

56.—FISH CAKES.

Order.	Ingredients.	Quantities.	Method.
1...	Any cold fish	... ...	Pick carefully from the bones, and break with forks in small flakes.
2...	Bones, head, fins, &c. ...	... ...	Put in a stewpan.
3...	Water ...	1 pint ...	Pour over.
4...	Onion ...	1... ...	Add.
5...	Bunch of herbs	... ...	Add.
6...	Pepper and salt	... ...	Add.
7...	... ...	... ...	Simmer gently for 2 hours.
8...	Bread crumbs	Equal quantities	Mix with the fish.
9...	Cold potatoes		
10...	Pepper and salt	... ...	Add.
11...	Minced parsley	1 teaspoonful	Add.

FISH CAKES (*continued*).

Order.	Ingredients.	Quantities.	Method.
12...	White of egg	1... ...	Make the mixture into one or more cakes, moistening with the egg.
13...	Yolk of egg ...	1... ...	Dip the cakes in.
14...	Bread crumbs	2 ounces	Roll the cakes in.
15...	Boiling fat ...	... ...	Fry them a nice brown, and serve with or without the sauce.
16	Sauce ...	If liked ...	Strain, pour over the cakes, and stew gently ¼ hour.
17	Slices of lemon and parsley	... ...	Garnish the dish, and serve very hot.

57.—FISH PIE.

Order.	Ingredients.	Quantities.	Method.
1...	Cold fish	1½ lbs. ...	Free the fish from skin and bone and lay it in a pie-dish.
2...	Oysters	1 doz. if liked	Add.
3...	Pepper and salt	... ...	Add.
4...	Nutmeg	½ tea-spoonful	Add.
5...	Mace	1 blade ...	Add.
6...	Butter	2 oz. ...	Clarify and add.
7...	Stock	¼ pint ...	Add fish or veal stock.
8...	Puff paste	... ...	Cover the pie and bake 1 hour.
9...	White stock	1 table-spoonful	For the sauce.
10...	Milk or cream	¼ pint ...	Add.
11...	Flour	1 tea spoonful	Dredge in to thicken the sauce.
12...	... ...	... ...	Boil up.
13...	... ...	... ..	Make a hole in the top of the pie and pour the sauce in.
14...	... ...	... ...	Cover the hole with a paste leaf and serve hot.

NOTE.—Fish pies can be made of any cooked or uncooked fish, and are sometimes covered with a layer of mashed potatoes in place of the puff paste.

58.—KEDGEREE.

Order.	Ingredients.	Quantities.	Method.
1...	Rice	4 oz. ...	Boil till tender, dry, and let it cool.
2...	Any cold fish	Equal quantity	Clear from skin and bone, divide in flakes and put it in a saucepan.
3...	... ...	... ...	Add the rice.
4...	Butter ...	1½ oz. ...	Cut up and add.
5...	Salt and cayenne	To taste	Add.
6...	... ...	... ...	Stir over the fire until quite hot.
7...	Eggs ...	2 ...	Beat lightly and add.
8...	... ...	... ...	Stir in, and serve when the eggs are set, but do not let it boil.

59.—TO DRESS LOBSTERS.

Order.	Ingredients.	Quantities.	Method.
1...	Lobster ...	... ...	Separate the body and tail.
2...	... ...	... ...	Remove the large claws, and crack them at each joint.
3...	... ...	... ...	Split the tail down the middle with a sharp knife.
4...	... ...	... ...	Place the body upright on a napkin in the centre of the dish.
5...	... ...	... ...	Arrange the tail and claws on each side.
6...	Parsley ...	... ...	To garnish the dish.

60.—TO DRESS CRABS.

Order.	Ingredients.	Quantities.	Method.
1...	Crab ...	... ...	A middle-sized crab is the best to choose.
2...	... ...	... ...	It is stale if the eyes look dull.
3...	... ...	... ...	Empty the large shell.

TO DRESS CRABS (*continued*).

Order.	Ingredients.	Quantities.	Method.
4...	Oil ...	Very little	Mix with the flesh.
5...	Vinegar ...	do.	
6...	Salt, pepper, and cayenne	To taste	
7...	... ...	... ...	Put back the meat in the large shell.
8...	... ...	... ...	Place it in the dish with the claws round it.

61.—LOBSTER CUTLETS.

Order.	Ingredients.	Quantities.	Method.
1...	Lobster ...	1 large ...	Take all the meat out of the shell.
2...	... ...	... ...	Pound it in a mortar.
3...	Butter ...	1 ounce ...	Mix and pound with the lobster.
4...	Salt, pepper, and cayenne	To taste	Add to season.
5...	Mace, nutmeg	To taste	Add.
6...	... ...	... ...	Beat to a paste.
7...	Coral ...	Small quantity	Add.
8...	... ...	... ...	Divide the paste into neatly shaped cutlets.
9...	Yolk of egg ...	1... ...	Brush over the cutlets.
10...	Bread crumbs	2 ounces	Roll the cutlets in.
11...	... ...	... ...	Stick a short piece of small claw in the point of each cutlet.
12...	Boiling lard ...	... ...	Fry the cutlets a nice brown.
13...	... ...	... ...	Drain, and arrange on the dish.
14...	Béchamel ...	If liked ...	Pour a little into the dish, but not over the cutlets.

62.—LOBSTER SALAD.

Order.	Ingredients.	Quantities.	Method.
1...	Lobster ...	1	Take out the meat and cut in small pieces.
2...	Lettuces ...	... ...	Wash, dry thoroughly in a cloth and tear in shreds with the fingers.
3...	Endive ...	If liked ...	Add.
4...	Small salad ...	... ...	Add.

LOBSTER SALAD (*continued*).

Order.	Ingredients.	Quantities.	Method.
5...	... ...	... ...	Mix well and add a portion of the fish.
6...	Dressing ...	... ...	Dress with oil and vinegar or with made salad dressing.
7...	... ...	... ...	Arrange in a salad bowl.
8...	Cucumber ...	... ...	Garnish with slices of cucumber, beetroot, and egg, pieces of lobster, and little heaps of the coral, arranging the colours to contrast nicely.
9...	Beetroot ...	... ...	
10...	Hard boiled eggs	... ...	

63.—OYSTERS, *scalloped.*

Order.	Ingredients.	Quantities.	Method.
1...	Butter ...	1 oz. ...	Rub over a shallow tart dish or tin scallop-shells.
2...	Grated bread crumbs	1 teacupful	Strew a layer in the dish.
3...	Butter ...	1 oz. ...	Put some thin slices on the top of the crumbs.
4...	Oysters ...	... ...	Add to fill the dish.
5...	Bread crumbs	... ...	Put a layer over the oysters.
6...	Butter ...	... ...	Put some thin slices over the crumbs.
7...	Pepper ...	... ...	Season the whole well.
8...	Oyster liquid	... ...	Add a little.
9...	... ...	... ...	Bake in a quick oven.

64.—OYSTERS, *stewed.*

Order.	Ingredients.	Quantities.	Method.
1...	Oysters ...	3 doz. ...	Open, cut off the beards, and wash them in their own liquid.
2...	... ...	... ...	Strain the liquor into a small stewpan.
3...	Thin melted butter	¼ pint ...	Add to thicken it.
4...	Pepper corns	20 ...	Tie up in muslin, and add.
5...	Blade of mace	1 ...	Add if liked.
6...	... ...	... ...	Put the oysters to simmer in this sauce 3 or 4 minutes, but do not let them boil.
7...	... ...	... ...	Serve with sippets of bread.

SECTION III.—BEEF.

1.—PREPARATION FOR KEEPING BEEF.

Order.	Ingredients.	Quantities.	Method.
1...	Beef ...	... ...	Put in a pan.
2...	Salt and pepper	... ...	Sprinkle over.
3...	Bunch of parsley, thyme, and bayleaf	... ...	Put round and over the meat.
4...	Onions in slices	3 or 4	
5...	Olive oil ...	... ...	Pour over till all is covered.
6...	... ...	... ...	Put the pan in a cool place.
7...	... ...	... ...	This will keep the meat several days, and it will be just as good to roast or otherwise cook.

2.—SIRLOIN OF BEEF, *roasted.*

Order.	Ingredients.	Quantities.	Method.
1...	Sirloin of beef	... ...	Hang the joint evenly at about 18 inches from a good fire.
2...	Clarified dripping	... ...	Put a little into the dripping-pan, and baste the joint well as soon as it is put down to roast.
3...	... ...	... ...	Baste it again every ¼ hour till about 20 minutes before it is done.
4...	... ...	... ...	Stir the fire and keep it clear.
5...	Salt ...	... ...	Sprinkle a little over the meat.
6...	Flour ...	... ...	Dredge over it.
7...	... ...	... ...	Turn it again till it is brown.
8...	... ...	... ...	Take it from the fire, put it on a hot dish and pour some good gravy over it; or mix the gravy left at the bottom of the dripping pan with a little hot water, and pour over it.

SIRLOIN OF BEEF, *roasted—(continued)*.

Order.	Ingredients.	Quantities.	Method.
9...	Scraped horseradish	... ...	Garnish the meat with little heaps of it.
10...	Yorkshire pudding	... ...	Serve with it on a separate dish.
11...	Horseradish sauce	... ...	Serve with it.

3.—ROLLED RIBS OF BEEF, *roasted.*

Order.	Ingredients.	Quantities.	Method.
1...	Ribs of beef ...	.. ...	Order the butcher to take out the bones; roll it into a round; fasten it with skewers and a broad piece of tape.
2...	... ...	... ...	Place it 18 inches from a large fire till it is partly cooked.
3...	... ...	... ...	Then move it gradually forward towards the fire.
4...	Clarified dripping ...	... ...	Put in the pan; baste it the moment the dripping melts, and every ¼ hour.
5...	... ...	... ...	Twenty minutes before you remove it from the fire, dredge it with flour, and baste with a little butter.
6...	... ...	... ...	Remove the skewers and tape, and fasten it with a silver skewer instead.
7...	... ...	... ...	Serve, with good gravy over it.
8...	Horseradish sauce	... ...	Serve with the meat.

4.—ROLLED RIBS OF BEEF, *braised.*

Order.	Ingredients.	Quantities.	Method.
1 .	Rolled beef ...	... ...	Choose about 2 ribs of beef, not too fat; have the bones taken out and the meat rolled into a good shape.
2...	Fat bacon ...	¼ lb. ...	Lard the beef.

ROLLED RIBBS OF BEEF, *braised—(continued)*.

Order.	Ingredients.	Quantities.	Method.
3...	Salt and pepper	... ...	Sprinkle over both sides.
4...	... ...	... ...	Tie a string round the beef to keep it in shape.
5...	Fat bacon ...	½ lb. ...	Cut into thin slices and put at the bottom of a stewpan (enamelled if possible).
6...	... ...	... ...	Put the beef on top.
7...	... ...	... ...	Cover with more slices of bacon.
8...	Stock with the fat off	1 pint ...	Add.
9...	Carrots ...	2 ...	
10...	Parsley, thyme and chives	In a bunch	
11...	Bay leaf ...	1 ...	
12...	Onions stuck with cloves	2, if liked	
13...	Brandy ...	2 tea-spoonsful	Add or not, at will.
14...	... ...	... ...	Put the stewpan on a quick fire, and let it boil uncovered a few minutes.
15...	... ...	... ...	Put the stewpan in a hot oven, and let it simmer gently, 3 hours at least.
16...	... ...	... ...	Take the beef out and take the string off.
17...	... ...	... ...	Put the beef on a hot dish, pour a little of the sauce over it, and keep it warm near the fire.
18...	... ...	... ...	Strain the rest of the sauce through a sieve; put it on the fire again 2 or 3 minutes, then serve with the meat.

5.—TO BOIL BEEF.

Order.	Ingredients.	Quantities.	Method.
1...	Joint of beef...	... ...	Put a quart of cold water to every pound of meat.
2...	... ...	... ...	Allow 20 minutes to the pound from the time the pot boils and the scum rises.

TO BOIL BEEF—(*continued*).

Order.	Ingredients.	Quantities.	Method.
3...	... ...	... ...	Keep the pot boiling, but let it boil *very slowly*.
4...	... ...	... ...	Just before the pot boils, the scum rises.
5...	... ...	... ...	Take care to skim it off carefully, or the scum will fall back and stick to the meat.
6...	... ...	... ...	When you have well skimmed the pot, put in a little cold water, which will cause the scum to rise again.
7...	... ...	... ...	The more carefully you skim, the cleaner and nicer will the boiled meat look.

6.—AITCHBONE OF BEEF, *boiled*.

Order.	Ingredients.	Quantities.	Method.
1 ..	Aitchbone of beef	... ...	This is a good joint for a large family.
2...	Salt	¾ lb.	Pound together in a mortar, then rub into the beef.
3...	Moist sugar ...	1 ounce ...	
4...	... ...	... ...	Turn the joint and rub in the pickle every day, for 4 or 5 days.
5...	... ...	... ...	Wash it well before you boil it.
6...	Cold water ...	2½ gals. to 10 lbs. of beef ...	Put it into a large boiling pot, so as to let the meat be well covered and surrounded.
7...	... ...	... ...	Set the pot on one side of the fire to boil gently.
8...	... ...	... ...	If it boils fast at first, the meat will be hard and tough.
9...	... ...	... ...	Boil it 20 minutes to the pound.
10...	... ...	... ...	Save the liquor in which this joint is boiled for pea-soup.

7.—SILVERSIDE OF BEEF, *boiled.*

Order.	Ingredients.	Quantities.	Method.
1...	Silverside of beef ...	... ...	Put it in pickle (see above receipt) for 9 or 10 days.
2...	... ...	... ...	Take it out and wash it; skewer it in a round form and bind it with a piece of tape.
3...	Cold water ...	3 gals. to 10 lbs. of meat ...	Put it into a large stewpan of water, and when it boils remove the scum very carefully, or it will sink and spoil the look of the meat.
4...	... ...	... ...	Draw the saucepan to one side of the fire, and let it simmer slowly 20 minutes to each pound from the time it boils.
5...	... ...	... ...	When ready to serve, draw out the skewers and put in a silver one.
6...	Liquor it was boiled in.	A little ...	Pour over the meat and garnish with carrots and parsnips.

8.—BROILED STEAK.

Order.	Ingredients.	Quantities.	Method.
1...	Rumpsteak	1½ lb. ...	Take care to have it cut from ½ to ¾ inch thick; divide it in halves.
2...	... ...	... ...	Place a gridiron over a clear fire, and rub the bars with suet to prevent the meat adhering to them.
3...	... ...	... ...	Place the two steaks on it and broil them, turning them frequently with the steak tongs, or if with a fork, carefully pricking it through the fat to prevent the gravy running out.
4...	Butter ...	1 oz. ...	Place on a hot dish.
5...	Catchup ...	1 table-	Add.
6...	Salt and pepper	spoonful	
7...	... ...	... ...	Rub the steaks with butter, lay them on the dish, and serve as quickly as possible.

NOTE.—Rumpsteak is best for broiling and frying; beefsteak for stewing.

9.—STEWED STEAK.

Order.	Ingredients.	Quantities.	Method.
1...	Steak ...	2 lbs. ...	Fry in butter a good brown.
2...	Water ...	½ pint ...	Put into a stewpan with the steak.
3...	Onion ...	1 or more at will	Slice and add.
4...	Catchup ...	1 table-spoonful	Add.
5...	Caper liquor...	A little	Add.
6...	Pepper and salt	... ...	
7...	... ...	... ...	Cover the pan close, and let it stew slowly.
8...	... ...	... ...	Thicken the gravy with a piece of butter rolled in flour, and serve on a hot dish.

NOTE.—Vegetables, such as carrots and turnips cut in small pieces, and stewed with the steak, are a very good addition to this dish.

10.—STEAK, *French receipt.*

Order.	Ingredients.	Quantities.	Method.
1...	Steak ...	1½ lb. ...	Beat with the side of the chopper.
2...	Vinegar ...	A few	Sprinkle each slice with a few drops of olive oil and a few drops of vinegar, lay them on one another and let them steep all night.
3...	Olive oil ...	drops	
4...	... ...	... ...	Broil the steak on a gridiron over a clear fire, turn once and serve.

11.—STEAK, *French receipt.*

Order.	Ingredients.	Quantities.	Method.
1...	Rumpsteak ...	2 lbs. ...	Have it cut ½ inch thick; beat with the chopper and cut in slices.
2...	Pepper and salt	... ...	Sprinkle over both sides of each slice.
3...	Fresh butter...	¼ lb. ...	Melt in a stewpan.
4...	... ...	... ...	Put the steak in the butter.
5...	... ...	... ...	Put a gridiron on the fire to warm it beforehand.

STEAK, *French receipt—(continued)*.

Order.	Ingredients.	Quantities.	Method.
6...	... ...	... ...	Put a warm dish on the stove.
7...	Fresh butter...	3 oz. ...	Stir together on the hot dish.
8...	Pepper and salt	... ...	
9...	Chopped parsley and chives	... ...	
10...	Lemon juice...	1 lemon...	
11...	... ...	... ...	Broil the slices of steak on the grid-iron.
12...	... ...	... ...	When broiled, put on the dish and serve.

12.—BEEF, *à la mode.*

Order.	Ingredients.	Quantities.	Method.
1...	Piece of the round	2 lbs. ...	Beat it with a beating knife.
2...	Fat bacon ...	¼ lb. ...	Cut into long strips.
3...	Salt and pepper	... ...	Sprinkle over the bacon.
4...	Chopped parsley	1 teaspoonful	
5...	... ...	... ...	Lard the beef with strips of bacon.
6...	.. ...	.. ...	Put it into a pan.
7...	White wine ...	½ pint to 2 lbs. of meat	Pour over.
8...	... ...	... ...	Let it steep 1 hour, then turn and let it steep another hour.
9...	... ...	... ...	Take a stewpan.
10...	Butter ...	2 oz. ...	Put at the bottom to melt.
11...	... ...	... ...	Put in the prepared beef.
12...	Pepper and salt	... ...	Sprinkle over.
13...	Onions stuck with cloves	2 ...	Add.
14...	Parsley ...	1 bunch...	
15...	Thyme ...	1 sprig ...	
16...	Bay ...	2 leaves...	
17...	Marjoram ...	1 sprig ...	
18...	Garlic ...	If liked ...	
19...	Calf's foot ...	Boned ...	
20...	Stock ...	1 pint ...	Pour over the whole.

BEEF, *à la mode*—(*continued*).

Order.	Ingredients.	Quantities.	Method.
21...	... ...	... ...	Boil 1 hour, first quickly, then gently.
22...	... ...	... ...	Take the stewpan off the fire, and put it in a hot oven, to stew there 5 or 6 hours.
23...	... ...	... ...	Take off the fat, strain the sauce.
24...	... ...	... ..	Place the meat on a dish with the vegetables round it, pour the sauce over, and serve.

13.—BEEF, *en Daube.*

Order.	Ingredients.	Quantities.	Method.
1...	Beef ...	2 lbs. ...	Choose a good part, cut in a thin slice, and beat and trim it.
2...	Bacon ...	½ lb. ...	Lard the beef.
3...	Salt, pepper ...	... ...	Sprinkle all over.
4...	Lard or butter	¼ lb. ...	Put in a large stewpan and place the beef on it.
5...	Calf's feet ...	2... ...	Add.
6...	Carrots ...	3 or 4 ...	
7...	Onions ...	2 stuck with cloves	
8...	Parsley ...	Tied in a bunch	
9...	Chives ...		
10...	Thyme ...		
11 ..	Bay leaves ...	2 ...	
12...	Salt, pepper ...	... ...	
13...	Stock ...	¾ pint ...	Pour over.
14...	White wine ...	¼ pint ...	Add.
15...	... ...	... ...	Simmer for 4 hours, turning the meat from time to time.
16...	... ...	... ...	When done put the meat on a dish and keep it hot.
17...	... ...	... ...	Skim and strain the sauce, then boil it up, colour with caramel if necessary, pour over the meat and serve.

14.—FILLET OF BEEF, *à la Jardinière.*

Order.	Ingredients.	Quantities.	Method.
1...	Beef ...	2 lbs. ...	Take the whole of the fillet, or undercut of a sirloin of beef.
2...	Bacon ...	½ lb. ...	Lard it all over with small pieces.
3...	... ...	... ...	Put the meat on a baking dish.
4...	Shin of beef ...	6 ozs. of each	Put in the dish to make a good gravy.
5...	Veal ...		
6...	Pepper and salt	... ...	Sprinkle over.
7...	Butter ...	2 oz. ...	Break in small pieces and add.
8...	... ...	... ...	Bake a rich brown.
9...	... ...	... ...	Baste frequently.
10...	... ...	... ...	Put the meat on a hot dish.
11...	Butter and flour	... ...	Work into a ball and add to the sauce.
12...	Madeira ...	1 wine glassful	When it boils add the wine.
13...	Cayenne pepper	A pinch ...	Add.
14 ..	Lemon juice	½ lemon...	Add and boil up.
15...	Vegetables ...	... ...	Put round the meat any vegetables in season, cauliflower, French beans, asparagus, carrots or turnips.
16...	... ...	... ...	Strain the sauce over and serve.

15.—FILLET OF BEEF, *with maccaroni.*

Order.	Ingredients.	Quantities.	Method.
1...	Fillet ...	2 lbs. ...	Bake as in preceding receipt or roast.
2...	Maccaroni ...	½ lb. ...	Blanch in hot salt and water.
3...	... ...	... ...	Throw it into cold water, and cut it in pieces 1 inch in length.
4...	Stock ...	1½ pint ...	Boil the maccaroni in the stock.
5...	... ...	... ...	When done put it in a cullender to drain.
6...	Butter ...	¼ lb. ...	Melt in a stewpan.
7 ..	... ...	... ...	When it begins to turn colour throw in the maccaroni.
8...	Parmesan	6 ozs. of each	Grate and add to the maccaroni.
9...	Gruyère cheese		
10...	Pepper ...	To taste	Add.

FILLET OF BEEF, *with maccaroni—(continued)*.

Order.	Ingredients.	Quantities.	Method.
11...	Cream ...	2 or 3 tea spoonsful	Add and shake the stewpan well.
12...	... ...	... ...	Put the meat on a hot dish.
13...	... ...	... ...	Serve with the maccaroni round it.
14...	... ...	... ...	Strain the gravy from the beef over it.

16.—FILLET OF BEEF, *with Tomatoes.*

Order.	Ingredients.	Quantities.	Method.
1...	Fillet ...	1½ lb. ...	Cut the fillet in neat oval slices.
2...	Pepper and salt	... ...	Sprinkle over.
3...	Butter ...	4 oz. ...	Melt in a stewpan.
4...	... ...	... ...	Put in the slices of beef, and when they have been 4 minutes on one side, turn them and leave them 4 minutes on the other.
5...	... ...	... ...	See that the butter does not burn.
6...	... ...	... ...	When done put the meat on a hot plate.
7...	Flour ...	1 dessert spoonful	Add to the butter and stir well.
8...	Stock or gravy	1 dessert spoonful	Add.
9...	Purée of tomatoes	... ...	Add.
10...	Pepper and salt	... ...	Add.
11...	... ...	... ...	Warm the meat in the sauce and serve.

NOTE.—Fillets are cooked in the same way with mushrooms or olives.

17.—BEEF GRENADINS.

Order.	Ingredients.	Quantities.	Method.
1...	Fillet of beef	1½ lb. ...	Cut in long slices ½ inch thick.
2...	Bacon ...	¼ lb. ...	Lard them on one side.
3...	Butter ...	2 oz. ...	Melt in a stewpan.

BEEF GRENADINS—(*continued*).

Order.	Ingredients.	Quantities.	Method.
4...	Flour ...	1 tea spoonful	Add before the butter browns.
5...	Pepper and salt	... ...	Add.
6...	... ...	... ...	Put in the beef and brown on both sides.
7...	Gravy ...	¼ pint ...	Add.
8...	Madeira ...	1 wine glassful	Add.
9...	... ...	... ...	When the grenadins are done glaze them over.
10...	... ...	... ...	Arrange them round a dish with the strained sauce poured over them.

18.—BEEF, *à l'étouffé.*

Order.	Ingredients.	Quantities.	Method.
1...	Beef ...	2 lbs. ...	Any part will do, cut in a thick slice.
2...	... ...	... ...	Let it hang some days and beat it well.
3...	Bacon ...	½ lb. ...	Season the bacon and lard the beef with it.
4...	... ...	... ...	Put it in a saucepan.
5...	Water ...	... ...	Add till covered.
6...	Peppercorns and salt	... ...	Add.
7...	... ...	... ...	Cover the saucepan and let it simmer 5 or 6 hours, turning the meat occasionally.
8...	... ...	... ...	Half-an-hour before serving remove the cover, and let the beef boil quickly to reduce the sauce, which should be thick and dark brown.
9...	... ...	... ...	Put the beef on a hot dish.
10...	... ...	... ...	Strain the sauce over it.
11...	Glazed onions	... ...	Serve with the beef.

19.—BEEF OLIVES.

Order.	Ingredients.	Quantities.	Method.
1...	Rump steak ...	1½ lb. ...	Cut in thin slices, beat and trim them.
2...	Parsley ...	A few sprigs	Chop fine and mix together.
3...	Thyme ...	A few sprigs	
4...	Onions ...	2 small ...	
5...	Eschalots ...	3 or 4 ...	
6...	Mushrooms ...	6 or 8 ...	
7...	Salt, pepper ...	To taste	Add.
8...	Eggs ...	2 yolks only	Beat and mix with the chopped herbs.
9...	... ...	... ...	Spread the forcemeat on the slices of meat, roll them up and fasten with string or small skewers.
10...	... ...	... ...	Put the olives in a stewpan.
11...	Stock ...	1 pint ...	Add.
12...	White wine ...	¼ pint ...	Add.
13...	Salt, pepper ...	To taste	Add.
14...	Onion ...	1 stuck with cloves	Add.
15...	Bacon ...	3 or 4 slices	Lay on the olives.
16...	... ...	... ...	Stew gently for 2 hours.
17...	... ...	... ...	Put the olives on a dish.
18..	... ...	... ...	Reduce the gravy, thicken it with butter rolled in flour, strain it and pour it over the meat. Serve.

20.—BEEF CARBONADES, *à la flamande.*

Order.	Ingredients.	Quantities.	Method.
1...	Beef ...	1 lb. ...	Cut in thin neat slices.
2...	Butter ...	¼ lb. ...	Melt in a stewpan.
3...	... ...	... ...	Brown the meat in the butter.
4..	Onions ...	2 or 3 ...	Chop and add.
5...	Thyme ...	A little ...	Chop and add.
6...	Bay-leaf ...	1 if liked	Chop and add.
7...	Pepper and salt	... ...	Add.

BEEF CARBONADES, *à la flamande*—(*continued*).

Order.	Ingredients.	Quantities.	Method.
8...	Stock ...	A few spoonsful	Add when the meat is browned.
9...	... ...	... ...	Cover the stewpan and simmer gently for 1 hour.
10...	Butter and flour	1 oz. ...	Knead together and add to the sauce.
11...	Vinegar ...	½ wine glassful	Add just before serving.

21.—BEEF KIDNEY, *sauté*.

Order.	Ingredients.	Quantities.	Method.
1...	Beef kidney...	1 ...	Take out the hard piece in the middle, and cut in two, lengthways. Slice the two halves into pieces the size of a crown-piece.
2...	... ...	... ...	Place them in a pan.
3...	Boiling water	... ..	Pour over to whiten them.
4...	... ...	... ...	Let them steep 5 minutes, then drain.
5...	Butter ...	4 oz. ...	Melt in a frying-pan over a quick fire.
6...	... ...	... ...	Put in the kidney and fry 5 minutes, shaking the pan.
7...	Flour ...	1 spoonful	Sprinkle over, still shaking the pan.
8...	Parsley ...	... ...	Chop fine and add.
9...	Chives ...	... ...	
10...	White wine, Brandy or champagne	¼ pint ...	Pour over gradually and mix well.
11...	Water ...	do.	
12...	Stock ...	do.	
13...	Salt, pepper, grated nutmeg	... ...	Add for seasoning.
14...			
15...	... ...	... ...	Let the sauce simmer for 5 minutes, but not boil, or it would harden the kidney.
16...	... ...	... ...	Place the slices of kidney on a warm dish.
17...	... ...	... ...	Pour the sauce over, and serve.

NOTE.—Chopped eschalots and parsley may be added to this receipt if liked.

22.—ANOTHER RECEIPT.

Order.	Ingredients.	Quantities.	Method.
1...	Beef kidney...	1 ...	Take out the hard piece in the middle, and cut into small slices.
2...	Onions ...	1 or 2 ...	Chop fine.
3...	Butter ...	2 oz. ...	Melt in a frying pan over a quick fire.
4...	... ...	... ...	Put in the kidney.
5...	Flour ...	1 pinch ...	Sprinkle over the meat as you toss it in the pan.
6...	Water or stock	1 cupful	Pour over gradually.
7...	Salt and pepper	To taste	Sprinkle over.
8...	Parsley ...	A few sprigs	Chop and add.
9...	Nutmeg ...	... ...	Grate and add.
10...	... ...	... ...	Let the sauce simmer 5 minutes, but not boil or the meat will harden.
11...	... ...	... ...	Place the kidney on a warm dish.
12...	... ...	... ...	Pour the sauce over.
13...	Vinegar or lemon juice	A few drops	Add before serving.

23.—OX TONGUE, *en daube.*

Order.	Ingredients.	Quantities.	Method.
1...	Ox tongue ...	1 ...	This receipt is for fresh tongue. Cut off the root, which is good for making stock.
2...	... ...	... ...	Place the tongue in a pan.
3...	Boiling water	1 quart ...	Pour over, and let it steep 1 hour near the fire.
4...	... ...	... ...	Take it out and skin it by scraping with a knife.
5...	Bacon ...	½ lb. ...	Lard it well.
6...	Butter ...	¼ lb. ...	Melt in a large stewpan.
7...	Flour ...	1 tea spoonful	Sprinkle over, stirring with a wooden spoon.
8...	Salt and pepper	... ...	Add, still stirring.
9...	Water or stock	½ pint ...	Add.
10...	... ...	... ...	Put in the tongue.
11...	Bunch of herbs	... ...	Add.
12...	White wine ...	¼ pint ...	Add. Let all boil 4 or 5 hours, then
13...	Stock ...	¼ pint ...	serve with the strained gravy.

24.—OX TAIL *en hochepot.*

Order.	Ingredients.	Quantities.	Method.
1...	Ox tails ...	2 ...	Cut at the three joints.
2...	... ...	... ...	Put the pieces into a dish.
3...	Boiling water	1 quart ...	Pour over.
4...	... ...	... ...	Let them steep ¼ hour.
5...	... ...	... ...	Take them out and put them in cold water.
6...	... ...	... ...	Strain over a cullender.
7...	Slices of fat bacon	... ...	Place at the bottom of a stewpan, till covered.
8...	Carrots ...	5 or 6 ...	Cut into slices, and add.
9...	Onions ...	2 or 3 ...	Stick each onion with a clove, and
10...	Cloves ...		add.
11...	Bunch of herbs	... ...	Add.
12...	Salt and pepper	... ...	
13...	... ...	... ...	Place the prepared tails on the vegetables.
14...	White wine ...	1 pint ...	Pour over till all is covered.
15...	Water ...	do.	
16...	... ...	... ...	Let it stew gently 5 or 6 hours.
17...	... ...	... ...	Take off the fat.
18...	Butter ...	2 oz. ...	Melt in another stewpan.
19...	Flour ...	1 pinch ...	Sprinkle over, stirring with a wooden spoon.
20...	Stock the tails were stewed in	... ...	Pour in gradually stirring with a wooden spoon.
21...	White wine ...	¼ pint ...	
22...	Carrots ...	3 or 4 ...	Cut into dice, and add.
23...	Turnips ...	3 or 4 ...	
24...	... ...	... ...	Let all stew till the vegetables are done.
25...	... ...	... ...	Put a cullender over another sauce-pan.
26...	... ...	... ...	Strain the sauce.
27...	... ...	... ...	Put it back on the fire for 2 minutes.
28...	... ...	... ...	Drain the pieces of tail, place them on the dish with the vegetables; add the sauce, and serve.

25.—OX PALATE, *à la ménagère.*

Order.	Ingredients.	Quantities.	Method.
1...	Ox palates ...	4 ...	Soak in boiling water until the hard skin can be removed.
2...	... ...	... ...	Wash several times in hot water, then put them into cold water.
3...	Flour ...	A few spoonsful	Mix smooth in water.
4...	Carrots ...	3 ...	Put in a saucepan with the mixed flour and water and boil up.
5...	Onions ...	3 stuck with cloves	
6...	Parsley root ...	1 ...	
7...	Herbs ...	A bunch	
8...	Garlic ...	If liked ...	
9...	Pepper and salt	... ...	
10...	... ...	... ...	Put in the ox palates, and let them simmer gently for six hours.
11...	... ...	... ...	Keep them covered with water.
12...	... ...	... ...	When quite white take out the palates and cut them in square pieces.
13...	... ...	... ...	Serve them with sauce piquante.

26.—OX BRAINS, *en Matelote.*

Order.	Ingredients.	Quantities.	Method.
1...	Ox brains ...	... ...	Clean and wash in warm water.
2...	... ...	... ...	Put to soak 1 hour in cold water.
3...	... ..	... ...	Put it in a saucepan.
4...	Water ...	... ...	Add enough to float the brain.
5...	Vinegar ...	½ wine-glassful	Add.
6...	Salt and pepper	... ...	Add.
7...	Cloves ...	2 or 3 ...	Add.
8...	Sweet herbs...	A bunch	Add.
9...	Green celery	1 stick ...	Add and let it boil ¾ hour.
10...	Butter ...	2 oz. ...	Melt in a stewpan.
11...	Small onions	A handful	Brown in the butter, then take out.
12...	Bacon ...	¼ lb. ...	Cut in dice, brown in the butter, and take out.
13...	Flour ...	1 tea-spoonful	Add to the butter and brown,
14...	Stock ...	A little ...	Add, to make a good gravy.

OX BRAINS, *en Matelote*—(*continued*).

Order.	Ingredients.	Quantities.	Method.
15...	Salt and pepper	... ...	Add.
16...	... ...	... ...	Cut the brain in 4 pieces, and put it in the butter.
17...	... ...	... ...	Add the fried onions and bacon.
18...	Claret ...	½ bottle...	Add.
19...	... ...	... ...	Boil for 10 minutes, and serve very hot.

27.—COLLARED BEEF.

Order.	Ingredients.	Quantities.	Method.
1...	Ribs of beef ...	... ...	This is for a large joint. Have the joint boned.
2...	Saltpetre ...	2 oz. ...	Pound all together in a mortar, and rub it into the beef well on both sides.
3...	Sal-prunella	2 oz. ...	
4...	Bay salt ...	2 oz. ...	
5...	Sugar ...	½ lb. ...	
6...	White salt ...	2 lbs. ...	
7...	... ...	... ...	Turn it every day and rub it well for 8 days.
8...	... ...	... ...	Take it out of the pickle, wash it and wipe it dry.
9...	Cloves ...	¼ oz. ...	Sprinkle all over the beef, and roll it up very tight.
10...	Mace ...	do.	
11...	Allspice ...	12 corns	
12...	Grated nutmeg	1 ...	
13...	Pepper ...	1 spoonful	
14...	Chopped parsley	2 large spoonsful	
15...	Sweet herbs ...	do.	
16...	... ...	... ...	Put a coarse cloth round it, and tie it up tight with tape.
17...	... ...	... ...	Boil it in a large copper of water.
18...	... ...	... ...	If it be a large collar it will take 6 hours, but a small one will be done in 5 hours.
19...	... ...	... ...	Take it out and put it in a press till cold, or, if you have no press, put it between two boards with heavy weights upon it.
20...	Parsley ..	... ...	Garnish the dish.

28.—FRIED BEEF.

Order.	Ingredients.	Quantities.	Method.
1...	Lard ...	¼ lb. ...	Melt in a frying-pan on a quick fire.
2...	Sausages ...	½ lb. ...	Put into the pan.
3...	Cold beef ...	1½ lb. ...	Cut into slices and put in the pan.
4...	Stock ...	2 table spoonsful	Pour over.
5...	Vinegar ...	2 or 3 drops	
6...	... ...	... ...	Leave it on the fire ¼ hour.
7...	... ...	... ...	Dress the beef and sausages on a warm dish in a ring.
8...	... ...	... ...	Pour the sauce in the middle, and serve.

29.—BROILED BEEF.

Order.	Ingredients.	Quantities.	Method.
1...	Remains of cold beef	... ...	Cut into rather thick slices.
2...	... ...	... ...	Rub some suet on the gridiron.
3...	Salt and pepper	... ...	Sprinkle on the slices.
4...	... ...	... ...	Broil them on the gridiron.
5...	... ...	... ...	Turn them.
6...	Parsley ...	... ...	Garnish the dish, and serve.

30.—BEEF, *en miroton.*

Order.	Ingredients.	Quantities.	Method.
1...	Remains of cold beef	1½ lb. ...	Cut into equal slices.
2...	Butter ...	2 oz. ...	Melt in a stewpan over a slow fire.
3...	Onions ...	2 or 3 ...	Cut into dice and add.
4...	... ...	... ...	Let them fry brown.
5...	Flour ...	1 tea-spoonful	Sprinkle over, stirring with a wooden spoon.

BEEF, *en miroton*—(*continued*).

Order.	Ingredients.	Quantities.	Method.
6...	Stock ...	A few table-spoonsful	Add gradually, stirring with the spoon.
7...	Salt and pepper	... ...	
8...	Vinegar or white wine	The same as stock	
9...	Chopped parsley	... ...	
10...	... ...	... ...	Let it simmer uncovered.
11...	... ...	... ...	Warm the beef in the sauce and serve.

31.—BEEF BOULETTES.

Order.	Ingredients.	Quantities.	Method.
1...	Remains of cold beef	1 lb. ...	Mince and mix together.
2...	Sausage meat	½ lb. ...	
3...	Fat bacon ...	¼ lb. ...	
4...	Remains of cold fowl	½ lb. ...	
5...	Chopped parsley	Very little	
6...	Chopped chives		
7...	... ...	... ...	Put the whole in a basin.
8...	Bread crumbs	4 oz. ...	Mix together, and then add to the mince.
9...	Milk or stock	¼ pint ...	
10...	Beaten eggs...	2 ...	
11...	... ...	... ...	Mix all well together with a wooden spoon.
12...	Flour ...	... ...	Sprinkle over a paste board.
13...	... ...	... ...	Take a spoonful of mince, roll it in the flour, and make a ball of it.
14...	... ...	... ...	Use up the whole of the mince in the same way.
15...	Butter ...	¼ lb. ...	Melt in a frying-pan or stewpan over a slow fire.
16...	... ...	... ...	When the butter is melted, put in the balls of meat to fry.
17...	... ...	... ...	Serve them without sauce, or with the following preparation.

BEEF BOULETTES—(*continued*).

Order.	Ingredients.	Quantities.	Method.
18...	Chopped onions	A handful of small ones	Throw into the pan when you take the balls out.
19...	Vinegar ...	2 or 3 drops	Add.
20...	... ...	... ...	Pour over the balls of meat and serve immediately.
21...	Tomato sauce	... ...	Very good served with the boulettes, or separately in a sauce bowl.

32.—BEEF TURNOVERS.

Order.	Ingredients.	Quantities.	Method.
1...	Cold roast beef	1½ lb. ...	Cut in slices.
2...	Stock or gravy	1 pint ...	Put the beef in to warm, but do not let it boil or it will be hard.
3...	Pepper and salt	To taste	Add.
4...	Stale bread ...	... ...	Cut in slices the same size as the meat.
5...	Butter ...	2 oz. ...	Fry the bread in butter.
6...	... ...	... ...	Put alternate slices of fried bread and meat round the dish.
7...	Sauce piquante	... ...	Pour into the centre and serve.

33.—BOILED BEEF, *au gratin*

Order.	Ingredients.	Quantities.	Method.
1...	Bacon ...	½ lb. ...	Cut in thin slices, and brown on the fire.
2...	... ...	... ...	Lay them in an earthen baking dish.
3...	Grated crusts	3 oz. ...	Grate fine, and sprinkle over.
4...	Mushrooms ...	A few ...	Chop and mix together, and put a layer on the grated crumbs.
5...	Onions ...	2 ...	
6...	Parsley ...	A few sprigs	
7...	Pepper and salt	... ...	

BOILED BEEF, *au gratin*—(*continued*).

Order.	Ingredients.	Quantities.	Method.
8...	Slices of meat ...	... ...	Trim them neatly and lay them in the dish.
9...	... ...	... ...	Cover them with another layer of the chopped herbs, &c.
10...	Grated crumbs	... ...	Put on a thick layer to cover all.
11...	Stock ...	¼ pint ...	Add.
12...	... ...	... ...	Bake in the oven, brown the top before the fire and serve in the same dish.

34.—BEEF SALAD.

Order.	Ingredients.	Quantities.	Method.
1...	Remains of boiled beef	... ...	Cut into slices, and put in a salad bowl.
2...	Chervil ...	... ...	Chop fine and sprinkle over.
3...	Chives ...	... ...	
4...	Tarragon ...	... ...	
5...	Pepper ...	... ...	Add to taste.
6...	Oil ...	... ...	
7...	Vinegar ...	... ...	

35.—MINCED BEEF.

Order.	Ingredients.	Quantities.	Method.
1...	Remains of cold beef	1 lb. ...	Mince fine.
2...	Sausage meat	½ lb. ...	do. and mix with the beef.
3...	Butter ...	2 oz. ...	Melt in a stewpan over a slow fire.
4...	... ...	... ...	Throw in the minced beef.
5...	Flour ...	1 pinch ...	Sprinkle over, mixing with a wooden spoon.
6...	Salt and pepper	... ...	do. do.
7...	Chives ...	... ...	Chop fine and add.
8...	Parsley ...	... ...	
9...	White wine ...	½ wine glass	Pour over.
10...	Stock with the fat taken off	do.	
11...	... ...	... ...	Let it stew 20 minutes.
12...	... ...	... ...	Garnish the dish with toast, and serve.

SECTION IV.—VEAL.

1.—CALF'S HEAD, *baked.*

Order.	Ingredients.	Quantities.	Method.
1...	Calf's head ...	1 ..	Pick and wash very clean.
2...	Butter ...	1 oz. ...	Rub the inside of an earthen dish large enough to hold the head.
3...	... ...	... ...	Lay some long iron skewers across the top of the dish, and lay the head on them.
4...	... ...	... ...	Skewer up the meat in the middle, that it may not touch the dish.
5...	Nutmeg ...	... ...	Grate over every part of the meat.
6...	Sweet herbs ...	1 table spoonful	Chop small and sprinkle on the meat.
7...	Crumb of bread	2 oz. ...	do.
8...	Lemon peel ...	1 lemon...	do.
9...	Butter ...	2 oz. ...	Stick into the eyes, and on different parts of the head.
10...	Flour ...	... ...	Dredge all over.
11...	Piece of beef	½ lb. ...	Cut small and put into the dish.
12...	Sweet herbs ...	1 bunch...	Add.
13...	Onion ...	1 ...	do.
14...	Spice ...	If liked ...	do.
15...	Water ...	1 pint ...	do.
16...	The brains ...	... ...	do.
17...	... ...	... ...	When the head is done a nice brown, lay it on a dish, and put it before the fire to keep warm.
18...	... ...	... ...	Stir the contents of the dish, and boil in a saucepan.
19...	... ...	... ...	Strain off, and put into the saucepan again.
	Butter ...	1 oz. ...	Roll it in the flour, and put it in the saucepan.
	Flour ...	1 tea spoonful	
20...	Catchup ...	1 table spoonful	Add.
	Red wine ...	2 table spoonsful	
21...	... ...	... ...	Boil them together, pour them all into the dish, and send to table.
22...	... ...	... ...	The tongue must be baked in the head to make a handsome dish.

2.—CALF'S HEAD, *boiled.*

Order.	Ingredients.	Quantities.	Method.
1...	Calf's head ...	½ ...	Soak in cold water 1½ hours, then for 10 minutes in hot water, before it is dressed.
2...	... ...	... ...	Put it into a saucepan with enough cold water for the head to swim in.
3...	... ...	... ...	When the scum rises, skim very carefully.
4...	... ...	... ...	After it boils let it simmer 1½ hours.
5...	The brain ...	... ...	Separate the two lobes of the brain with a knife.
6...	Cold water...	... ...	Soak the brain in it 1 hour.
	Salt ...	1 pinch ...	
7...	Hot water ...	... ...	Pour away the cold water and cover the brain with hot water.
8...	... ...	... ...	Clean and skin it.
9...	... ...	... ...	Boil very gently, skimming carefully.
10...	Water ...	½ pint ...	Put all into a stewpan.
11...	Parsley ...	A little ...	
12...	Thyme ...	A little ...	
13...	Bay leaf ...	1 ...	
14...	Pepper and salt	... ...	
15...	Melted butter or cream	2 tablespoonsful	
16...	Lemon juice	½ lemon	
17...	Cayenne ...	1 pinch ...	
18...	... ...	... ...	Chop the brains and add.
19...	... ...	... ...	Stir well, warm thoroughly, and serve with the head.
20...	... ...	... ...	Ham or slices of bacon should be served with calf's head.

3.—CALF'S HEAD, *à la Poulette.*

Order.	Ingredients.	Quantities.	Method.
1...	Remains of calf's head already cooked	... ...	Cut in nice slices.
2...	Butter ...	2 oz. ...	Melt in a saucepan over a slow fire.
3...	Flour ...	1 or 2 teaspoonsful	Mix in the butter with a wooden spoon.

CALF'S HEAD, *à la Poulette*—(*continued*).

Order.	Ingredients.	Quantities.	Method.
4...	Savoury herbs	If liked ...	Chop fine and add.
5...	Stock free from grease	1 pint ...	Add at once as the butter must not brown.
6...	Salt and pepper	... ...	Sprinkle over.
7...	... ...	... ...	Let this sauce simmer uncovered a quarter of an hour.
8...	... ...	... ...	Put the pieces of head in just long enough to warm, but do not let them boil.
9...	... ...	... ...	Warm the dish.
10...	... ...	... ...	Place the meat upon it and keep it hot.
11...	Beaten yolks of eggs	2 ...	Stir up together.
12...	Lemon juice or vinegar	2 or 3 drops	
13...	... ...	... ...	Take the sauce off the fire, and when it has ceased boiling, add the egg.
14...	... ...	... ...	Stir gently with a wooden spoon.
15...	... ...	... ...	Pour the sauce over and serve hot.

4.—CALF'S BRAINS, *à la Maître d'Hôtel.*

Order.	Ingredients.	Quantities.	Method.
1...	Brains ...	4 ...	Dress and skin.
2...	... ...	... ...	Put them in a dish.
3...	Boiling water	... ...	Pour over the brains till covered.
4...	... ...	... ...	Let them steep 2 or 3 hours.
5...	... ...	... ...	Throw away the water.
6...	Cold water ...	... ...	Pour over the brains.
7...	... ...	... ...	Let them steep 10 minutes.
8...	... ...	... ...	Drain through a sieve.
9...	Butter ...	2 oz. ...	Melt in a saucepan over a slow fire.
10...	Flour ...	1 dessert spoonful	Sprinkle over the butter, stirring with a wooden spoon.
11...	Stock, or water, or white wine...	1 pint ...	Pour over the butter, still stirring, and see that the butter does not brown.
12...	... ...	... ...	When the sauce is well mixed, put in the brains with a skimmer.

CALF'S BRAINS, *à la Maître d'Hôtel*—(*continued*).

Order.	Ingredients.	Quantities.	Method.
13...	Salt and pepper	A good deal	To season well.
14...	Nutmeg ...	... ...	Add if liked.
15...	Mushrooms ...	... ...	
16...	Small onions	4 or 5 ...	
17...	... ...	... ...	Let the whole simmer ½ hour.
18...	... ...	.. ...	Put the brains on a dish and draw the saucepan towards the edge of the stove.
19...	Yolks of eggs	2 ...	Beat up in a basin.
20...	Water ...	A few drops	Add.
21...	Sweet herbs...	1 pinch ...	Chop and add.
22...	Vinegar or lemon juice	A few drops	Add; beat all up together and add to the sauce in the saucepan.
23...	... ...	... ...	Pour the sauce over the brains and serve hot.

5.—CALF'S BRAINS, *au beurre noir.*

Order.	Ingredients.	Quantities.	Method.
1...	Brains ...	4 ...	Skin and put in a dish.
2...	Salt ...	... ...	Sprinkle over.
3...	Boiling water	... ...	Pour over the brains till they are covered.
4...	... ...	... ...	Let them steep 2 or 3 hours.
5...	... ...	... ...	Take off the remaining skin and throw away the water.
6...	... ...	... ...	Pour cold water over.
7...	Vinegar ...	½ wine-glass	Add.
8...	Salt ...	1 pinch	
9...	... ...	... ...	Let them remain a few minutes.
10...	... ...	... ...	Put them on to another dish with the skimmer.
11...	... ...	... ...	Pour the vinegar and water into a saucepan.
12...	Onions ...	2 ...	Cut into slices, and add.
13...	Cloves ...	6 ...	Stick into the onions.

CALF'S BRAINS, *au beurre noir*—(*continued*).

Order.	Ingredients.	Quantities.	Method.
14...	Parsley ...	... ...	Tie into a bunch and add.
15...	Chervil ...	... ...	
16...	Chives ...	... ...	
17...	Thyme ...	... ...	
18...	Bay-leaf ...	... ...	
19...	... ...	... ...	Put the brains on the top, and let them simmer ½ hour.
20...	... ...	... ...	Take the brains out with the skimmer and place them on a dish.
21...	... ...	... ...	Keep the dish hot over a saucepan of boiling water.
22...	Butter ...	3 oz. ...	Melt in a frying-pan over a quick fire till it becomes dark brown.
23...	Salt ...	... ...	Sprinkle over.
24...	Parsley ...	... ...	Fry in the butter.
25...	... ...	... ...	Pour the contents of the frying-pan on to the brains and serve.

6.—CALF'S BRAINS, *fried.*

Order.	Ingredients.	Quantities.	Method.
1...	Brains ...	4 ...	Skim and soak three hours in vinegar and water.
2...	Butter ...	2 oz. ...	Melt in a saucepan over a slow fire.
3...	Flour ...	1 dessert spoonful	Sprinkle over, stirring with a wooden spoon.
4...	Stock ...	1 tea cupful	
5...	Salt and pepper	... ...	
6...	Chopped herbs	... ...	
7...	... ...	... ...	Put in the brains.
8...	... ...	... ...	When nearly done, take the brains out and let them cool.
9...	... ...	... ...	Cut them into slices.
10...	... ...	... ...	Sprinkle salt over.
11...	Lukewarm vinegar	... ...	Pour over and let them steep ½ hour.
12...	... ...	... ...	Drain when ready to fry them.
13...	... ...	... ...	Roll in flour, beaten egg, and bread crumbs.
14...	... ...	... ...	Fry a delicate brown in boiling fat.
15...	Parsley ...	... ...	Fry and place round the dish.
16...	... ...	... ...	Serve with tomato sauce if liked.

7.—VEAL CUTLETS.

Order.	Ingredients.	Quantities.	Method.
1...	Veal cutlet ...	2 lbs. ...	Cut into small pieces ½ inch thick.
2...	Sweet herbs ...	1 bunch...	Chop fine.
3...	Bread crumbs	3 oz. ...	Mix with the herbs.
4...	Yolks of eggs	2 ...	Beat up and brush over the cutlets, then cover them with the crumbs and herbs.
5...	... ...	... ...	Fry them lightly in butter, and take out when done.
6...	Fresh butter...	1 oz. ...	
7...	Lemon peel ...	½ oz. ...	Grate and mix with the butter.
8...	Nutmeg ...	... ...	do.
9...	Flour ...	1 tea spoonful	Add.
10...	Water ...	... ...	Pour into the frying-pan, and stir the flour, butter, and grated lemon peel into it.
11...	... ...	... ...	Put the cutlets into this gravy to heat.
12...	... ...	... ...	Serve with thin rolls of bacon round the dish.

8.—VEAL CUTLETS, *à la bourgeoise.*

Order.	Ingredients.	Quantities.	Method.
1...	Cutlets ...	2 lbs. ...	Cut into nice pieces ½ inch thick.
2...	Bacon ...	¼ lb. ...	Lard them lengthways.
3...	Butter ...	¼ lb. ...	Melt in a stewpan over a slow fire.
4...	Flour ...	1 table spoonful	Sprinkle over, stirring with a wooden spoon.
5...	Stock or water	1½ pint ...	Pour over gradually, still stirring.
6...	... ...	... ...	Place the cutlets in the stewpan.
7...	Parsley ...		
8...	Thyme ...	Tied in a bunch	Add.
9...	Chervil ...		
10...	Tarragon ...		
11...	Carrots ...	2 ...	Add.
12...	Small onions	3 or 4 ...	Add.
13...	Mushrooms ...	2 or 3 ...	

VEAL CUTLETS, *à la bourgeoise*—(*continued*).

Order.	Ingredients.	Quantities.	Method.
14...	Salt and pepper	... ...	Add.
15...	Cloves ...	2 or 3 ...	
16...	... ...	... ...	When the cutlets are done, dress the vegetables in the middle of the dish, and the cutlets round.
17...	... ...	... ...	Take the grease off the sauce, and strain over the dish.

9.—VEAL CUTLETS, *sautées.*

Order.	Ingredients.	Quantities.	Method.
1...	Veal cutlets ...	2 lbs. ...	Cut into pieces ½ inch thick.
2...	Salt and pepper	... ...	Sprinkle over.
3...	Parsley ...	Chop fine	do.
4...	Eschalots ...		
5...	Butter ...	¼ lb. ...	Melt in a frying-pan over a quick fire.
6...	... ...	... ...	Put in the cutlets, turn them frequently.
7...	Vinegar ...	2 or 3 drops	Add to make the meat tender.
8...	... ...	... ...	Let them fry a nice brown.
9...	Bread ...	... ...	Cut into slices, and fry separately.
10...	... ...	... ...	When the cutlets are done, put the fried bread into a dish, and the cutlets on the top.
11...	Salt and pepper	... ...	Sprinkle over.
12...	... ...	... ...	Draw the dish to the side of the fire.
13...	Flour ...	A pinch...	Sprinkle into the frying-pan the cutlets were done in.
14...	Onion, chives	... ...	Add if liked.
15...	Stock ...	1 spoonful	Pour gently into the pan, still on the fire.
16...	White wine or water	1 wine-glass	Add.
17...	... ...	... ...	Stir well with a wooden spoon, scraping up the glaze that forms in the pan.
18...	... ...	... ...	Pour this sauce on the cutlets, and serve hot.

10.—VEAL CUTLETS, *Glazed.*

Order.	Ingredients.	Quantities.	Method.
1...	Veal cutlets ...	2 lbs. ...	Trim them and take off the skin.
2...	Bacon ...	¼ lb. ...	Lard the cutlets with bacon.
3...	Butter ...	2 oz. ...	Melt in a stewpan.
4...	... ...	... ...	Place the cutlets on the butter.
5...	Stock ...	1 large cupful	Add.
6...	Carrots ...	2 cut in dice	
7...	Onions ...	2 sliced ...	
8...	Knuckle of Veal	1 ...	
9...	Salt and pepper	to taste...	
10...	... ...	... ...	Stew gently till the cutlets are done, then put them on a hot dish.
11...	... ...	... ...	Keep the cutlets hot.
12...	... ...	... ...	Reduce the gravy in the stewpan.
13...	... ...	... ...	Pour the gravy through a hair sieve on to the cutlets and serve.

11.—VEAL CUTLETS, *with Sorrel.*

Order.	Ingredients.	Quantities.	Method.
1...	Veal cutlets ...	6 ...	Trim them, remove the skin, and flatten them well.
2...	Bacon ...	¼ ...	Lard the cutlets with bacon.
3...	Butter ...	4 oz. ...	Melt in a stewpan on a slow fire.
4...	... ...	... ...	Brown the cutlets in the butter.
5...	Salt ...	To taste	Sprinkle over them.
6...	... ...	... ...	When browned on one side turn them and brown the other side.
7...	Salt ...	... ..	Sprinkle again.
8...	Parsley ...	3 or 4 sprigs	Add.
9...	Carrots ...	2 sliced ...	
10...	Onions ...	3 or 4 large ones	
11...	Eschalots ...	3 or 4	
12...	Bay-leaf ...	1 if liked	
13...	... ...	... ...	Cover the stewpan with a large sheet of buttered paper.

VEAL CUTLETS, *with Sorrel—(continued)*.

Order.	Ingredients.	Quantities.	Method.
14...	... ..	... ...	Simmer for two hours on a slow fire.
15...	.. ..	... ...	Moisten with the gravy from the cutlets.
16...	Purée of Sorre	... ...	Prepare separately and pile in the dish.
17...	... ...	... ...	Lay the cutlets on the sorrel round the dish, and keep them hot.
18...	... ...	... ...	Reduce the gravy and pour it through a hair sieve over the cutlets.

NOTE.--Spinach can be used in place of Sorrel, if preferred.

12.—FILLET OF VEAL, *roasted*.

Order.	Ingredients.	Quantities.	Method.
1...	Fillet of Veal	... ...	Take out the bone, and with a sharp knife make a deep incision between the fillet and the flap.
2...	Forcemeat ...	... ...	Fill the incision with it.
3...	... ...	... ...	Bind the veal in a round form, and fasten it securely with skewers and twine; run a skewer as nearly through the middle as you can.
4...	Buttered paper	... ...	Cover the veal with it, and put it at some distance from the fire at first, advancing it as it becomes cooked. Baste well.
5...	Flour ...	... ...	Dredge over when you take off the paper just before the veal is done.
6...	Butter ...	¼ lb. ...	Baste well with it.
7...	... ...	... ...	Remove the skewers, and replace them with a silver one.
8...	Melted butter	... ...	}
9...	Lemon juice	½ lemon...	} Pour over.
10...	Veal gravy ...	... ...	}
11...	Slices of lemon	... ...	Put round the dish.
12...	... ...	... ...	Serve with boiled ham, bacon, or pickled pork.

13.—LOIN OF VEAL, *roasted.*

Order.	Ingredients.	Quantities.	Method.
1...	Loin of veal...	7 lbs. ...	Choose the kidney end, fasten the flap over the kidney with a small skewer; run a skewer through the end lengthways.
2...	Buttered paper	... ...	Cover the veal with it, and place it before a good fire to roast.
3...	Flour ...	... ...	Dredge just before serving.
4...	Butter ...	2 oz. ...	Baste do.
5...	Melted butter	... ...	Pour over when in the dish, and serve.
6...	... ..	... ...	The kidney and fat may be sent to table separately on toast, if preferred.

14.—SHOULDER OF VEAL, *roasted.*

Order.	Ingredients.	Quantities.	Method.
1...	Shoulder of veal	... ...	Remove the knuckle.
2...	... ...	... ...	Roast what remains like the fillet, stuffing it or not as preferred.
3...	... ...	... ...	If not stuffed, serve with oyster or mushroom sauce and garnish with sliced lemon.

15.—SHOULDER OF VEAL, *stewed.*

Order.	Ingredients.	Quantities.	Method.
1...	Shoulder of veal	... ...	Bone it.
2...	Salt and pepper	To taste	Sprinkle over the meat.
3...	Nutmeg ...	... ...	
4...	... ...	... ...	Roll the veal in an oblong shape, and tie it up with string.
5...	Butter ...	4 oz. ...	Melt in a large stewpan on a slow fire.

SHOULDER OF VEAL, *stewed—(continued)*.

Order.	Ingredients.	Quantities.	Method.
6...	Flour ...	1 tablespoonful	Sprinkle into the butter, stirring with a wooden spoon.
7...	Stock ...	1 pint ...	Pour in gradually, still stirring.
8...	... ...	... ...	Put in the rolled veal.
9...	Salt ...	A pinch...	Add.
10...	Thyme ...	2 or 3 sprigs	Add to flavour, if liked.
11...	Bay-leaf ...	1 ...	
12...	... ...	... ...	Close the stewpan with a cover with raised edges, and place hot coals on the top.
13...	... ...	... ...	Let the meat stew for 4 or 5 hours.
14...	Onions ...	3 or 4 ...	Boil any of these apart, or stew them with the veal.
15...	Mushrooms ...	5 or 6 ...	
16...	Green peas ...	1 pint ...	
17...	Carrots ...	3 or 4 ...	
18...	... ...	... ...	When the meat is done dress it on the dish and take away the string; put the vegetables round the meat and serve very hot.

16.—BREAST OF VEAL, *stewed*.

Order.	Ingredients.	Quantities.	Method.
1...	Breast of Veal	... ...	Take off the tendons, and skewer the sweetbread to the joint.
2...	Buttered paper	... ...	Cover the meat and place it to roast for 1¼ hours, more or less according to weight.
3...	Melted butter	... ...	Serve with the meat.
4...	Gravy ...	... ...	
5...	Sliced lemon	.. ...	
6...	... ...	.. ...	It can be roasted without the sweetbread, which with the tendons can be served up as an entrée.

17.—BREAST OF VEAL, *with white sauce.*

Order.	Ingredients.	Quantities.	Method.
1...	Breast of Veal	3 lbs. ...	Cut the meat in pieces and put them in an earthen jar.
2...	Boiling water	... ...	Pour over sufficient to cover the meat.
3...	... ...	... ...	Blanch it and let it drain.
4...	Butter ...	¼ lb. ...	Melt in a saucepan without browning.
5...	Flour ...	1 table spoonful	Sprinkle over, stirring with a wooden spoon.
6...	Salt ...	To taste	
7...	Water ...	1 cupful...	Pour in gradually, stirring all the time.
8...	... ...	... ...	Put the pieces of veal in the sauce.
9...	Parsley ...	3 sprigs...	Tie together in a bunch and put in the saucepan.
10...	Eschalots ...	3 or 4 ...	
11...	Thyme ...	A few sprigs	
12...	Bay-leaves ...	2 ...	
13...	Mushrooms ...	5 or 6 ...	Add if liked.
14...	... ...	... ...	Stew gently for 1 hour at least.
15...	Yolks of eggs	1 or 2 ...	Break into a basin.
16...	Vinegar or lemon juice	A few drops	Pour into the beaten eggs drop by drop, stirring with a wooden spoon the whole time.
17...	... ...	... ...	When the meat is done, put it in a dish and keep it hot.
18...	... ...	... ...	Take the sauce off the fire, and skim it.
19...	... ...	... ...	Mix with it gradually the beaten eggs, stirring constantly.
20...	... ...	... ...	Put the sauce back on the fire, to make it quite hot, but without letting it boil.
21...	... ...	... ...	Pour the sauce over the meat and serve.

18.—KNUCKLE OF VEAL, *boiled.*

Order.	Ingredients.	Quantities.	Method.
1...	Knuckle of veal	... ...	Put into a stewpan.
2...	Water ...	... ...	Pour over till covered.
3...	... ...	... ...	Let it simmer slowly.

KNUCKLE OF VEAL, *boiled—(continued)*.

Order.	Ingredients.	Quantities.	Method.
4...	Salt ...	1 dessert spoonful	Throw in when it reaches the boiling point.
5...	... ...	... ...	Keep it well skimmed, and boil it 20 minutes to each pound.
6...	Parsley and butter	... ...	Serve with it.
7...	Salted pig's cheek	... ...	do.
8...	Rice ...	¾ lb. ...	May also be boiled with it.
9...	... ...	... ...	Serve with green peas, or vegetable marrow stewed.

19.—FRICANDEAU OF VEAL.

Order.	Ingredients.	Quantities.	Method.
1...	Fillet of veal	1 slice ...	Cut a handsome slice, trim it neatly round.
2...	Fat bacon ...	¼ lb. ...	Lard the veal closely.
3...	Butter ...	2 oz. ...	Melt in a stewpan.
4...	... ...	... ...	Put the meat in.
5...	Salt and pepper	... ...	} Add.
6...	Bunch of herbs	... ...	
7...	Remains of bacon	... ...	
8...	Carrots in slices	2 ...	
9...	Onions in slices	3 ...	
10...	Stock or water	... ...	Pour over till all is covered.
11...	... ...	... ...	Let it simmer 5 or 6 hours.
12...	... ...	... ...	Put the meat on a dish, and keep it hot.
13...	... ...	... ...	Strain the gravy, skim off the fat, and put back on the fire.
14...	Flour ...	1 pinch ...	Add, stirring with a wooden spoon.
15...	... ...	... ...	Boil it till thickened.
16...	... ...	... ...	Put the meat in again a minute.
17...	... ...	... ...	Serve with a purée of spinach, sorrel, or green peas.

20.—CALF'S HEART, *roasted.*

Order.	Ingredients.	Quantities.	Method.
1...	Calf's heart ...	... ...	Put, to disgorge, in lukewarm water for an hour.
2...	... ...	... ...	Wipe it dry.
3...	Veal stuffing	... ...	Stuff the heart with it and season well.
4...	... ...	... ...	Cover it with buttered paper, and set it down to roast at a good fire.
5...	... ...	... ...	Serve it with good gravy, or any piquante sauce.
6...	... ...	... ...	Serve as hot as possible.

21.—CALF'S LIVER, *roasted.*

Order.	Ingredients.	Quantities.	Method.
1...	Fat bacon ...	½ lb. ...	Cut it to lard the liver.
2...	Parsley ...	... ...	Chop fine and roll the bacon in the mixture of parsley, salt, pepper, and nutmeg.
3...	Salt and pepper	... ...	
4...	Nutmeg ...	... ...	
5...	Calf's liver ...	... ...	Skin, and lard with the bacon, which should not show.
6...	... ...	... ...	Put it into a pan.
7...	Salt and pepper	... ...	Sprinkle over.
8...	Olive oil ...	2 table spoonsful	Pour over.
9...	Bunch of herbs	... ...	Add to flavour.
10...	... ...	... ...	Let it steep for 5 or 6 hours.
11...	... ...	... ...	Take it up and wipe it carefully.
12...	Buttered paper	... ...	Put round it.
13...	... ...	... ...	Let it roast ½ hour before a gentle fire.
14...	... ...	... ...	Take off the paper to let it brown 1 minute.
15...	... ...	... ...	When the gravy ceases to drop it is done.
16...	Liver gravy with the grease off	... ...	Mix in a basin to make a sauce piquante.
17...	Eschalots ...	2 or 3 ...	
18...	Sweet herbs ...	Chopped fine	
19...	Stock ...	2 table spoonsful	

CALF'S LIVER, *roasted—(continued)*.

Order.	Ingredients.	Quantities.	Method.
20...	Capers ...	... ...	Add if liked.
21...	Lemon juice...	½ lemon...	do.
22...	... ...	... ...	Dress the liver on a dish.
23...	... ...	... ...	Pour the sauce over, or serve it separately.

22.—CALF'S LIVER, *à la bourgeoise.*

Order.	Ingredients.	Quantities.	Method.
1...	Calf's liver ...	... ...	Lard well all over with bacon rolled in the following mixture:
2...	Parsley chopped fine	... ...	To season the bacon.
3...	Salt and pepper	... ...	
4...	Nutmeg ...	... ...	
5...	Butter ...	¼ lb. ...	Melt in a stewpan over a slow fire.
6...	... ...	... ...	Let it brown.
7...	Flour ...	1 table spoonful	Mix it in the butter with a wooden spoon.
8...			
9...	... ...	... ...	Put the liver in the butter.
10...	Salt and pepper	... ...	Sprinkle over.
11...	Stock or water	¼ pint ...	Add when half cooked.
12...	White or red wine	do. ...	
13...	Onions ...	2 or 3 ...	Slice and put round the liver.
14...	Carrots ...	2 ...	Slice and add.
15...	Salt and pepper	... ...	Add.
16...	Bunch of herbs	... ..	Add.
17...	... ...	... ...	Cover the stewpan, and put it in the oven, or put hot coals on the cover.
18...	... ...	... ...	Let it bake 2 or 3 hours, but see that the liver does not stick to the pan.
19...	... ...	... ...	When the liver is done, put it in a dish and keep it warm.
20...	... ...	... ...	Put a cullender on a basin,

CALF'S LIVER, *à la bourgeoise*—(*continued*).

Order.	Ingredients.	Quantities.	Method.
21...	... ...	... ...	Pour the gravy through, and take off the grease.
22...	Butter ...	2 oz. ...	Melt in another stewpan.
23...	Flour ...	1 dessert spoonful	Sprinkle over and stir in.
24...	Gravy ...	... ...	Add gradually.
25...	... ...	... ...	Let it simmer 1 minute uncovered.
26...	... ...	... ...	Pour it over the liver.
27...	... ...	... ...	Place the carrots and onions round.
28...	Capers or pickles	... ...	Add if liked.

23.—CALF'S LIVER AND BACON.

Order.	Ingredients.	Quantities.	Method.
1...	Calf's liver ...	2½ lbs. ...	Soak in cold water for ½ hour, dry on a cloth, and cut into thin narrow slices.
2...	Bacon ...	1 lb. ...	Cut as many thin slices as you have slices of liver.
3...	... ...	... ...	Fry the bacon lightly, take it out, and keep it hot.
4...	... ...	... ...	Fry the liver in the same pan.
5...	Pepper and salt	... ...	Sprinkle over.
6...	Flour ...	... ...	Dredge over.
7...	... ...	... ...	When it is a nice brown, arrange it round the dish, with a roll of bacon between each slice of liver.
8...	... ...	... ...	Pour off the fat from the pan.
9...	Butter ...	2 oz. ...	Rub together, and put in the gravy.
10...	Flour ...	1 dessert spoonful	
11...	Lemon juice	1 lemon	Squeeze in.
12...	Hot water ...	1 teacupful	Add.
13...	... ...	... ...	Serve with forcemeat balls, or slices of lemon.

24.—CALF'S LIVER, *Sauté.*

Order.	Ingredients.	Quantities.	Method.
1...	Calf's liver ...	2 lbs. ...	Cut in thin slices and flatten them by beating.
2...	Salt and pepper	To taste	Sprinkle on both sides.
3...	Flour ...	A pinch...	
4 ..	Butter ...	¼ lb. ...	Melt in a frying pan on a brisk fire.
5...	... ...	... ...	Put in the slices of liver.
6...	Parsley ...	A few sprigs	Chop fine and add if liked.
7...	Eschalots ...	3 or 4 ...	
8...	Chives ...	A few ...	
9...	... ...	... ...	When the liver is done on one side turn it on the other.
10...	White or red wine	1 wine glassful	Add.
11...	... ...	... ...	Boil for 10 minutes.
12...	Stock ...	... ...	Add to thin the gravy as required.
13...	... ...	... ...	Dress the pieces of liver round the dish.
14...	Sippets of bread	If liked ...	Fry and place between the slices of liver.
15...	... ...	... ...	Pour the gravy into the middle of the dish and serve.

25.—CALF'S CROW, *with Vinegar Sauce.*

Order.	Ingredients.	Quantities.	Method.
1...	Calf's crow ...	... ...	Put in a pan.
2...	Boiling water	1 quart ...	Pour over to cover the crow.
3...	Salt ...	A pinch...	Add.
4...	... ...	.. ...	Let it soak for 3 or 4 hours.
5...	... ...	... ...	Put it into another pan.
6...	Cold water ...	1 quart ...	Pour over as before.
7...	... ...	... ...	Let it stand and cool for ¼ hour.
8...	... ...	... ...	Drain through a strainer.
9...	... ...	... ...	Cut it in pieces and put in a saucepan.
10...	Salt and pepper	To taste	Add.
11...	Onions ...	2 or 3 ...	do.
12...	Carrots ...	do. ...	do.
13...	Bunch of herbs	... ...	do.

CALF'S CROW, *with Vinegar Sauce—(continued)*.

Order.	Ingredients.	Quantities.	Method.
14...	Water with ¼ white wine or vinegar	Enough to cover the meat	Pour over and let it stew gently for at least 3 hours.
15...	... ...	... ...	Take out the pieces with a skimmer, let them drain, and pile them in the dish.
16...	Parsley ...	... ...	Garnish the dish, and serve very hot.
17...	Oil ...	6 dessert spoonsful	Chop the herbs fine, and mix all together to make a sauce served separately in a sauce tureen.
18...	Vinegar ...	2 dessert spoonsful	
19...	Salt, pepper...	To taste	
20...	Eschalots	3 or 4	
21...	Parsley	A few sprigs	
22...	Tarragon	A few sprigs	

26.—CALF'S SWEETBREAD, *stewed.*

Order.	Ingredients.	Quantities.	Method.
1...	Sweetbreads	3 ...	Soak in warm water for 1 hour, and put them into a stewpan.
2...	Veal broth ...	1 pint ...	Add.
3...	Pepper and salt	... ...	
4...	Marjoram ...	... ...	
5...	... ...	... ...	Let them stew rather more than ½ an hour.
6...	... ...	... ...	Place them on a hot dish.
7...	Flour ...	1 tea spoonful	Sprinkle in to thicken the gravy.
8...	Beaten yolks of eggs	2 ...	Add, and let the sauce get quite hot without boiling.
9...	... ...	... ...	Pour the sauce over the sweetbread, and serve.

27.—CALF'S FEET, *à la poulette.*

Order.	Ingredients.	Quantities.	Method.
1...	Calf's feet ...	3 ...	Place in a pan.
2...	Boiling water	... ...	Pour over to clean them.
3...	... ...	... ...	Let them steep ½ hour.
4...	... ...	... ...	Put them into another pan.
5...	Cold water ...	... ...	Pour over.
6...	... ...	... ...	Let them steep 2 minutes.
7...	... ...	... ...	Take them out, dry and clean them.
8...	... ...	... ...	Cut them lengthways, and take out the principal bone.
9...	Stock or water	3 pints ...	Boil them in it 2 or 3 hours.
10...	Butter ...	2 oz. ...	Melt in a saucepan.
11...	Flour ...	1 pinch ...	Stir in.
12...	Stock or water the feet were boiled in	... ...	Pour in gradually, stirring with the other hand with a wooden spoon.
13...	Salt ...	... ...	Add to the sauce if liked.
14...	Parsley ...	A little ...	
15...	Mushrooms ...	5 or 6 ...	
16...	Small onions	3 or 4 ...	
17...	Salt and pepper	... ...	
18...	Bay leaf ...	1 ...	
19...	Yolk of egg ...	1 ...	Beat up in a basin.
20...	Lemon juice or vinegar	A few drops	
21...	Parsley ...	... ...	Chop fine and add.
22...	Chives ...	... ...	
23...	... ...	... ...	Take the saucepan off the fire.
24...	... ...	... ...	Pour the contents of the basin into the saucepan when the sauce has done boiling, stirring all the time.
25...	... ...	... ...	Take the feet out of the pot.
26...	... ...	... ...	Put them on the dish with the onions and mushrooms round them.
27...	... ...	... ...	Pour the sauce over, and serve.

28.—MINCED VEAL.

Order.	Ingredients.	Quantities.	Method.
1...	Remains of cold fillet or loin	... ...	Mince fine.
2...	The bones of cold veal and other trimmings of the meat	... ...	Put into a stewpan.
3...	Flour ...	... ...	Dredge over.
4...	Water or stock	1¼ pint ...	Pour in.
5...	Sliced onion ...	1 ...	Add.
6...	Minced lemon peel	½ tea spoonful	Add.
7...	Pepper and salt	... ...	Add.
8...	Bunch of herbs	... ...	Add.
9...	... ...	... ...	Simmer for more than 1 hour.
10...	... ...	... ...	Strain the gravy.
11...	Butter rolled in flour	1 oz. ...	Thicken the gravy with it.
12...	... ...	... ...	Boil the gravy again and skim it well.
13...	... ...	.. ...	Add the meat and warm it gradually.
14...	Lemon juice	1 lemon...	Add the lemon juice.
15...	Milk or cream	3 table spoonsful	Add.
16...	... ...	... ...	Do not let it quite boil, but when it is on the point of doing so, take it off the fire.
17...	Toasted bread	... ...	Cut into sippets and garnish the dish round the edge with them.
18...	... ...	... ...	Pile the mince in the centre of the dish.
19...	... ...	... ...	Serve with fried bacon and slices of lemon.

29.—BLANQUETTE OF VEAL.

Order.	Ingredients.	Quantities.	Method.
1...	Cold roast veal	2 lbs. ...	Cut in nice thin slices, and take off any bits of skin.
2...	Butter ...	2 oz. ...	Melt in a stewpan.
3...	Flour ...	1 dessert spoonful	Sprinkle over, stirring with a wooden spoon, but do not let the butter brown.

BLANQUETTE OF VEAL—(*continued*).

Order.	Ingredients.	Quantities.	Method.
4...	... ...	... ...	Put in the slices of meat and stir well with the spoon.
5...	Salt and pepper	To taste	Add.
6...	White stock or cream	¼ pint. ...	Add by degrees, stirring all the time.
7...	Parsley ...	1 bunch...	Add.
8...	... ...	... ...	Simmer gently for 10 minutes.
9...	Veal broth ...	½ pint ...	Put in another saucepan and boil.
10...	Mushrooms ...	Cut in quarters	
11...	Small onions	3 or 4 ...	Add to the sauce if liked.
12...	Artichokes ...	2 or 3 ...	
13...	... ...	... ...	Pour the sauce over the meat.
14...	... ...	... ...	Take out the parsley.
15...	... ...	... ...	Leave the stewpan on the fire a few minutes, and then put the meat on a hot dish.
16...	Yolks of eggs	2 ...	Break in a basin.
17...	Vinegar ...	A few drops	Mix gradually with the eggs.
18...	Chives ...	Chop fine	Add if liked.
19...	Salt and pepper	To taste	Add and beat up with a whisk.
20...	... ...	... ...	Pour into the sauce, which must be hot without boiling.
21...	... ...	... ...	Stir the sauce thoroughly and pour over the meat.

30.—VEAL CROQUETTES, *to use up cold roast veal.*

Order.	Ingredients.	Quantities.	Method.
1...	Butter ...	2 oz. ...	Melt in a saucepan over a slow fire.
2...	Flour ...	1 dessert spoonful	Sprinkle over, stirring with a wooden spoon.
3...	Salt and pepper	... ...	Add, still stirring.
4...	Nutmeg ...	... ...	Grate and add.
5...	Mushrooms ...	2 ...	Chop and add: let them cook an instant.
6...	Parsley ...	A little ...	

VEAL CROQUETTES, *to use up cold roast veal—(continued)*.

Order.	Ingredients.	Quantities.	Method.
7...	Milk or cream	Equal quantities	Pour over, still stirring gently.
8...	Stock or gravy		
9...	... ...	... ...	Let the sauce thicken and boil.
10...	Cold roast veal	1½ lb. ...	Mince and add to the sauce.
11...	Veal fat ...	4 oz. ...	
12...	... ...	... ...	Take the saucepan off the fire.
13...	... ..	... ...	Let it cool and thicken.
14...	Yolks of eggs	2 ...	Beat up and stir into the saucepan.
15...	Bread crumbs	... ...	Put into a dish.
16...	... ...	... ...	Fill a dessert spoon with the mixture in the saucepan, and put it in the bread crumbs.
17...	... ...	... ...	Rub it in the crumbs, and roll it in a round or oblong shape.
18...	... ...	... ...	Repeat the operation till all is used.
19...	Eggs ...	2 or 3 ...	Beat up the yolks and whites.
20...	Salt and pepper	... ...	Add.
21...	... ...	... ...	Dip in each ball of meat, then rub it in the bread crumbs again.
22...	... ...	... ...	Fry the croquettes a fine brown.
23...	Salt ...	... ...	Add.
24...	Parsley ...	... ...	Fry and put round the dish.
25...	... ...	... ...	Serve hot, with the sauce.

31.—VEAL CAKE.

Order.	Ingredients.	Quantities.	Method.
1...	Veal ...	1½ lb. ...	Take off all skin and fat, and cut in slices.
2...	Bacon ...	½ lb. ...	Cut in thin slices.
3...	Salt and cayenne	To taste	Chop the lemon peel very fine and mix with the rest to season the meat.
4...	Mace ...	1 tea spoonful	
5...	Nutmeg ...	1-third	
6...	Lemon peel...	1 lemon	
7...	... ...	... ...	Lay the veal and bacon in a basin in layers, and sprinkle the seasoning over.
8...	Stock ...	A little ...	Add to form a jelly.
9...	... ...	... ...	Bake 1½ hour and turn out when cold.

SECTION V.—MUTTON.

1.—LEG OF MUTTON, *roasted.*

Order.	Ingredients.	Quantities.	Method.
1...	Leg of mutton	... ...	For roasting, this joint may be kept much longer than for boiling; it must be wiped very dry and dredged with flour and pepper.
2...	... ...	... ...	Cut off the knuckle, remove the thick skin, and trim off the piece of flank.
3...	Salt and water	... ...	Put into the dripping-pan, and baste the meat with it, afterwards using the gravy from the meat itself.
4...	... ...	... ...	Baste every 10 minutes.
5...	... ...	... ...	Serve with gravy.
6...	Currant jelly	... ...	Serve separately.
7...	... ...	... ...	If you cut this joint in two for roasting, put a paste over the cut ends.

2.—LEG OF MUTTON, *boiled.*

Order.	Ingredients.	Quantities.	Method.
1...	Leg of mutton	... ...	Cut off the shank bone, wash and wipe it very clean.
2...	Cold water ...	... ...	Pour into a saucepan over the joint, which must swim in it.
3 ..	... ...	... ...	Set over a good fire, and skim as the scum rises.
4...	... ...	... ...	Boil 15 minutes to the pound.
5...	Turnips ...	... ...	} Serve on the dish or separately.
6...	Carrots ...	... ...	
7...	Caper sauce...	... ...	Serve in a sauce-boat.

3.—LEG OF MUTTON, *boned.*

Order.	Ingredients.	Quantities.	Method.
1...	Leg of mutton	7 lbs. ...	Buy a small joint and carefully remove the bone.
2...	Veal stuffing	½ lb. ...	Fill up the hole from whence the bone has been taken.
3...	Ham or bacon	3 oz. ...	
4...	... ...	... ...	Cover the skin over and sew it up neatly to secure the stuffing.
5...	... ...	... ...	Tie it up and roast it for about 3 hours before a bright clear fire.
6...	Good brown gravy	... ...	Place round it on the dish when done.

4.—LEG OF MUTTON, *braised.*

Order.	Ingredients.	Quantities.	Method.
1...	Leg of mutton	... ...	Bone it.
2...	Strips of fat bacon seasoned with pepper	1 lb. ...	Use to lard the meat, but the bacon should not be seen.
3...	... ...	... ...	Tie up in a good shape.
4...	Fat bacon ...	½ lb. ...	Cut into slices and put at the bottom of a large stewpan.
5...	... ...	... ...	Put the mutton on the bacon.
6...	Sliced carrots	3 or 4 ...	Add.
7...	Onions ...	3 ...	
8...	The bone chopped	... ...	
9...	Bunch of parsley	... ...	
10...	Chervil ...	... ...	
11...	Stock with the fat off, or water	1 quart ...	Pour over till all is covered.
12...	... ...	... ...	Put the stewpan on to boil.
13...	... ...	... ...	When it boils, put it into a hot oven to simmer till the meat is cooked quite tender. It will take 3 or 4 hours.

LEG OF MUTTON, *braised—(continued)*.

Order.	Ingredients.	Quantities.	Method.
14...	... ...	... ...	Put the meat on a hot dish.
15...	... ...	... ...	Skim the fat off the sauce, and put it on to the fire again for 2 or 3 minutes.
16...	... ...	... ...	Pour it over the meat, and place the carrots and onions round the dish.

5.—SADDLE OF MUTTON, *roasted.*

Order.	Ingredients.	Quantities.	Method.
1...	Saddle of mutton	... ...	Take off the skin, cover the fat with buttered paper, and roast it as directed for leg of mutton.
2...	Salt and flour	... ...	Dredge over just before it is done.
3...	Warmed butter	2 oz. ...	Drop over it just before it is done.
4...	... ...	... ...	Serve with good gravy, or empty the contents of the dripping pan into a basin, remove the fat, add a little warm water, and use as gravy.
5...	Red currant jelly	... ...	Serve separately.

6.—SHOULDER OF MUTTON, *roasted.*

Order.	Ingredients.	Quantities.	Method.
1...	Shoulder of mutton	... ...	Flour the joint well, and put it down to a clear bright fire.
2...	Butter	2 oz. ...	Do not baste while roasting, but rub with a little butter.
3...	Onion sauce...	... ...	Serve separately.

7.—SHOULDER OF MUTTON, *braised.*

Order.	Ingredients.	Quantities.	Method.
1...	Shoulder ...	... ...	Bone, by chopping the bone.
2...	Chopped herbs	... ...	Mix and sprinkle over the meat.
3...	Fat bacon ...	Minced ...	
4...	Garlic ...	If liked ...	
5...	Salt, pepper...	... ...	
6...	... ...	... ...	Roll up the meat and tie it with tape.
7...	Butter ...	¼ lb. ...	Put at the bottom of a large stewpan.
8...	... ...	... ...	Put in the joint.
9...	... ...	... ...	Brown both sides.
10...	Carrots ...	3 or 4 ...	Slice the onions and carrots and put all in the stewpan.
11...	Bunch of parsley	... ...	
12...	Chervil ...	... ...	
13...	Onions ...	2 or 3 ...	
14...	Stock or water, with a little salt	1½ pint ...	Pour over till all is covered. Let it stew 4 hours and serve.

8.—LOIN OF MUTTON, *roasted.*

Order.	Ingredients.	Quantities.	Method.
1...	Loin of mutton	... ...	This joint is not economical on account of being so fat.
2...	... ...	... ...	Roast at a bright fire, and baste every 15 minutes.
3...	Flour and salt	... ...	Dredge over just before removing from the fire.

9.—LOIN OF MUTTON, *stuffed.*

Order.	Ingredients.	Quantities.	Method.
1...	Loin of mutton	... ...	Bone it and cut off some of the fat.
2...	Salt ...	... ...	Sprinkle over for seasoning.
3...	Pepper ...	... ...	
4...	Veal stuffing	... ...	Put a layer on the meat.
5...	... ...	... ...	Roll the loin with the stuffing inside and fasten it securely with skewers.
6...	... ...	... ...	Roast before a brisk fire, and before serving remove the skewers.

10.—LOIN OF MUTTON, *stewed like venison.*

Order.	Ingredients.	Quantities.	Method.
1...	Loin of mutton	... ...	Skin and bone it.
2...	... ...	... ...	Put it in a stewpan.
3...	Water ...	1 pint ...	Pour over.
4...	Onion stuck with cloves	1 large one	Add.
5...	Port wine ...	½ pint ...	Add.
6...	Vinegar ...	1 spoonful	Add.
7...	... ...	... ...	Let it come to the boil.
8...	Bunch of herbs	... ...	Thyme and parsley are best.
9...	Pepper ...	... ...	Add.
10...	Salt ...	... ...	Add.
11...	... ...	... ...	Let it stew 3 hours, turning it often.
12...	Bones and trimmings	... ...	Boil down to make stock, and add to the mutton as required.
13...	... ...	... ...	Strain the sauce and pour it over the mutton in the dish.
14...	Red currant jelly	... ...	Serve with the mutton.

11.—NECK OF MUTTON, *roasted.*

Order.	Ingredients.	Quantities.	Method.
1...	Neck of mutton	4 lbs. ...	Buy the best end of the neck, trim off part of the fat, cut the bones short, and see that it is thoroughly jointed.
2...	... ...	... ...	Roast like a loin.

12.—NECK OF MUTTON, *boiled.*

Order.	Ingredients.	Quantities.	Method.
1...	Neck of mutton	2 lbs. ...	Choose the best end and trim off part of the fat.
2...	... ...	... ...	Wash it in cold water.
3...	... ...	... ...	Put it in a saucepan.
4...	Cold water ...	... ...	Add till the meat is covered.
5...	... ...	... ...	Let it boil up and skim it.

NECK OF MUTTON, *boiled—(continued)*.

Order.	Ingredients.	Quantities.	Method.
6 ..	Salt ...	1 large spoonful	Add to make the scum rise.
7...	... ...	... ...	Skim again, and then let it simmer gently.
8...	Onions ...	2 stuck with cloves	Add when the liquor is clear.
9...	Carrots ...	3 or 4 ...	
10...	Sweet herbs...	A bunch	
11...	Turnips ...	3 or 4	Add half-an-hour later.
12...	... ...	... ...	Serve the meat and vegetables together.
13...	Caper sauce...		Serve separately.

13.—MUTTON CHOPS, *broiled*.

Order.	Ingredients.	Quantities.	Method.
1...	Chops ...	4 ...	Dress, cut off the skin and most of the fat.
2...	... ...	... ...	Beat on both sides.
3...	Salt, pepper...	... ...	Sprinkle over both sides.
4...	... ...	... ...	Put on the gridiron over a quick fire.
5...	... ...	... ...	Turn them once.
6...	Fresh butter...	1 oz. ...	
7...	Salt, pepper...	... ...	
8...	Chopped parsley	... ...	
9...	Chopped eschalot	1 ...	Mix into a ball.
10...	Lemon juice or vinegar	2 or 3 drops	
11...	... ...	... ..	Put the ball of seasoning in the middle of a hot dish, place the chops round.
12...	Potatoes fried in butter	... ...	Serve with the chops, either on the same dish or separately.

14.—MUTTON CHOPS, *with bread crumbs.*

Order.	Ingredients.	Quantities.	Method.
1...	Chops ...	6 ...	Cut off the fat and beat flat with a wooden knife.
2...	Salt and pepper	... ...	Sprinkle over both sides.
3...	Butter ...	¼ lb. ...	Melt in a frying pan over a slow fire.
4...	Bread crumbs	4 oz. ...	Dip the chops into the butter, then into the crumbs.
5...	... ...	... ...	Place each chop on the gridiron on a slow fire.
6...	... ...	... ...	Let them broil 10 minutes, turning them once only.
7...	Slices of lemon	... ...	Serve separately.

15.—MUTTON CUTLETS, *sautées.*

Order.	Ingredients.	Quantities.	Method.
1...	Cutlets ...	6 ...	Cut off the fat and beat with a wet wooden knife.
2...	Salt and pepper	... ...	Sprinkle over both sides.
3...	Butter ...	¼ lb. ...	Melt in frying pan over a slow fire.
4...	... ...	... ...	Put the cutlets to brown on both sides.
5...	... ...	... ...	Warm a dish.
6...	... ...	... ...	When the cutlets are done, put them on the dish and keep them warm near the fire.
7...	Stock... ...	2 or 3 spoonsful	Put in the butter that remains in the pan.
8...	Eschalots chopped ...	2 or 3 ...	
9...	Fine herbs chopped ...	... ...	
10...	Salt and pepper	... ...	
11...	Pickled gherkin in slices	... ...	
12...	... ...	... ...	Let this sauce boil 2 minutes.
13...	... ...	... ...	Pour it over the cutlets and serve.

16.—MUTTON CUTLETS, *à la jardinière.*

Order.	Ingredients.	Quantities.	Method.
1...	Cutlets ...	6 ...	Dress, and cut off the fat.
2...	Butter ...	¼ lb. ...	Melt in a stewpan.
3...	Salt, pepper ...	... ...	Sprinkle over.
4...	... ...	... ...	Fry the cutlets in the butter.
5...	... ...	... ...	Put the cutlets on a hot dish.
6...	... ...	... ...	Put the dish to keep warm.
7...	Kidney beans	½ pint ...	Cut into slices and put in the stewpan
8...	Green peas ...	½ pint ...	Add.
9...	Cauliflower ...	1 ...	Divide into small pieces and add.
10...	Carrots ...	2 ...	Cut into small slices and add.
11...	Turnips ...	2 ...	do.
12...	Potatoes ...	4 ...	do.
13...	Water or stock	1 pint ...	Pour over.
14...	... ...	... ...	Let all simmer till the vegetables are done.
15...	Butter ...	2 oz. ...	Add towards the end, pour the gravy and vegetables over the cutlets and serve.

17.—MUTTON CUTLETS, *with vegetables.*

Order.	Ingredients.	Quantities.	Method.
1...	Mutton cutlets	6 ...	Trim them neatly.
2...	Slices of bacon	... ...	Wrap a slice round each cutlet, and tie it on with string.
3...	Good stock ...	1 pint ...	Braise the cutlets in the stock.
4...	... ...	... ...	When done, take them out and keep hot.
5...	Carrots ...	2 or 3 ...	Boil the vegetables in water, cut them in pieces, not too small, and put them into the sauce in the braising pan.
6...	Turnips ...	3 or 4 ...	
7...	Salsify ...	3 or 4 ...	
8...	Celery ...	1 head ...	
9...	Artichokes ...	3 or 4 ...	
10...	... ...	... ...	Let them stew for a short time.
11...	... ...	... ...	Arrange the cutlets on a dish, and serve with the vegetables round them.

18.—MUTTON CUTLETS, *with rice.*

Order.	Ingredients.	Quantities.	Method.
1...	Mutton cutlets	6 ...	Trim and broil on both sides.
2...	Salt ...	... ...	Sprinkle over before broiling.
3...	Pepper ...	... ...	
4...	Rice ...	½ lb. ...	Wash, and boil in water for 5 minutes.
5...	... ...	... ...	Drain and dry the rice.
6...	... ...	... ...	Put it in a stewpan.
7...	Stock ...	1 pint ...	Add to the rice.
8...	Salt, pepper ...	... ...	To season.
9...	Cayenne pepper	A pinch...	Add if liked.
10...	... ...	... ...	Stew for 20 minutes, stirring frequently.
11...	Tomato sauce	A little ...	Add and mix well in.
12...	... ...	... ...	Dress the rice in a heap in the centre of the dish, and put the cutlets round.

19.—MUTTON CUTLETS, *à la Maintenon.*

Order.	Ingredients.	Quantities.	Method.
1...	Cutlets ...	8 ...	Cut them thick, beat them, and then cut them through the centre.
2...	Mushrooms ...	2 spoonsful	Chop, and put in a stewpan.
3...	Parsley ...	1 spoonful	Chop fine and add.
4...	Eschalots ...	1 spoonful	Chop and add.
5...	Salt ...	... ...	Add.
6...	Pepper ...	... ...	Add.
7...	Garlic ...	1 clove ...	Add.
8...	Mixed spice ...	A pinch...	Add.
9...	Butter ...	2 oz. ...	Add to the ingredients in the stewpan, and keep on a brisk fire 5 minutes, stirring all the time.
10...	... ...	... ...	Put a portion of the forcemeat into each cutlet.
11...	... ...	... ...	Close the cutlets, and broil them 4 minutes on each side.
12...	... ...	... ...	Put the remainder of the forcemeat into a sauce espagnole, and serve it under the cutlets.

20.—BREAST OF MUTTON, *boiled.*

Order.	Ingredients.	Quantities.	Method.
1...	Breast of mutton	... ...	Tie it up and boil it in water.
2...	... ...	... ...	When tender take it out and let it cool.
3...	... ...	... ...	Untie it, trim, and take off the skin.
4...	Salt and pepper	To taste	Sprinkle over on both sides.
5...	Bread crumbs	4 oz. ...	Stale bread is best.
6...	Butter ...	2 oz. ...	Melt on a slow fire.
7...	... ...	... ...	Dip the mutton in the butter and bread crumbs, and broil on a brisk fire.
8...	... ...	... ...	When one side is done turn the meat.
9...	Parsley ...	A few sprigs	Serve the mutton dry, garnished with parsley.
10...	... ...	... ...	Sauce piquante or tomato sauce can be served separately.

21.—BREAST OF MUTTON, *stewed.*

Order.	Ingredients.	Quantities.	Method.
1...	Breast of mutton	... ...	Divide it in small pieces.
2...	Butter	2 oz. ...	Melt in a stewpan.
3...	... ...	... ...	Put the pieces of mutton in, brown them, and take them out again.
4...	Flour ...	1 dessert spoonful	Add to the butter and mix well.
5...	Salt and pepper	To taste	Add.
6...	Onions ...	2, stuck with cloves	Add.
7...	Sweet herbs...	1 bunch...	Add.
8...	Stock ...	½ pint ...	Add.
9...	Peas, French beans or other vegetables	At will...	Add.
10...	... ...	... ...	Put in the meat, and put the cover on the stewpan.
11...	... ...	... ...	Let it simmer gently till tender.
12...	... ...	... ...	Take out the herbs.
13...	... ...	... ...	Serve the meat with the vegetables.

22.—HARICOT MUTTON.

Order.	Ingredients.	Quantities.	Method.
1...	Breast or shoulder of mutton	... ...	Have it cut up by the butcher into 10 or 12 small pieces.
2...	Flour and butter	2 oz. ...	Fry them brown in butter and a little flour.
3...	... ...	... ...	Let them fry about 15 minutes.
4...	Warm water	2 dessert spoonsful	Add, stirring.
5...	Salt, pepper...	... ...	Sprinkle over.
6...	Parsley, thyme, chervil, bay leaf	Tied in a bunch	Add.
7...	... ...	... ...	Let all simmer ½ hour.
8...	Turnips and potatoes	4 of each	Peel and slice.
9...	Butter ...	¼ lb. ...	Fry the turnips in another stewpan and let them brown.
10...	... ...	... ...	Add the vegetables to the meat ¼ hour before the meat is done.
11...	... ...	... ...	Put the meat and vegetables on a dish.
12...	... ...	... ...	Skim the fat off the sauce, pour it over the meat, and serve.

23.—IRISH STEW.

Order.	Ingredients.	Quantities.	Method.
1...	Neck of mutton	2½ lbs. ...	Divide into cutlets and trim off part of the fat.
2...	Potatoes ...	4½ lbs. ...	Pare and cut them in thick slices.
3...	... ...	... ...	Put some of the potatoes in a stewpan.
4...	Pepper and salt	... ...	Sprinkle over the meat.
5...	... ...	... ...	Put a layer of cutlets on the layer of potatoes.
6...	... ...	... ...	Add another layer of potatoes and meat, and put a thick layer of potatoes on top.
7...	Onions ...	2 or 3 if liked	Cut in shreds and strew over.

IRISH STEW—(*continued*).

Order.	Ingredients.	Quantities.	Method.
8...	Cold water ...	1 pint ...	Add.
9...	Salt ...	1 oz. ...	Add when the stew begins to boil.
10...	... ...	... ...	Let it simmer gently 2½ hours.
11...	... ...	... ...	Serve very hot.

NOTE.—Irish stew can also be baked in the oven. The meat and potatoes are arranged in layers in a brown earthen jar, with a layer of whole potatoes at the top, and the jar is put in the oven.

24.—SHEEP'S KIDNEYS.

Order.	Ingredients.	Quantities.	Method.
1...	Sheep's kidneys	... ...	Put into a dish.
2...	Cold water ...	... ...	Pour over. Let them soak a few minutes.
3...	... ...	... ...	Skin them, cut them open, but do not quite separate them.
4...	Fat bacon ...	¼ lb. ...	Lard with very fine strips.
5...	... ...	... ...	Skewer them flat.
6...	Salt, pepper...	... ...	Sprinkle over.
7...	Butter ...	¼ lb. ...	Melt in a frying pan.
8...	... ...	... ...	Dip each kidney in melted butter.
9...	Bread crumbs	3 oz. ...	Then into bread crumbs.
10...	... ...	... ...	Place them on the gridiron.
11...	... ...	... ...	Put the gridiron on a quick fire and turn the kidneys once or twice.

25.—SHEEP'S KIDNEYS, *broiled.*

Order.	Ingredients.	Quantities.	Method.
1...	Kidneys ...	... ...	Split them but do not divide them, and take off the skin and fat.
2...	... ...	... ...	Run skewers through them to keep them open and flat.
3...	... ...	... ...	Broil over a clear fire on the cut side first.

SHEEP'S KIDNEYS, *broiled—(continued)*.

Order.	Ingredients.	Quantities.	Method.
4...	Cayenne pepper and salt	... ...	Sprinkle over while broiling.
5...	... ...	... ...	When done turn them, and broil them on the other side.
6...	Fried bread ...	... ...	Serve the kidneys on slices of fried bread.

NOTE.—A small quantity of clarified butter or oil brushed over the kidneys before broiling is an improvement.

26.—SHEEP'S KIDNEYS, *sautés*.

Order.	Ingredients.	Quantities.	Method.
1...	Sheep's kidneys	... ...	Put in a pan.
2...	Cold water ...	... ...	Pour over, and let them soak 5 minutes.
3...	... ...	... ...	Skin and cut each kidney in two, but do not separate them entirely.
4...	Butter ...	2 oz. ...	Melt in a frying pan over a quick fire.
5...	... ...	... ...	Toss the kidneys in it.
6...	Salt, pepper...	... ...	Sprinkle over.
7...	... ...	... ...	Turn several times till they are quite done.
8...	... ...	... ...	Take out the kidneys and keep them warm.
9...	Slices of bread	1 to each kidney	Fry in the pan.
10...	Salt ...	... ...	Sprinkle over.
11...	Butter ...	1 oz. ...	Melt in a saucepan over a slow fire.
12...	Flour ...	1 tea spoonful	Sprinkle over and stir with a wooden spoon.
13...	Stock ...	¼ pint ...	Add gradually, still stirring.
14...	White wine ...	do.	
15...	... ...	... ...	Put the kidneys on the fried bread, pour the sauce over and serve with or without lemon juice.

27.—SHEEP'S TROTTERS, *à la poulette.*

Order.	Ingredients.	Quantities.	Method.
1...	Sheep's trotters	4 ...	Put into a pan.
2...	Boiling water	... ...	Pour over and let them soak.
3...	... ...	... ...	Wipe them and singe off the hairs.
4...	... ...	... ...	Put them into a saucepan.
5...	Water ...	... ...	Pour over till all is covered.
6...	Onions ...	... ...	Add.
7...	Salt, pepper ...	... ...	
8...	Parsley	In a bunch	
9...	Chervil		
10...	Chives		
11...	... ...	... ...	Let it simmer 4 or 5 hours.
12...	... ...	... ...	Strain through a cloth.
13...	... ...	... ...	Cut up the feet, take out the bone.
14...	... ...	... ...	Put the pieces to keep warm.
15...	Fresh butter...	2 oz. ...	Melt in a saucepan.
16...	Flour ...	1 dessert spoonful	Add, stirring.
17...	Salt ...	... ...	
18...	Chopped parsley	... ...	
19...	Stock or warm water	½ pint ...	Add, still stirring.
20...	Small onions	3 or 4 ...	Add.
21...	Chopped mushrooms	3 ...	
22...	... ...	... ...	Put the trotters in.
23...	... ...	... ...	Let all simmer ½ hour.
24...	... ...	... ...	Take out the bunch of herbs.
25...	... ...	... ...	Pour the contents of the saucepan on a dish.
26...	Beaten yolks of eggs, with a few drops of lemon juice	2 ...	Add to the sauce, mixing gently with a wooden spoon.

28.—SHEEPS' TONGUES, *en papillotes.*

Order.	Ingredients.	Quantities.	Method.
1...	Sheep's tongues	... ...	Put them to soak 1 hour in cold water.
2...	Boiling water	... ...	Put the tongues in and leave them until you can peel off the hard skin.
3...	... ...	... ...	Trim the roots, and drain them.
4...	Butter ...	4 oz. ...	Melt in a stewpan.
5...	Sweet herbs...	1 dessert spoonful	Chop fine and add.
6...	Mushrooms ...	2 spoonsful	Chop and add.
7...	Bacon ...	3 oz. ...	Mince and add.
8...	Salt	To taste	Add.
9...	Pepper		
10...	Spice		
11...	... ...	... ...	When nicely browned put in the tongues.
12...	... ...	... ...	When browned take them out and put aside to cool.
13...	White paper	... ...	Cut in pieces to wrap round the tongues.
14...	Oil ...	... ...	Dip the paper in oil.
15...	... ...	... ...	Spread some of the seasoning on each tongue.
16...	... ...	... ...	Wrap the tongues separately in paper.
17...	... ...	... ...	Broil them lightly and moisten with oil.
18...	... ...	... ...	Serve the tongues wrapped in paper.

29.—SHEEP'S LIVER, *à la ménagère.*

Order.	Ingredients.	Quantities.	Method.
1...	Sheep's liver	... ...	Cut it in thin slices.
2...	Salt ...	... ...	Mix and sprinkle over to season.
3...	Pepper ...	... ...	
4...	Butter ...	2 oz. ...	Melt in a stewpan.
5...	... ...	... ...	Put in the slices of liver.
6...	... ...	... ...	When done, take them out and keep hot.

SHEEP'S LIVER, *à la ménagère*—(*continued*).

Order.	Ingredients.	Quantities.	Method.
7...	Onions ...	6 ...	Chop fine, and put into the stew-pan.
8...	Flour ...	1 tea spoonful	Sprinkle over to thicken the sauce, and brown the onions.
9...	Stock ...	½ pint ...	Add.
10 ..	... ...	... ...	Let the sauce boil 5 minutes.
11...	... ...	... ...	Put in the slices of liver, and heat them.
12...	... ...	... ...	Put the meat on a hot dish.
13...	Yolk of egg ...	1 ...	Beat up and add to the sauce.
14...	Vinegar ...	A few drops	Add.
15...	Capers ...	1 spoonful	Add.
16...	... ...	... ...	Pour the sauce over the liver.
17...	Fried sippets	... ...	Put round the dish.

30—ÉMINCÉ OF MUTTON.

Order.	Ingredients.	Quantities.	Method.
1...	Cold roast mutton	... ...	Cut in slices.
2...	Salt ...	... ...	Sprinkle over.
3...	Pepper ...	... ...	
4...	... ...	... ...	Put the meat in a dish that can be put in the oven.
5...	Gravy ...	... ...	Pour over to cover the meat.
6...	... ...	... ...	Warm up in a bain-marie, or in the oven, and serve very hot.

NOTE.—Mutton warmed in this way eats as if it were fresh cut from the hot joint.

31.—MUTTON BOULETTES.

Order.	Ingredients.	Quantities.	Method.
1...	Remains of cold mutton	1 lb. ...	Mince and mix together.
2...	Sausage-meat	¼ lb. ...	

MUTTON BOULETTES—(*continued*).

Order.	Ingredients.	Quantities.	Method.
3...	Bread crumbs	3 oz. ...	Steep in milk.
4...	Milk ...	2 table spoonsful	
5...	Boiled potatoes	½ lb. ...	Add to the mince and mix all up together with a wooden spoon.
6...	Chopped herbs	... ...	
7...	Salt, pepper ...	... ...	
8...	Beaten yolks of eggs	2 ...	
9...	Flour ...	... ...	Sprinkle over a pasteboard.
10...	... ...	... ...	Take a spoonful of mince and roll it into a ball on the board.
11...	Bread crumbs	... ...	Dip each ball in.
12...	Butter or fat	¼ lb. ...	Melt in a frying-pan.
13...	... ...	... ...	Throw in the boulettes.
14...	... ...	... ...	Fry brown and serve with sauce piquante, or tomato sauce.

32.—SLICED MUTTON, *à la bourgeoise.*

Order.	Ingredients.	Quantities.	Method.
1...	Remains of cold mutton	1½ lb. ...	Cut into thin slices.
2...	Butter ...	¼ lb. ...	Melt in a stewpan over a slow fire.
3...	Flour ...	1 table spoonful	Sprinkle over, stirring with a wooden spoon.
4...	Salt, pepper ...	... ...	Add gradually, still stirring.
5...	Mutton gravy	½ pint ...	
6...	Eschalots ...	2 or 3 ...	Chop and add.
7...	Sweet herbs...	... ...	
8...	Stock ...	½ pint ...	Add enough for gravy.
9...	... ...	... ...	Let it simmer an instant uncovered.
10...	... ...	... ...	Put in the meat to warm.
11...	Vinegar ...	A few drops	Add at the moment of serving.
12...	Sliced gherkins	... ...	

33.—SLICED MUTTON.

Order.	Ingredients.	Quantities.	Method.
1...	Cold mutton	1½ lb. ...	Cut into thin slices.
2...	Butter ...	¼ lb. ...	Melt in a saucepan over a slow fire.
3...	Flour ...	1 table spoonful	Sprinkle over and stir with a wooden spoon.
4...	Stock ...	Enough for sauce	Pour in, still stirring.
5...	White wine ...	1 wine glass	
6...	Salt, pepper ...	To taste	Add.
7...	... ...	... ...	Let it simmer uncovered.
8...	... ...	... ...	Put in the slices of mutton.
9...	Parsley ...	A few sprigs	Chop fine and sprinkle over.
10...	Eschalots ...	2 or 3	
11...	Tarragon ...	A few sprigs	
12...	... ...	... ...	Let it simmer but not boil.
13...	Gherkins ...	3 or 4	Slice and put a little on each slice of meat when you serve.

34.—HASHED MUTTON. *French receipt.*

Order.	Ingredients.	Quantities.	Method.
1...	Remains of cold mutton	... ...	Hash and mix in a pan.
2...	Sausage meat	¼ lb. to 1 lb. of mutton	
3...	Boiled potatoes	1 lb. ...	Mash and add.
4...	Salt and pepper	... ...	Add.
5...	Eggs ...	1 or 2 ...	Beat up and add, stirring all up together.
6...	Butter ...	¼ lb. ...	Melt in a saucepan over a slow fire.
7...	Chopped herbs	... ...	Add, stirring all the time.
8...	Chopped mushrooms	... ...	
9...	Flour ...	1 tea spoonful	
10...	Stock ...	½ pint ...	Add gradually.

HASHED MUTTON, *French receipt—(continued)*.

Order.	Ingredients.	Quantities.	Method.
11...	... ...	... ...	Put in the hash.
12...	Salt and pepper	... ...	Sprinkle over again.
13...	... ...	... ...	Dress the hash in a pyramid on the dish.
14...	Toasted bread	... ...	Serve with the meat.

35.—MUTTON CROQUETTES.

Order.	Ingredients.	Quantities.	Method.
1...	Remains of cold roast mutton	1 lb. ...	Clear from fat, skin, and gristle, and chop the meat very fine.
2...	Cold veal, beef, or pork	Half the quantity of either	Add if liked, and chop with the mutton.
3...	Butter ...	2 oz. ...	Melt in a stewpan.
4...	Pepper and salt	... ...	Add.
5...	Stock ...	¼ pint ...	Add.
6...	Parsley ...	1 tea spoonful chopped	Add.
7...	Yolks of eggs	2 ...	Add.
8...	... ...	... ...	Put in the meat, and let it get quite hot without boiling.
9...	... ...	... ...	Spread it on a dish to cool.
10...	... ...	... ...	When cold, divide in equal portions.
11...	... ...	... ...	Form them into egg shaped balls.
12...	Grated crumbs	... ...	Roll the balls in the crumbs.
13...	Whites of eggs	2 ...	Beat a little, but not to a froth.
14...	Salt and pepper	... .	Add to the beaten whites.
15...	Olive oil ...	1 dessert spoonful	Add.
16...	Water ...	1 dessert spoonful	Add, and mix well together.
17...	... ...	... ...	Dip the balls in this mixture, and roll them again in bread crumbs.
18...	Butter or lard	¼ lb. ...	Melt in a frying pan.
19...	... ...	... ...	Fry the balls a light brown on both sides.
20...	Salt ...	... ...	Sprinkle over.
21...	Fried parsley	To garnish	Pile the croquettes on a dish, and garnish with fried parsley.

SECTION VI.—LAMB.

1.—FORE-QUARTER OF LAMB, *roasted*.

Order.	Ingredients.	Quantities.	Method.
1...	Fore-quarter of lamb	... ...	Cut off the scrag from the shoulder, saw off the shank-bone and the chine bone along the fillet of the leg; partially saw the rib-bones and break the shoulder-bone, then twist it round and fasten it with a skewer from beneath the breast.
2...	Buttered paper	... ...	Cover the lamb.
3...	... ...	... ...	Roast it before a quick fire. A joint of 10 lbs. will take 2½ hours.
4...	Flour ...	... ...	Dredge over just before removing from the fire.
5...	Salt ...	... ...	do.
6...	Butter ...	2 oz. ...	Baste the joint to make it froth up.
7...	Cut paper ...	... ...	Twist round the shank-bone.
8...	... ...	... ...	Place the joint on a hot dish and pour a little gravy, made in the dripping-pan, over it.
9...	Mint sauce ...	... ...	Serve in a sauce boat.
10...	Cut lemon ...	... ...	Should be ready for use, to be laid between the shoulder and ribs when separated.
11...	Cayenne ...	... ...	
12...	Fresh butter...	1 oz. ...	

2.—QUARTER OF LAMB, *boned*.

Order.	Ingredients.	Quantities.	Method.
1...	Quarter of lamb	... ...	Bone.
2...	Forcemeat ...	... ...	Stuff the lamb, roll it round, and tie with string.
3...	Buttered paper	... ...	Cover the lamb, and roast it 15 minutes to every lb.
4...	Melted butter	... ...	Serve separately.

3.—SADDLE OF LAMB, *roasted.*

Order.	Ingredients.	Quantities.	Method.
1...	Saddle of lamb	... ...	Cover with buttered paper, and roast it at a quick fire.
2...	Butter ...	2 oz. ...	Baste the joint constantly at first, then with its own dripping.
3...	Mint sauce ...	... ...	Serve separately.

4.—TARGET OF LAMB, *roasted.*

Order.	Ingredients.	Quantities.	Method.
1...	Target ...	... ...	This joint consists of the breast and neck joints, not separated.
2...	... ...	... ...	Take the flap bones from the neck, saw off the chine bone and chop the ribs.
3...	Buttered paper	... ...	Cover the joint, and roast before a bright fire 1½ hours.
4...	Salt and flour	... ...	Dredge over the joint just before taking it up.
5...	Butter ...	2 oz. ...	Baste the joint to make it froth up.
6...	Mint sauce ...	... ...	Serve separately.

5.—LOIN OF LAMB, *roasted.*

Order.	Ingredients.	Quantities.	Method.
1...	Loin of lamb	... ...	This is a very small joint, only suitable for 1 or 2 persons.
2...	... ...	... ...	Take care it does not burn in roasting.
3...	Buttered paper	... ...	Cover the meat, but remove a few minutes before serving.
4...	Flour, pepper	... ...	Dredge over before taking up.
5...	Butter ...	1½ oz. ...	Baste before serving.
6...	Mint sauce ...	... ...	Serve separately.

6.—LEG OF LAMB, *roasted.*

See preceding receipt. Time, 1¾ hours for 6 lbs.

7.—LEG OF LAMB, *boiled.*

Order.	Ingredients.	Quantities.	Method.
1...	Leg of lamb...	... ...	Select one weighing about 5 lbs.
2...	Warm water	... ...	Pour over the lamb, and let it soak more than 2 hours.
3...	... ...	... ...	Wrap it in a cloth, and boil slowly 1¼ hours.
4...	Carrots ...	... ...	Serve with the lamb, either on the same dish or separately.
5...	Turnips ...	... ...	
6...	Parsley and butter	... ...	Serve in a sauce-boat.

8.—BREAST OF LAMB, *en fricassée.*

Order.	Ingredients.	Quantities.	Method.
1...	Breast of lamb	... ...	Cut into small slices and put in a pan.
2...	Boiling water	... ...	Pour over and let the meat soak.
3...	... ...	... ...	Dry in a cloth.
4...	Butter ...	¼ lb. ...	Melt in a stewpan over a slow fire.
5...	Flour ...	1 table spoonful	Dredge over, stirring with a wooden spoon.
6...	Stock ...	½ pint ...	Pour over gradually, still stirring.
7...	... ...	... ...	Put the meat in the stewpan.
8...	Mushrooms ...	3 or 4 ...	Add.
9...	Small onions	3 or 4 ...	
10...	Salt ...	... ...	
11...	Bunch of herbs	... ...	
12...	.. ...	... ...	Let all simmer 1 hour.
13...	... ...	... ...	Take out the bunch of herbs before the stew is done.
14...	Yolks of eggs	2 ...	Beat up in the basin.
15...	Lemon juice	2 or 3 drops	Pour into the egg.
16...	... ...	... ...	Put the meat on a warm dish.
17...	... ...	... ...	Pour the egg gradually into the sauce, stirring all the time.
18...	... ...	... ...	Pour the sauce over the meat and serve hot.

9.—SHOULDER OF LAMB, *with green peas.*

Order.	Ingredients.	Quantities.	Method.
1...	Shoulder of lamb	... ...	Take out the bone.
2...	Forcemeat ...	½ lb. ...	Stuff the lamb, and sew it up.
3...	Bacon ...	A few slices	Place in a stewpan.
4...	... ...	... ...	Put the meat on the bacon, and cover it with more slices.
5...	Stock ...	1 quart ...	Pour over the meat.
6...	Onions ...	2 ...	Add.
7...	Celery ...	½ head ...	Add.
8...	Herbs ...	A bunch	Add.
9...	Salt, pepper ...	To taste	Add.
10...	... ...	... ...	Stew very gently for 2 hours.
11...	Green peas ...	1 pint ..	Boil separately.
12...	... ...	... ...	Put the peas in a dish, and place the meat on them.
13...	... ...	... ...	Reduce and strain the gravy and pour over all before serving.

10.—SHOULDER OF LAMB, *glazed.*

Order.	Ingredients.	Quantities.	Method.
1...	Shoulder of lamb	... ...	Bone it, then sew it up, and give it a good shape.
2...	Bacon ...	½ lb. ...	Lard the upper part.
3...	... ...	... ...	Put it in a stewpan.
4...	Strong meat jelly	2 table spoonsful	Add.
5...	Onion ...	1 stuck with cloves	Add.
6...	Sweet herbs ...	A bunch	Add.
7...	... ...	... ...	Put on the cover, and let it simmer 1 hour.
8...	... ...	... ...	Take off the cover, and put the stewpan in the oven.
9...	... ...	... ...	Baste every 10 minutes to glaze the meat.
10...	... ...	... ...	Serve with Béchamel sauce.

11.—LAMB CUTLETS, *French receipt.*

Order.	Ingredients.	Quantities.	Method.
1...	Lamb cutlets	2 lbs. ...	Flatten with a knife.
2...	Butter ...	¼ lb. ...	Melt in a frying-pan over a slow fire.
3...	Salt ...	... ...	Sprinkle over.
4...	... ...	... ...	Brown the cutlets in the pan.
5...	... ...	... ...	Take out the cutlets and let the butter cool in the pan.
6...	Yolks of eggs	2 ...	Beat up and pour gently into the butter, stirring with a wooden spoon.
7...	... ...	... ...	Dip the cutlets in the pan.
8...	Bread crumbs	... ...	Take the cutlets out of the pan and dip into the crumbs.
9...	... ...	... ...	Place the cutlets on a gridiron.
10...	... ...	... ...	Turn, and serve when nicely browned.
11...	Slices of lemon	... ...	Serve with the cutlets.

12.—LAMB CHOPS.

Order.	Ingredients.	Quantities.	Method.
1...	Chops from the loin	... ...	Let them be about ¾ inch thick.
2...	... ...	... ...	Broil over a clear fire.
3...	Pepper and salt	... ...	When they are done, sprinkle over.
4...	Mashed potatoes	A mould	Put in a hot dish.
5...	... ...	... ...	Place the chops leaning against the potatoes, and serve hot.

13.—LAMB CUTLETS, *with French beans.*

Order.	Ingredients.	Quantities.	Method.
1...	Cutlets ...	... ...	Trim them neatly.
2...	Salt and pepper	... ...	Sprinkle over.
3...	Butter ...	2 oz. ...	Melt and fry the cutlets in it.
4...	French beans	... ...	Boil separately.
5...	... ...	... ...	Put the beans in the centre of the dish, and arrange the cutlets around it.

NOTE.—Any other vegetables, such as peas or asparagus, can be served with lamb cutlets.

14.—LAMB'S FRY.

Order.	Ingredients.	Quantities.	Method.
1...	Lamb's fry ...	1 lb. ...	Boil 15 minutes.
2...	... ...	... ...	Drain dry.
3...	Yolk of egg ...	1 ...	Dip the fry into the egg, then into the bread, &c.
4...	Bread crumb mixed with chopped parsley	4 oz. ...	
5...	Pepper and salt	... ...	Sprinkle over.
6...	... ...	... ...	Fry till it is a nice colour (about 5 minutes).
7...	... ...	... ...	Serve on a folded napkin.
8...	Fried parsley	... ...	Put round the fry.

15.—RAGOUT OF LAMB.

Order.	Ingredients.	Quantities.	Method.
1...	Cold roast lamb	1½ lb. ...	Cut in neat slices and trim.
2...	Salt ...	... ...	Sprinkle over.
3...	Pepper ...	... ...	
4...	Butter ...	4 oz. ...	Melt in a stewpan, and put in the slices of lamb at the same time.
5...	Hot stock ...	½ pint ...	Add.
6...	... ...	... ...	Let the meat stew for ½ hour, then take it out and keep it hot.
7...	Flour ...	1 tea spoonful	Dredge into the sauce to thicken it.
8...	Pickled gherkins	A few	Cut in slices and add.
9...	Vinegar ...	A few drops	Add.
10...	... ...	... ...	Put the lamb on a hot dish, and pour the sauce over.
11...	Toasted sippets	... ...	Put round the dish and serve.

16.—BLANQUETTE OF LAMB.

Order.	Ingredients.	Quantities.	Method.
1...	Shoulder of lamb	... ...	Take off the meat, cover it with buttered paper, and stew in a braising pan till cooked.
2...	Butter ...	2 oz. ...	Melt in a stewpan.
3...	Flour ...	1 dessert spoonful	Add and stir well, but do not let the butter brown.
4...	Veal broth ...	½ pint ...	Add.
5...	Gravy from the braising pan	... ...	Strain, and add.
6...	Small white onions	6	Cook separately in butter, then add them to the sauce.
7...	Mushrooms ...	20	
8...	... ...	... ...	Boil for a few minutes, then take off the fire.
9...	Yolks of eggs	2 ...	Beat up.
10...	Boiled milk ...	1 teacup ful	Add to the eggs, and pour into the sauce.
11...	Salt		
12...	Pepper	... ...	Add to flavour the sauce.
13...	Lemon juice		
14...	Parsley ...	A few sprigs	Chop fine and add.
15...	... ...	... ...	Make the sauce rather thick, and thin down with milk if necessary.
16...	... ...	... ...	Cut the meat in neat slices, and lay them in a hot dish.
17...	... ...	... ...	Pour the sauce over.
18...	Toasted sippets	... ...	Put round the dish.

NOTE.—Remains of cold roast lamb can be dressed in the same ways as cold roast mutton, as croquettes, boulettes, &c.

SECTION VII.—PORK.

1.—ROAST SUCKING PIG.

Order.	Ingredients.	Quantities.	Method.
1...	Sucking pig...	... ...	Well clean.
2...	Sage and onion stuffing	¾ or 1 pint	Stuff (if veal forcemeat is preferred, stuff with that).
3...	... ...	... ...	Sew it up with strong thread.
4...	... ...	... ...	Truss it like a hare with its fore-legs skewered back, and its hind-legs forward.
5...	... ...	... ...	Dry it well.
6...	Flour ...	... ...	Dredge over it.
7...	... ...	... ...	Set it before a clear fire.
8...	... ...	... ...	Baste it with butter till there is enough of its own gravy.
9 ..	... ...	... ...	When it is done, cut off the head, split it in halves, divide the pig with a very sharp knife down the centre, lay the backs together, put the ears on each side, and the halves of the head at each end of the dish.
10...	Good gravy ...	Very little	Pour over.
11...	Lemon juice...	A few drops	Squeeze over.
12...	... ...	... ...	Send some of the same gravy to table in a sauce-boat.
13...	Bread, apple, or tomato sauce	... ...	May be eaten with it at will.

2.—LEG OF PORK, *roasted.*

Order.	Ingredients.	Quantities.	Method.
1...	Leg of pork ...	6 or 7 lbs.	Score the skin with a sharp knife all round the joint.
2...	... ...	... ...	Place it at some distance from the fire, turn constantly and baste well.
3...	Brown gravy and apple sauce	... ...	Serve with it.

3.—LEG OF PORK, *boiled.*

Order.	Ingredients.	Quantities.	Method.
1...	Leg of pork ...	... ...	Rub well with salt and let it remain a week in pickle, turning and rubbing it once a day.
2...	Cold water ...	... ...	Pour over and let it steep ½ hour to improve the colour.
3...	... ...	... ...	Put it into a large pot.
4...	Cold water ...	... ...	Pour over till it swims.
5...	... ...	... ...	Let it boil gradually and skim as the scum rises.
6...	... ...	... ...	It may be boiled in a cloth dredged over with flour, which makes it look well, but in that case the water cannot be used for soup.
7...	Turnips and parsnips	... ...	Garnish the dish and serve separately.

4.—SPARERIB OF PORK, *roasted.*

Order.	Ingredients.	Quantities.	Method.
1...	Sparerib ...	... ...	Score the skin as for leg of pork.
2...	Flour ...	... ...	Dredge over.
3...	... ...	... ..	Put it down to a bright fire and roast 20 minutes to the pound.
4...	... ...	... ...	Baste well.
5...	Chopped sage	1 table spoonful	Strew over 10 minutes before it is done.

5.—LOIN OF PORK, *roasted.*

Cooked in the same way as a leg of pork.

6.—CHINE OF PORK, *roasted.*

Order.	Ingredients.	Quantities.	Method.
1...	Chine ...	... ...	Stuff with sage and onions.
2...	... ...	... ...	Roast 20 minutes to the lb.
3...	Apple sauce...	... ...	Serve separately.

7.—CHINE OF PORK, *boiled.*

Order.	Ingredients.	Quantities.	Method.
1...	Chine ...	... ...	Let it lie in brine 9 or 10 days, turning it every day.
2...	... ...	... ...	Put it into a saucepan.
3...	Water ...	... ...	Pour over till it swims.
4...	... ...	... ...	Let it boil slowly, skimming well.

8.—ROAST PORK, *French receipt.*

Order.	Ingredients.	Quantities.	Method.
1...	Joint of pork	3 or 4 lbs.	Trim, leaving only $\frac{1}{3}$ inch of fat.
2...	... ...	... ...	Put it into a pan.
3...	Olive oil ...	1 quart ...	Pour over.
4...	Salt, pepper...	... ...	Sprinkle over.
5...	Bunch of herbs	... ...	Add.
6...	Sliced onions	3 or 4 ...	Add.
7...	... ...	... ...	Let it soak 24 hours.
8...	... ...	... ...	Take out the meat, score the fat for crackling.
9...	... ...	... ...	Put it to roast before a quick fire.
10...	... ...	... ...	A piece of 4 lbs. will take 2 hours, 2 lbs. will take $1\frac{1}{2}$ hours.
11...	... ...	... ...	Strain the oil the pork has been soaking in, and baste the meat with it.
12...	Salt ...	... ...	Sprinkle over $\frac{1}{4}$ hour before the meat is done.
13...	Tomato sauce or sauce piquante	... ...	Serve separately in a sauce-boat.

9.—PIG'S HEAD, *roasted.*

Order.	Ingredients.	Quantities.	Method.
1...	Pig's head ...	... ...	Boil tender enough to take the bones out.
2...	Sage ...	... ...	Chop fine.
3...	Pepper, salt...	... ...	Mix with the sage.
4...	... ...	... ...	Rub the sage over the head.
5...	... ...	... ...	Roast before a good fire.
6...	... ...	... ...	Baste well.
7...	Good gravy ...	... ...	Make and pour over the head.
8...	Apple sauce...	... ...	Serve with it.

10.—PORK CHOPS, *French receipt.*

Order.	Ingredients.	Quantities.	Method.
1...	Pork chops ...	... ...	Cut off most of the fat, trim and beat them flat.
2...	... ...	... ...	Put them into a dish.
3...	Olive oil ...	... ...	Pour over.
4...	Salt, pepper ...	... ...	} Add.
5...	Bunch of parsley	... ...	} Add.
6...	Bay leaf ...	1 ...	} Add.
7...	Cloves ...	... ...	} Add.
8...	... ...	... ...	Let them soak 1 or 2 days.
9...	... ...	... ...	Warm a gridiron.
10...	... ...	... ...	Broil the chops on both sides.
11...	Salt, pepper ...	... ...	Sprinkle over.
12...	Tomato sauce or sauce piquante	... ...	Serve separately at will.

11.—PORK CUTLETS, *with vegetables.*

Order.	Ingredients.	Quantities.	Method.
1...	Small cutlets	6 free from bone	Take off all skin and gristle and beat a little.
2...	... ...	... ...	Trim them into the shape of pears.
3...	... ...	... ...	Soak them in oil for 24 hours.

PORK CUTLETS, *with vegetables—(continued)*.

Order.	Ingredients.	Quantities.	Method.
4...	Butter ...	2 oz. ...	Melt in a stewpan.
5...	... ...	... ...	Put in the cutlets.
6...	Gravy ...	¼ pint ...	Add.
7...	... ...	... ...	Brown the cutlets and glaze them.
8...	... ...	... ...	Arrange them round the edge of a hot dish.
9...	Mashed potatoes, or celery, or other vegetable	... ...	Put in the middle of the dish.

12.—HAM, *boiled.*

Order.	Ingredients.	Quantities.	Method.
1...	Ham or piece of ham	... ...	Clean well, and let it soak 12 hours in water.
2...	... ...	... ...	Dry in a cloth.
3...	... ...	... ...	Tie a string round and put it in a large pot.
4...	Bunch of herbs	... ...	Add.
5...	Onion stuck with a clove	... ...	
6...	Pepper ...	... ...	
7...	Water ...	... ...	Pour over till all is covered.
8...	... ...	... ...	Let it boil *gently* 6 or 7 hours.
9...	... ...	... ...	Prick with a fork to see if it is done.
10...	... ...	... ...	When done, draw the pot off the fire, and let the ham cool in the water.
11...	... ...	... ...	Dry in a cloth.
12...	Chopped parsley	... ...	Sprinkle over a large dish.
13...	... ...	... ...	Place the ham on it.
14...	Brandy ...	1 table spoonful	Pour over the ham.
15...	Grated toast...	... ...	Sprinkle over.

13.—PIG'S CHEEK, *à la bourgeoise.*

Order.	Ingredients.	Quantities.	Method.
1...	Pig's cheek ...	... ...	Singe over a clear fire.
2...	... ...	... ...	Place in a pan.
3...	Boiling water	... ...	Pour over and well clean the inside.
4...	... ...	... ...	Dry in a cloth.
5...	... ...	... ...	Place in a pot or large saucepan.
6...	Carrots ...	2 ...	} Add.
7...	Onions ...	2 ...	
8...	Cloves stuck into onions	2 ...	
9...	Salt, pepper	... ...	
10...	Bunch of parsley, thyme, chervil, bay-leaf	A few sprigs of each	
11...	Water ...	... ...	Pour over till all is covered.
12...	... ...	... ...	Let it boil gently 4 or 5 hours.

14.—PIG'S CHEEK, *English fashion.*

Order.	Ingredients.	Quantities.	Method.
1...	Pig's cheek ...	... ...	Boil like a ham.
2...	... ...	... ...	Glaze it well or grate toast over it.

15.—PIG'S CHEEK, *stuffed.*

Order.	Ingredients.	Quantities.	Method.
1...	Pig's cheek ...	... ...	Singe, steep in boiling water and dry in a cloth.
2...	... ...	... ...	Put it in a pot or large saucepan.
3...	Onions stuck with cloves	2 ...	} Add.
4...	Bunch of thyme, parsley, bay-leaf, chervil, and chives	A few sprigs of each	

PIG'S CHEEK, *stuffed—(continued)*.

Order.	Ingredients.	Quantities.	Method.
5...	Water ...	... ...	Pour over till all is covered.
6...	... ...	... ...	Let it boil 2 hours.
7...	Remains of roast fowl or veal	¼ lb. of each	Mince.
8...	Salt pork ...		
9...	Bread crumbs	3 oz. soaked in cream	Add to the mince.
10...	Cream ...	¼ pint	
11...	Salt, pepper ...	... ...	Sprinkle over.
12...	... ...	... ...	Take out the cheek, drain and stuff with the preceding ingredients.
13...	... ...	... ...	Tie up with string, put it in the oven and bake for 2 hours.

16.—PIG'S FEET *preparation, French receipt.*

Order.	Ingredients.	Quantities.	Method.
1...	Pig's feet ...	4 ...	Singe over a clear fire.
2...	... ...	... ...	Put them into a pan.
3...	Boiling water	... ...	Pour over.
4...	... ...	... ...	Clean them well, then wipe them in a cloth, and tie them up with string.
5...	... ...	... ...	Put them into a stewpan.
6...	Slices of bacon	3 or 4 ...	Add.
7...	Carrots ...	2 ...	
8...	Onions ...	2 ...	
9...	Cloves stuck in onions	2 ...	
10...	Bunch of parsley, thyme, bay-leaf, chervil, and chives	A few sprigs of each	

PIG'S FEET, *preparation, French receipt—(continued).*

Order.	Ingredients.	Quantities.	Method.
11...	White wine	Equal quantities	Pour over till all is covered.
12...	Stock with the fat taken off		
13...	... ...	... ...	Let them simmer 12 hours.
14...	... ...	... ...	Take out the feet and drain them.
15...	... ...	... ...	The next day put them to simmer 12 hours more.
16...	... ...	... ...	The feet are then ready for cooking with a sauce.

17.—PIG'S FEET, *à la sainte-Menehould.*

Order.	Ingredients.	Quantities.	Method.
1...	Pig's feet ...	... ...	Prepare them according to the preceding receipt, or buy them ready prepared from the pork butcher.
2...	Bread crumbs	3 oz. ...	Put in a dish.
3...	Salt, pepper...	... ...	Sprinkle over.
4...	Butter ...	2 oz. ...	Melt in a fryingpan over a slow fire.
5...	... ...	... ...	Dip the feet in the fryingpan, then into the bread crumbs.
6...	... ...	... ...	Warm a gridiron, place the feet on it, and broil them a nice brown.
7...	... ...	... ...	Turn once and serve without sauce.

18.—PIG'S KIDNEYS.

These are cooked in the same way as sheeps' kidneys.

19.—HOCHEPOT OF PORK.

Order.	Ingredients.	Quantities.	Method.
1...	Pork, fresh or pickled	1 lb. ...	Cut in pieces, and put in a saucepan.
2...	Pig's foot ...	1 ...	Cut in two and add.
3...	Pig's ear ...	1 ...	Add.

HOCHEPOT OF PORK—(*continued*).

Order.	Ingredients.	Quantities.	Method.
4...	Cold water ...	... ...	Enough to cover the whole.
5...	Herbs ...	A bunch	Add.
6...	Onions ...	2 stuck with cloves	Add.
7 ..	Peppercorns...	A few ...	Add.
8...	... ...	... ...	Let it boil for 1½ hours.
9...	Carrots ...	4 ...	Add.
10...	Turnips ...	2 ...	Add.
11...	Celery ...	1 stick ...	Add.
12...	Cabbage ...	1 if liked	Blanch, cut in four, and add.
13...	Potatoes ...	A dozen	Add.
14...	Salt ...	If required	Add.
15...	... ...	... ...	Cover the saucepan, and let it boil till the potatoes are done, but not broken.
16...	... ...	... ...	Serve all together in a deep dish.

NOTE.—This is an economical dish for a large family.

20.—PORK CUTLETS.

Order.	Ingredients.	Quantities.	Method.
1...	Cold roast pork	1½ lb. ...	Cut in nice slices and trim off the fat.
2...	Bread crumbs	4 oz. ...	Put in a dish.
3...	Salt, cayenne pepper	... ...	Add to the bread crumbs.
4...	Savoury herbs	Chopped fine	Add to the crumbs if liked.
5. .	Eschalots ...	2 or 3 chopped	
6...	Buttter ...	2 oz. ..	Melt on a slow fire.
7...	... ...	... ...	Dip the cutlets in the butter, then in the seasoned crumbs.
8...	... ...	... ...	Broil them over a brisk fire.
9...	Tomato sauce, or currie sauce	... ...	Serve with the cutlets.

21.—HASHED PORK.

Order.	Ingredients.	Quantities.	Method.
1...	Cold roast pork	1½ lb. ...	Cut in thin slices.
2...	Butter ...	1 oz. ...	Melt on the fire.
3...	Flour ...	1 tea spoonful	Add.
4...	Onions ...	2 sliced and stuck with cloves	Fry in the butter.
5...	Pepper and salt	To taste	Add.
6...	Stock ...	½ pint ...	Add.
7...	... ...	... ...	Put in the meat and stew gently for ½ hour.
8...	Vinegar ...	A few drops	Add.
9...	Toasted bread	... ...	Serve in sippets with the meat to garnish the dish.

22.—PORK CHEESE.

Order.	Ingredients.	Quantities.	Method.
1...	Cold roast pork	2 lbs. ...	Cut in very small pieces.
2...	Fat ...	½ lb. ...	Chop and mix with the lean.
3...	Salt and pepper	To taste	Add.
4...	Parsley ...	A few sprigs	Chop very fine, and add.
5...	Thyme ...		
6...	Sage ...		
7...	Grated nutmeg	... ...	Add to flavour.
8...	... ...	... ...	Mix all well together, and put in a mould.
9...	Good gravy ...	... ...	Add till the mould is full.
10...	... ...	... ...	Bake in a gentle oven for 1½ hour.
11...	... ...	... ...	Leave in the mould till cold.

NOTE.—Minced mushrooms or truffles will improve the flavour.

23.—BRAWN.

Order.	Ingredients.	Quantities.	Method.
1...	Pig's head ...	... ...	Choose a large head with the ears and tongue, wash and scrape it, and put it in strong brine with a little salt-petre in it for a day or two.
2...	Pig's feet ...	4 ...	Add to the head.
3...	... ...	... ...	Take the meat out of the pickle, and wash it well in hot water.
4...	Boiling water	... ...	In a large saucepan, enough to cover the meat.
5...	Onions ...	2 stuck with cloves	Add.
6...	Bunch of savoury herbs	... ...	Add.
7...	Pepper, salt ...	... ...	Sprinkle on the meat.
8...	... ...	... ...	Boil the head and feet until tender.
9...	... ...	... ...	Let it cool a little, then take out all the bones, and cut the meat in small pieces.
10...	Salt, pepper ...	.. ...	Sprinkle over.
11...	Spice ...	2 tea spoonsful	Different kinds pounded and sprinkled over the meat.
12...	... ...	... ...	Put the meat in a mould.
13...	Stock ...	1 tea cupful	Add a little of the stock to fill the mould.
14...	Bay-leaves ...	2 or 3 ...	Lay on the meat.
15 ..	... ...	... ...	Put a small plate and weight on the meat, and bake in the oven for ½ hour.
16...	... ...	... ...	Let it stand till cold, pressed down with weights or a presser the whole time. Remove the bay-leaves before serving.

24.—SAUSAGE MEAT.

Order.	Ingredients.	Quantities.	Method.
1...	Lean pork ...	3 lbs. ...	Take off all the skin, and chop fine.
2...	Fat ...	2 lbs. ...	Chop and mix with the lean.
3...	Salt ...	1½ oz. ...	Sprinkle over by degrees.
4...	Pepper ...	1 oz. ...	do.
5...	Nutmeg ...	1 grated	Add if liked.
6...	Minced sage	3 table spoonsful	Mince very fine and add.
7...	... ...	... ...	Mix all well together while chopping, turning the meat frequently on the board.
8...	... ...	... ...	Form into cakes, floured and baked, or fried, or put into skins in the usual way.

25.—BACON FOR LARDING.

Order.	Ingredients.	Quantities.	Method.
1...	Bacon ...	... ...	Cut it in thin narrow strips.
2...	... ...	... ...	Hold the meat to be larded with the left hand.
3...	... ...	... ...	Push in the larding pin leaving the ends out on each side.
4...	... ...	... ...	Put a piece of bacon in the outside opening of the pin.
5...	... ...	... ...	Pull the larding pin towards you leaving some bacon out on each side.
6. .	... ...	... ...	Continue larding the meat in a straight line at equal distances, but in the next row alternate the holes, putting them between those of the previous row.

26.—TO MELT LARD.

Order.	Ingredients.	Quantities.	Method.
1...	Pig's fat ...	... ...	Choose it white and thick.
2...	... ...	... ...	Take off the skin, cut it in small pieces, and put it in an earthenware jar.
3...	Water ...	... ...	Boil in a large saucepan, only half filled.
4...	... ...	... ...	When boiling, put in the jar containing the fat, and boil fast.
5...	... ...	... ...	Pour the melted fat gently into stone jars to keep.
6...	... ...	... ...	Put any remains of fat on the fire again, simmer gently, and pour off.
7...	... ..	... ...	Do not mix this with the lard first prepared, as it is less good, and will not keep so long.

27.—HAM, *boiled.*

Order.	Ingredients.	Quantities.	Method.
1...	Ham ...	14 lbs. ...	Soak in water 12 hours, changing the water occasionally.
2...	... ...	... ...	Scrape, trim, and clean the ham.
3...	... ...	... ...	Put it in a large kettle.
4...	Cold water ...	... ...	Pour over till covered.
5...	... ...	... ...	Bring it slowly to the boil and let it simmer gently about 4 hours, or until tender; skim well.
6...	Herbs ...	A bunch	Put in after the scum has been cleared off.
7...	Carrots ...	3 or 4 ...	
8...	... ...	... ...	When done strip off the skin and let the ham drain.
9...	Raspings ...	... ...	Strew over the ham.

SECTION VIII.—POULTRY.

1.—TO TRUSS A FOWL.

1. Pick and singe it.
2. Cut off the neck close to the head.
3. Take out the crop, and with the middle finger loosen the liver and other parts of the breast end.
4. Cut off the vent.
5. Draw the fowl clean.
6. Wash out and wipe the inside quite dry.
7. Beat the breastbone flat with a rolling-pin.
8. Put a skewer in the first joint of the pinion, and bring the middle of the leg close to it.
9. Put the skewer through the middle of the leg and through the body, and do the same on the other side.
10. Put another skewer in the small of the leg and through the sides-man, and do the same on the other side.
11. Put another through the skin of the feet, and cut the nails off.
12. Clean out and wash the gizzard.
13. Remove the gall-bag from the liver, and put both liver and gizzard in the pinions.

2.—RECEIPT FOR MAKING AN OLD FOWL TENDER.

Order.	Ingredients.	Quantities.	Method.
1...	Cold water ...	2 quarts	Mix in a large pan.
2...	Wood cinders		
3...	... ...	... ...	Put the fowl in with its feathers on, and let it soak 24 hours.
4...	... ...	... ...	Take it out and wash it.
5...	... ...	... ...	Pick it.
6...	... ...	... ...	Dress it.
7...	... ...	... ...	Let it hang 24 hours.
8...	... ...	... ...	Boil it 15 minutes.
9...	... ...	... ...	The fowl is then ready for roasting or stewing.
10...	... ...	... ...	If you roast it, lard it first and baste it with butter when it is half done.

3.—ROAST CHICKEN OR FOWL.

Order.	Ingredients.	Quantities.	Method.
1...	Chicken ...	... ...	Feather, singe, and dress it.
2...	Butter ...	1 oz. ...	Put into the body.
3...	... ...	... ...	Sew it up with thread.
4...	... ...	... ...	(French cooks put a chopped onion in the fowl along with the butter.)
5...	... ...	... ...	Truss it.
6...	Butter ...	1 oz. ...	Place in the dripping pan, and baste the chicken with it.
7...	... ...	... ...	A chicken will take ½ hour to roast, a fowl 1 hour.
8...	Salt ...	... ...	Dredge over when nearly done.
9...	... ...	... ...	Prick with a fork to see if it is done.
10...	Cress, seasoned with salt, pepper and vinegar	... ...	Put round the dish if liked.
11...	Sliced lemon	... ...	Put round the dish.
12...	Bread sauce ...	... ...	Serve separately.

4.—FOWL WITH RICE.

Order.	Ingredients.	Quantities.	Method.
1...	Fowl ...	... ...	Dress and boil ½ hour.
2...	... ...	... ...	Take it out of the pot and drain it.
3...	Lard or butter	2 oz. ...	Melt in a stewpan over a slow fire.
4...	Fat bacon ...	¼ lb. ...	Cut in slices and put in the stewpan till brown.
5...	... ...	... ...	Take out the bacon and put in the fowl.
6...	... ...	... ...	Turn it till it is well browned all over.
7...	Salt, pepper ...	... ...	Sprinkle over.
8...	Rice ...	½ lb. ...	Put in another saucepan with enough stock to cover it, adding stock from time to time, and stirring with a wooden spoon.
9...	... ...	... ...	When the rice is tender, put in the fowl and the fried bacon on the top of it.

FOWL WITH RICE—(*continued*).

Order.	Ingredients.	Quantities.	Method.
10...	Stock ...	1 pint ...	Cover the whole with it.
11...	Bunch of herbs	... ...	Add.
12...	... ...	... ...	Let all simmer uncovered till the fowl is done.
13...	... ...	... ...	Put the stew in a hot oven the last ¼ hour. Serve the fowl on the rice.

5.—BOILED FOWL OR CHICKEN.

Order.	Ingredients.	Quantities.	Method.
1...	Fowl or chicken	... ...	Truss for boiling.
2...	... ...	... ...	Fold in a white floured cloth and put into a stewpan.
3...	Hot water ...	... ...	Pour over till covered.
4...	... ...	... ...	Let it come gradually to the boil, and skim very carefully as the scum rises.
5...	... ...	... ...	Let it simmer *very slowly*.
6...	... ...	... ...	Boil a fowl 1 hour and a chicken ½ hour.
7...	... ...	... ...	When done, place on a hot dish, and take out the skewers.
8...	Parsley and butter	... ...	Pour over and serve separately.
9...	Boiled tongue, ham, or bacon	... ...	Serve separately.

6.—STEWED FOWL, *en daube*.

Order.	Ingredients.	Quantities.	Method.
1...	Old fowl ...	... ...	Singe, dress, and cut off the ends of the wings and feet.
2...	Bacon ...	2 thin slices	Put at the bottom of a stewpan.

STEWED FOWL, *en daube*—(*continued*).

Order.	Ingredients.	Quantities.	Method.
3...	... ...	... ...	Put the fowl on the top of the bacon.
4...	Boiled calf's foot	1 ...	Cut into four and add.
5...	Bunch of herbs	... ...	}
6...	Onions ...	2 ...	} Add.
7...	Bay leaf ...	1 ...	}
8...	Salt, pepper...	... ...	Sprinkle over.
9...	Carrots ...	If liked ...	Slice and add.
10...	Large slice of bacon	... ...	Cover over the whole.
11...	Brandy ...	½ wine glass	}
12...	White wine ...	½ wine glass	} Add to cover all.
13...	Stock ...	½ pint ...	}
14...	... ...	... ...	Put the lid on the stewpan and close it hermetically.
15...	... ...	... ...	Ler it simmer 5 hours.
16...	... ...	... ...	Prick the fowl with a fork to see if it is done.
17...	... ...	... ...	Take out the fowl carefully, and place it in a deep dish.
18...	... ...	... ...	Place the calf's feet and vegetables round it.
19...	... ...	... ...	Strain the remainder of the sauce.
20...	... ...	... ...	Put it on the fire again for 2 minutes.
21...	... ...	... ...	Pour over the fowl and serve.

7.—CHICKENS, *à la diable.*

Order.	Ingredients.	Quantities.	Method.
1...	Small, plump chickens	2 ...	Singe and dress.
2...	... ...	... ...	Cut them down the back.
3...	... ...	... ...	Beat them flat.
4...	Salt, pepper ...	... ...	Sprinkle over.
5...	Olive oil ...	A few drops	do.
6...	... ...	... ...	Warm a gridiron, rub some oil on it, put the chickens to broil, and when they are well browned on both sides, serve with pepper sauce.

8.—CHICKEN, *à la bourgeoise.*

Order.	Ingredients.	Quantities.	Method.
1...	Chicken ...	1 ...	Singe, dress, and truss.
2...	Fresh butter	2 oz. ...	Melt in a stewpan over a slow fire.
3...	... ...	... ...	Fry the chicken a nice brown.
4...	Salt, pepper ...	... ...	Sprinkle over.
5...	... ...	... ...	Take out the fowl and keep it warm.
6...	Carrots ...	2 ...	Cut into thin slices and throw them into the butter that remains in the stewpan.
7...	Onions ...	3 ...	Add whole.
8...	... ...	... ...	Let them slightly brown.
9...	... ...	... ...	Put the fowl in again.
10...	Salt, pepper ...	... ...	Sprinkle over all.
11...	Stock ...	½ pint ...	Let all stew 1 hour.
12...	White wine ...	1 wine glass	Add.
13...	... ...	... ...	Turn the chicken.
14...	... ...	... ...	Let it simmer another hour.
15...	... ...	... ...	Serve with the vegetables round the fowl.
16...	... ...	... ...	Strain the sauce and pour over.

9.—FRICASSEED FOWL.

Order.	Ingredients.	Quantities.	Method.
1...	Fowl or chickens	... ...	Dress and cut up into joints.
2...	... ...	... ...	Put it with the giblets into a pan.
3...	Cold water, with white wine, vinegar or lemon juice	½ pint ...	Pour over till all is covered.
4...	... ...	... ...	Let all soak 2 hours.
5...	... ...	... ...	Take out the meat, and wipe it in a cloth.
6...	Butter ...	¼ lb. ...	Melt in a stewpan over a slow fire.
7...	Salt, pepper ...	... ...	Sprinkle over.
8...	Flour ...	1 table spoonful	Add.

FRICASSEED FOWL—(*continued*).

Order.	Ingredients.	Quantities.	Method.
9...	... ...	... ...	Put the fowl into the butter, and stir with a wooden spoon till the butter melts, but do not let the fowl brown.
10...	Stock or water the fowl was soaked in	... ...	Pour over till the fowl is covered.
11...	Bunch of herbs	... ...	Add.
12...	... ...	... ...	Let all simmer gently 40 minutes.
13...	Onions, small	12 ...	Put in boiling water to whiten them.
14...	Cock's-comb	If liked ...	Add to the stew with the onions.
15...	Mushrooms ...	Cut in two	
16...	... ...	... ...	Cover the stewpan with buttered paper.
17...	... ...	... ...	Let all stew another 20 minutes, making 1 hour in all.
18...	... ...	... ...	Prick the pieces of fowl with a fork to see if they are done.
19...	... ...	... ...	Dress the pieces of fowl and giblets in the centre of the dish, and the onions and mushrooms round it.
20...	Beaten yolks of eggs	2 ...	Add to the sauce when it has been strained and does not boil.
21...	Lemon juice...	A few drops	Stir in well, pour over the fowl, and serve.

10.—CHICKEN, *au blanc.*

Order.	Ingredients.	Quantities.	Method.
1...	Chicken ...	1 ...	Pick, singe, and truss as for boiling.
2...	Water ...	1½ pint ...	Put in an enamelled saucepan.
3...	Butter ...	2 oz. ...	Add.
4...	Sweet herbs...	A bunch	Add.
5...	Onion ...	1 cut in two	Add.
6...	Salt ...	A pinch	Add.
7...	... ...	... ...	When it boils put in the chicken.
8...	... ...	... ...	Let it boil quickly, to reduce the liquor one-half when the chicken is done.

CHICKEN, *au blanc—(continued)*.

Order.	Ingredients.	Quantities.	Method.
9...	... ...	... ...	Take out the chicken and keep it hot.
10...	... ...	... ...	Strain the liquor through a sieve.
11...	Butter ...	1 oz. ...	Work together into a ball and put in a stewpan.
12...	Flour ...	1 tea spoonful	
13...	... ...	... ...	Add part of the liquor and boil 5 minutes.
14...	Yolk of egg ...	1 or 2 ...	Beat up.
15...	Milk ...	1 or 2 dessert spoonsful	Add to the egg and beat in.
16...	... ...	... ...	When the sauce has ceased boiling add the beaten egg to it.
17...	... ...	... ...	Put it back on the fire and if it is too thick add more broth.
18...	Lemon juice	1 lemon	Add.
19...	Pepper ...	A little ...	Add.
20...	... ...	... ...	Put the chicken in breast downwards, and let it simmer a few minutes without boiling.
21...	... ...	... ...	Put the chicken on a hot dish breast upwards.
22...	Butter ...	½ oz. ...	Add to the sauce, stir in, and pour the sauce over the chicken.

11.—CHICKEN, *à la Marengo.*

Order.	Ingredients.	Quantities.	Method.
1...	Chicken ...	1 ...	Divide in small joints.
2...	Olive oil ...	1 wine glassful	Heat in a stewpan.
3...	Eschalots ...	½ oz. ...	Add whole.
4...	Garlic ...	If liked ...	Crush 1 clove and add.
5...	Pepper, salt ...	... ...	Add.
6...	... ...	... ...	Put in the larger joints of chicken first, then the smaller ones.
7...	... ...	... ...	Turn with a fork, till all are browned, this will take about ½ hour.
8...	Sherry ...	1 wine glassful	Put in a small saucepan.

CHICKEN, *à la Marengo*—(*continued*).

Order.	Ingredients.	Quantities.	Method.
9...	Stock ...	½ pint ...	Add.
10...	Eschalots ...	2 ...	Chop fine, and add to the sauce in the small saucepan.
11...	Parsley ...	A few sprigs	
12...	Chives ...	A few ...	
13...	Mushrooms ...	A dozen	
14...	Pepper, salt ...	... ...	Add.
15...	Gravy from chicken	2 table spoonsful	Take from the stewpan, and add to the sauce.
16...	... ...	... ...	Boil gently for 10 minutes.
17...	... ...	... ...	Put the joints of chicken on a dish.
18...	... ...	... ...	Pour the sauce over.
19...	Fried sippets	... ...	Put round the dish to garnish.

12.—CHICKEN, *broiled.*

Order.	Ingredients.	Quantities.	Method.
1...	Young chicken	1 ...	Cut it down the back, and flatten it.
2...	Olive oil ...	¼ pint ...	Mix together, and put the chicken in to steep an hour or two before cooking it.
3...	Lemon juice...	1 lemon...	
4...	Parsley ...	A little chopped	
5...	Pepper, salt ...	... ...	
6...	Bread crumbs	3 oz. ...	Roll the chicken in, and cover well.
7...	... ...	... ...	Broil it on both sides.
8...	... ...	... ...	Serve with hot pepper sauce.

13.—CHICKEN, *sauté.*

Order.	Ingredients.	Quantities.	Method.
1...	Chicken ...	1 ...	Cut in joints as for a fricassee
2...	Butter ...	1 oz. ...	Melt in a stewpan.
3...	... ...	... ...	Put in the joints without touching.
4...	Pepper, salt ...	... ...	Sprinkle over.
5...	... ...	... ...	Turn the joints frequently until done; they will take about 25 minutes.

CHICKEN, *sauté*—(*continued*).

Order.	Ingredients.	Quantities.	Method.
6...	... ...	... ...	Put them on a dish and keep hot.
7...	Flour ...	1 oz. ...	Add to the sauce in the stewpan.
8...	Stock ...	¾ pint ...	Add and stir well.
9...	Pepper, salt ...	... ...	Add.
10...	Chopped parsley	1 tea spoonful	Add.
11...	... ...	... ...	Reduce the sauce and pour it over the chicken and serve.

NOTE.—Small mushrooms fried in butter, or sliced truffles, and a glass of white wine may be added to the sauce.

14.—CHICKEN, *filleted*.

Order.	Ingredients.	Quantities.	Method.
1...	Chicken ...	2 ...	Cut off the flesh in fillets, and trim them in pear shape.
2...	Butter ...	¼ lb. ...	Melt in a stewpan.
3...	... ...	... ...	Put in the fillets side by side.
4...	Buttered paper	1 sheet ...	Cover over the fillets.
5...	... ...	... ...	Simmer on a gentle fire.
6...	Bones, skin, &c., of chickens	... ...	Put in a saucepan, with a little water, to make a gravy.
7...	Salt, white pepper	... ...	Add.
8...	Flour and butter	1 oz.	Knead together, and add when the gravy has been strained.
9...	... ...	... ...	Reduce the sauce.
10...	Butter ...	½ oz. ...	Add just before serving.
11...	Lemon juice	1 lemon	
12...	... ...	... ...	When the fillets are done, but not browned, put them in the sauce.
13...	Truffles ...	8 slices ...	Heat in butter.
14...	Tongue ...	8 slices ...	Heat with the truffles.
15...	... ...	... ...	Serve the fillets of chicken, arranged round a dish, with alternate slices of tongue and truffles.
16...	... ...	... ...	Add the butter from the truffles to the sauce, and pour it into the centre of the dish.

15.—FOWL, *à la Montmorency.*

Order.	Ingredients.	Quantities.	Method.
1...	Fowl ...	1 large one	Truss as for boiling.
2...	Bacon ...	½ lb. ...	Lard the breast and upper part.
3...	Liver of fowl	... ...	Chop and mix to make a forcemeat.
4...	Bacon ...	¼ lb. ...	
5...	Beef suet ...	¼ lb. ...	
6...	Truffles ...	If liked ...	
7...	Mushrooms ...	3 or 4 ...	
8...	Salt and pepper	... ...	
9...	Butter ...	1 oz. ...	
10...	Yolks of eggs	2 ...	Beat and add to moisten the forcemeat.
11...	... ...	... ...	Fill the fowl with the forcemeat, and sew up the opening.
12...	Trimmings of meat	... ...	Put in a stewpan.
13...	Bacon ...	A few slices	Add.
14...	Carrots ...	2 or 3 ...	Add to flavour the sauce.
15...	Onions ...	2 stuck with cloves	
16...	Sweet herbs...	A bunch	
17...	... ...	... ...	Put the fowl on the top.
18...	Stock ...	... ...	Add as required.
19...	... ...	... ...	Let the fowl simmer gently for 2 hours, and baste with the sauce.
20...	... ...	... ...	Put it on a hot dish.
21...	... ...	... ...	Skim and strain the sauce into another stewpan.
22...	... ...	... ...	Reduce it until it is a glaze.
23...	... ...	... ...	Put in the fowl with the larded side downwards.
24...	... ...	... ...	When nicely browned put on a hot dish.
25...	Stock ...	A little ...	Add to the sauce, scrape the glaze from the bottom of the pan, stir well and pour over the fowl.

16.—FOWL, *curried.*

Order.	Ingredients.	Quantities.	Method.
1...	Fowl ...	1 ...	Cut in small joints.
2...	Butter ...	2 oz. ...	Melt in a stew-pan.
3...	Onions ...	2 sliced ...	Add.
4...	... ...	... ...	Fry the fowl and onions in the butter, and take out the fowl when done.
5...	Flour ...	1 tea spoonful	Add to the butter in the stew-pan.
6...	Curry powder	1 table spoonful	Add and mix well for 1 or 2 minutes.
7...	Salt ...	... ...	Add.
8...	Water ...	¾ pint ...	Add boiling.
9...	Stock ...	do. ...	Do.
10...	... ...	... ...	Put in the pieces of fowl and let all simmer very gently.
11...	Apples or tomatoes	1 or 2 of either	The apples must be pared and sliced, the tomatoes skinned and freed from seeds, before adding.
12...	... ...	... ...	Serve the fowl on a hot dish with the sauce poured over it.
13...	Boiled rice ...	... ...	Serve round the dish or separately.

17.—TO WARM UP COLD FOWL.

Order.	Ingredients.	Quantities.	Method.
1...	Remains of cold roast fowl	... ...	Cut into slices.
2 ..	Butter ...	2 oz. ...	Put in a stewpan over a slow fire.
3...	... ...	... ...	Put the fowl on the butter.
4...	Flour ...	1 pinch ...	Add at once.
5...	Stock ...	½ pint ...	
6...	Mushroom buttons	5 or 6 ...	
7...	Salt, pepper	... ...	
8...	Chopped eschalot	1 ...	
9...	Parsley ...	1 bunch	
10...	White wine ...	1 wine glass	

TO WARM UP COLD FOWL—(*continued*).

Order.	Ingredients.	Quantities.	Method.
11...	... ...	... ...	Let all simmer uncovered on a good fire.
12...	... ...	... ...	Take out the fowl and the parsley.
13...	Beaten yolk of egg	1 ...	Add to the sauce.
14...	Lemon juice	A few drops	Stir in well, pour over, and serve.

18.—COLD FOWL, *en blanquette.*

Order.	Ingredients.	Quantities.	Method.
1...	Remains of cold fowl	... ...	Cut into slices.
2...	... ...	... ...	Leave out the fat and the skin.
3...	Butter ...	2 oz. ...	Melt in a stewpan over a slow fire.
4...	Flour ...	1 pinch ...	Sprinkle over, stirring with a wooden spoon.
5...	Salt, pepper...	... ...	Do.
6...	... ...	... ...	Put in the fowl.
7...	Parsley ...	1 bunch...	Add.
8...	Warm water	... ...	Pour over till all is covered.
9...	... ...	... ...	Let it simmer, and towards the end take out the parsley.
10...	Yolk of egg ...	1 ...	Beat up in a bowl.
11...	Salt ...	... ...	
12...	Lemon juice or vinegar	A few drops	
13...	... ...	... ...	Put the fowl on a dish.
14...	... ...	... ...	Pour the egg into the sauce, stirring gently with a wooden spoon.
15...	... ...	... ...	Pour over the fowl and serve.

19.—FOWL CROQUETTES.

Order.	Ingredients.	Quantities.	Method.
1...	Butter ...	2 oz. ...	Melt in a stewpan over a slow fire.
2...	Parsley ...	A few sprigs	Chop fine and throw into the butter.
3...	Mushrooms ...	2 or 3 ...	

FOWL CROQUETTES—(*continued*).

Order.	Ingredients.	Quantities.	Method.
4...	Flour ...	A pinch...	Sprinkle over, stirring with a wooden spoon.
5...	Salt, pepper...	... ...	Sprinkle over.
6...	... ...	... ...	Let them simmer a moment.
7...	Stock ...	1 teacupful	Pour over all and let the sauce simmer uncovered to thicken.
8...	Cream ...	1 teacupful	
9...	Remains of cold roast fowl	... ...	Cut up into dice and throw into the sauce.
10...	... ...	... ...	Take the stewpan off the fire and let the contents get cold.
11...	Bread crumbs	4 oz. ...	Prepare.
12...	Eggs ...	2 yolks ...	Beat up in a basin.
13...	Salt ...	... ...	
14...	... ...	... ...	Take a spoonful of the contents of the stewpan and roll into a ball.
15...	... ...	... ...	Dip it into the bread crumbs, then into the egg.
16...	... ...	... ...	Fry in butter or lard a nice brown.
17...	... ...	... ...	Continue the operation till all the contents of the stewpan are used up.
18...	Fried parsley	... ...	Put round the dish and serve hot.

20.—TO TRUSS A TURKEY.

1. Pick and singe carefully.
2. Break the leg-bones close to the feet.
3. Hang it on a hook and draw out the strings from the thigh.
4. Cut the neck off close to the back, but leave the crop-skin long enough to turn over the back.
5. Remove the crop, and with the middle finger loosen the liver and the gut at the throat end.
6. Cut off the vent, remove the gut, take a crooked wire and pull out the gizzard, and the liver will easily follow.
7. Take care not to break the gall-bladder, if you do, it will entirely spoil the flavour of the bird by giving it a bitter taste which no washing will remove.
8. Do not break the gut joining the gizzard either, lest the inside should become gritty.

TO TRUSS A TURKEY—(*continued*).

9. Wipe the inside quite clean with a wet cloth.
10. Cut the breast-bone through on each side close to the back.
11. Draw the legs close to the crop.
12. Put a cloth on the breast and beat the breast-bone with a rolling pin till it lies flat.
13. Scald the feet, peel off the outer skin and cut away the claws, leave the legs on.

21.—TURKEY, *roasted.*

Order.	Ingredients.	Quantities.	Method.
1...	Turkey ...	... ...	Hang from 5 to 14 days and truss according to preceding receipt.
2...	Veal stuffing or sausage meat	... ...	Fill the inside.
3...	... ...	... ...	Either sew the skin of the neck over the back with a trussing needle, or fasten it with a very small skewer.
4...	... ...	... ...	Run a long skewer into the pinion and thigh through the body, passing it through the opposite pinion and thigh.
5...	... ...	... ...	Put a skewer on the other side through the small part of the leg, close on the outside of the sidesman, and push it through.
6...	... ...	... ...	Clean the liver and gizzard and tuck them between the pinions, turn the point of the pinions on the back.
7...	String ...	... ...	Pass a string over the points of the skewers and tie it securely at the back to keep the bird well trussed.
8...	Buttered paper	... ...	Cover the breast.
9...	... ...	... ...	Place the bird on the spit or roasting-jack, and set it at some distance from a very bright fire.
10...	... ...	... ...	Keep the heat well to the breast.
11...	Butter ...	¼ lb. ...	Put in the dripping pan and baste the bird with it.
12...	... ...	... ...	Just before the turkey is done remove the paper.

TURKEY, *roasted—(continued)*.

Order.	Ingredients.	Quantities.	Method.
13...	Flour ...	... ...	Dredge over.
14...	Butter ...	... ...	Baste so as to brown and froth the bird.
15...	Good brown gravy	... ...	Pour over the bird on the dish.
16...	Forcemeat balls	... ...	Serve in the dish.
17...	Bread sauce	... ...	Serve separately.

22.—TURKEY, *boiled.*

Order.	Ingredients.	Quantities.	Method.
1...	Hen turkey	... ...	Hang 4 days. Cut the first joints of the legs off, raise the skin of the legs with the finger, and put them under the bird's apron.
2...	Skewer ...	... ...	Put into the joint of the wing and the midddle joint of the leg, and run it through the body and the other leg and wing.
3...	Liver and gizzard	... ...	Wash and put into the pinions.
4...	... ...	... ...	Turn the small end of the pinion on the back.
5...	Pack thread ..	... ...	Tie over the ends of the legs to keep them in their places.
6...	Clean cloth ...	... ...	Wrap over the bird and put it in the pot.
7...	*Hot* water ...	... ...	Pour over till the bird swims.
8...	... ...	... ...	Bring it gradually to the boil, and *skim* carefully.
9...	... ...	... ...	Let it simmer gently 1½ or 2 hours, longer if it is very large.
10...	Oyster sauce, celery sauce, or parsley and butter	... ...	Pour over the bird and serve separately in a sauce-boat.
11...	... ...	... ...	Serve with boiled tongue or ham.

23.—TURKEY GIBLETS, *à la bourgeoise.*

Order.	Ingredients.	Quantities.	Method.
1...	Giblets ...	... ...	Put into a dish.
2...	Boiling water	... ...	Pour over and wash well.
3...	Butter ...	2 oz. ...	Melt in a stewpan over a slow fire.
4...	... ...	... ...	Put in the giblets to brown.
5...	Flour ...	1 oz. ...	Dredge over when browned.
6...	Water or stock	¾ pint ...	Pour over gradually, stirring.
7...	Salt, pepper...	... ...	Sprinkle over.
8...	Bunch of parsley, thyme, &c.	... ...	Add.
9...	Mushrooms or catchup	... ...	
10...	... ...	... ...	Let all gently simmer uncovered till the giblets are done.
11...	... ...	... ...	Take out the herbs.
12...	... ...	... ...	Put the giblets in a deep dish and keep them warm.
13...	Yolks of eggs	2 ...	Beat up, add to the sauce when it has done boiling, and serve.

24.—STEWED TURKEY, *en daube.*

Order.	Ingredients.	Quantities.	Method.
1...	Old turkey ...	... ...	Dress, cut off the neck, tips of the wings and feet.
2...	Fat bacon ...	½ lb. ...	Cut into slices and cover the bottom of the stewpan.
3...	... ...	... ...	Put the turkey on the bacon.
4...	Salt, pepper...	... ...	Add to the turkey.
5...	Clove ...	1 ...	
6...	Garlic ...	1 clove ...	
7...	Calf's feet ...	1 or 2 ...	
8...	Carrots ...	2 ...	
9...	Onions ...	At will ...	
10...	Bunch of herbs	... ...	
11...	Stock or water	1½ pint ...	Pour over all.
12...	White wine or brandy	1 wine glass	

STEWED TURKEY, *en daube*—(*continued*).

Order.	Ingredients.	Quantities.	Method.
13...	Buttered paper	... ...	Cover the stewpan hermetically, and put the cover on too.
14...	... ...	... ...	Let all simmer 6 hours, taking care to turn the turkey when half cooked, serve with the vegetables.
15...	... ...	... ...	Strain the sauce and pour over.

NOTE.—This is delicious cold, when the gravy forms a jelly.

25.—TO WARM UP TURKEY, *à la bonne femme.*

Order.	Ingredients.	Quantities.	Method.
1...	Remains of roast turkey	... ...	Cut into slices and put in a stewpan.
2...	Parsley and chives	A few sprigs	Chop and sprinkle over the meat.
3...	Stock ...	2 table spoons	Pour over.
4...	Vinegar ...	1 do. ...	
5...	Salt, pepper...	... ...	Sprinkle over.
6...	... ...	... ...	Let all simmer.
7...	... ...	... ...	Serve in a deep dish.

26.—THE SAME, *en capilotade.*

Order.	Ingredients.	Quantities.	Method.
1...	Remains of roast turkey	... ...	Cut into slices.
2...	Eschalots ...	2 or 3 ...	Chop fine and mix together.
3...	Mushrooms . .	3 or 4 ...	
4...	Parsley ...	A few sprigs	
5...	Butter ...	2 oz. ...	Melt in a stewpan over a slow fire.
6...	Flour ...	1 pinch ...	Sprinkle over.
7...	Salt, pepper...	... ...	

THE SAME, *en capilotade*—(*continued*).

Order.	Ingredients.	Quantities.	Method.
8...	Stock ...	½ pint ...	Add gradually, stirring, and let all simmer uncovered a moment.
9...	White wine *or* vinegar	¼ pint ... 1 wine glass	
10...	... ...	... ...	Put the slices of turkey into this sauce.
11...	... ...	... ...	Cover the stewpan.
12...	... ...	... ...	Let all simmer ½ hour.
13...	... ...	... ...	Put the slices of turkey on a dish.
14...	... ...	... ...	Pour the sauce over and serve hot.

27.—THE SAME, *à la chipolata.*

Order.	Ingredients.	Quantities.	Method.
1...	Thin slices of fat bacon	3 or 4 ..	Put at the bottom of a stewpan.
2...	Remains of roast turkey	1½ lb. ...	Cut into slices and place on the bacon.
3...	Small onions	3 or 4 ...	Blanch in boiling water and add.
4...	More fat bacon	... ...	Cut into small slices and add.
5...	Stock ...	½ pint ...	Add.
6...	Lemon ...	2 slices ...	
7...	Bunch of herbs	... ...	
8...	Buttered paper	... ...	Cover the stewpan hermetically.
9...	... ...	... ...	Place on a slow fire and let it all simmer ½ hour.
10...	... ...	... ...	Take out the turkey.
11...	... ..	... ...	Strain the sauce on to the dish and serve.

28.—SALMIS OF TURKEY.

Order.	Ingredients.	Quantities.	Method.
1...	Remains of roast turkey	... ...	Cut into slices.
2...	Fat bacon ..	¼ lb. ...	Cut into thin slices and place at the bottom of a stewpan.

SALMIS OF TURKEY—(*continued*).

Order.	Ingredients.	Quantities.	Method.
3...	Mushrooms ...	... ...	Chop and throw into the stewpan.
4...	Truffles ...	... ...	
5...	... ...	... ...	Put the slices of turkey on the top of all.
6...	Salt, pepper...	... ...	Season well.
7...	Bunch of parsley, chervil, and chives	... ...	Add.
8...	Claret and water	... ...	Pour over till all is covered.
9...	... ...	... ...	Put the stewpan on a moderate fire, and let it stew well.
10...	... ...	... ...	Take the fat off the sauce and serve.

29.—TO TRUSS A GOOSE.

1. Pick it clean.
2. Cut the feet off at the joint, and the pinion off at the first joint.
3. Cut the neck off close to the back, but leave the skin of the neck long enough to turn over the back.
4. Pull out the throat and tie a knot at the end.
5. Loosen the liver, &c., at the breast end with the middle finger, and cut it open between the vent and the rump.
6. Draw out all the entrails except the soal, and wipe out the inside with a clean cloth.
7. Beat the breast-bone flat with a rolling-pin.
8. Put a skewer into the wing and draw the legs up close.
9. Put a skewer through the middle of the legs and through the body.
10. Do the same on the other side.
11. Put another skewer in the small of the leg, tuck it close down to the sidesman and run it through.
12. Do the same on the other side.
13. Cut off the end of the vent and make a hole large enough for the passage of the rump, as by that means you will better secure the seasoning in its place.

30.—GOOSE, *roasted.*

Order.	Ingredients.	Quantities.	Method.
1...	Goose ...	... ...	Prepare as in preceding receipt.
2...	Sage and onion stuffing	... ...	Fill the goose, and fasten it in securely at both ends by passing the rump through a slit made in the skin, and tying the skin of the neck into the back.
3...	... ...	... ...	Roast before a nice brisk fire for 1½ hours—longer if the bird is large.
4...	... ...	... ...	Baste frequently with its own gravy.
5...	... ...	... ...	Take out the skewers.
6...	Good brown gravy	... ...	Pour over on a hot dish.
7...	Apple sauce	... ...	Serve separately.

31.—POTTED GOOSE, *French receipt.*

Order.	Ingredients.	Quantities.	Method.
1...	Wings and legs of roast goose	... ...	Cut each into 2 so as to make 8 pieces.
2...	... ...	... ...	Put them into an earthen jar.
3...	Lard ...	½ lb. ...	Melt and boil 10 minutes.
4...	Bunch of thyme and bay-leaf	... ...	Add to the lard to give it a flavour, and season with salt and pepper to taste.
5...	... ...	... ...	Pour the lard over the goose and let it get cold.
6...	... ...	... ...	Cover it well.
7...	... ...	... ...	This meat when warmed up is as good as fresh.

32.—TO TRUSS A DUCK.

See the receipt for trussing geese, and follow it. The only difference is that the feet must be left on, and turned close to the legs.

33.—DUCK, *roasted.*

Order.	Ingredients.	Quantities.	Method.
1...	Duck ...	... ...	Hang for one day, and longer if the weather permits.
2...	Sage and onion stuffing	... ...	Fill the inside.
3...	... ...	... ...	Put it down to a clear bright fire, and baste constantly till done.
4...	Flour ...	... ...	Just before taking from the fire dredge the bird.
5...	Butter ...	2 oz. ...	Baste with butter, to make it froth and brown.
6...	Good gravy ...	... ...	Pour round, not over.

34.—DUCK WITH TURNIPS, *French receipt.*

Order.	Ingredients.	Quantities.	Method.
1...	Duck ...	... ...	Dress and truss.
2...	Butter ...	2 oz. ...	Melt in a large stewpan.
3...	... ...	... ...	Put the duck in the butter to brown.
4...	... ...	... ...	Take it out and keep it warm.
5...	Flour ...	1 pinch ...	Dredge over the butter that remains in the stewpan on the fire.
6...	... ...	... ...	Stir it with a wooden spoon till the sauce is rather thick.
7...	Small onions	3 or 4 ...	}
8...	Stock or water	1 pint ...	}
9...	White wine	1 wine glass at will	} Add.
10...	Salt, pepper...	... ...	}
11...	Bay-leaf ...	... ...	}
12...	Fat bacon ...	1 slice ...	Cut into dice and add.
13...	Garlic ...	½ clove ...	}
14...	Parsley and chives	... ...	} Chop fine and add.
15...	... ...	... ...	Put in the duck.
16...	... ...	... ...	Cover the stewpan.
17...	... ...	... ...	Let it all simmer ½ hour.
18...	... ...	... ...	Take out the duck, in order to strain and take the fat off the sauce.

DUCK WITH TURNIPS, *French receipt—(continued).*

Order.	Ingredients.	Quantities.	Method.
19...	Turnips ...	4 or 5 ...	Cut into half-quarters.
20...	Butter ...	2 oz. ...	Melt in another stewpan.
21...	... ...	... ...	Put the pieces of turnip in the pan to brown.
22...	... ...	... ...	When they are browned, pour the sauce from the duck gradually over them.
23...	Powdered sugar	1 pinch ...	Sprinkle over if liked.
24...	... ...	... ...	Let all simmer a moment.
25...	... ...	... ...	Put the duck on the turnips, and let all stew ¼ hour.
26...	... ...	... ...	Put the duck on a hot dish, and place the turnips and onions round it.
27...	... ...	... ...	Pour the sauce over and serve.

35.—DUCK, *stewed with peas.*

Order.	Ingredients.	Quantities.	Method.
1...	Duck ...	1 ...	Dress and truss.
2...	Butter ...	¼ lb. ...	Melt in a large stewpan on a slow fire and put in the duck to brown.
3...	Salt, pepper...	To taste	Sprinkle over.
4...	... ...	.. ...	Brown the duck on both sides and put it on a dish to keep hot.
5...	Flour ...	1 pinch ...	Add to the butter in the pan.
6...	Stock ...	1 pint ...	Add gradually stirring all the time.
7...	... ...	... ...	When the sauce is well mixed and thickened put in the duck.
8...	Bacon ...	Thin slices	Lay on the duck if liked.
9...	Green peas ...	1½ pint ...	Add to the duck.
10...	Salt, pepper...	To taste	
11...	Parsley	Tied in a bunch	
12...	Chives		
13...	... ...	... ...	Simmer gently on a slow fire and skim from time to time.
14...	... ...	... ...	Remove the bunch of herbs, pour the peas and sauce into a dish, place the duck on them and serve.

36.—SALMIS OF DUCK.

Order.	Ingredients.	Quantities.	Method.
1...	Wild or tame duck ...	... ...	Partly roast and then take from the fire and cut in pieces.
2...	Butter ...	2 oz. ...	Melt in a stewpan on a slow fire.
3...	Flour ...	1 pinch ...	Sprinkle in without browning.
4...	Stock ...	½ pint ...	Add stirring all the time with a wooden spoon.
5...	Claret ...	1 wine glass	
6 ..	Eschalots ...	2 ...	Add to flavour
7...	Salt, pepper...	... ...	
8...	... ...	... ...	Simmer gently for ½ hour.
9...	... ...	... ...	Take out the eschalots.
10...	... ...	... ...	Put the pieces of duck in the gravy and heat them, but do not let them boil.
11...	Toasted bread	1 dozen sippets	Place them round the dish.
12...	... ...	... ...	Put the meat in the dish.
13...	Lemon juice	A few drops	Add to the sauce, pour it over the meat and serve.

NOTE.—Remains of cold roast goose can be used for this dish.

37.—TO TRUSS PIGEONS.

1. Wash thoroughly, as a pigeon requires a great deal of cleaning.
2. Wipe very dry before putting to the fire.
3. Draw as soon as killed.
4. Cut off the head and neck.
5. Truss the wings over the back.
6. Cut off the toes at the first joint.

38.—PIGEONS, *roasted.*

Order.	Ingredients.	Quantities.	Method.
1...	Pigeons ...	2 ...	Prepare as in preceding receipt.
2...	Pepper, salt ...	... ...	Season them well inside.
3...	Butter ...	1 oz. ...	Put into each bird.
4...	... ...	... ...	Roast them before a clear bright fire for 20 minutes, basting well the whole time.
5...	Good gravy ...	... ...	Pour over.
6...	Bread sauce ...	... ...	Serve separately.

39.—PIGEONS *en compote.*

Order.	Ingredients.	Quantities.	Method.
1...	Butter ...	3 oz. ...	Melt in a stewpan over a slow fire.
2...	Pigeons ...	2 ...	Put the pigeons in this butter, taking care to turn them with a wooden spoon till they are browned all over.
3...	Salt, pepper ...	... ...	Sprinkle over.
4...	... ...	... ...	Take them out and keep them warm.
5...	Fat bacon ...	2 slices ...	Cut into dice and brown in the stewpan.
6...	Flour ...	1 pinch ...	Sprinkle over, stirring well.
7...	... ...	... ...	Put the pigeons back into the stewpan.
8...	Mushrooms ...	3 or 4 ...	Add to flavour the gravy.
9...	Small onions	3 or 4 ...	
10 ..	Bunch of parsley, chervil, and chives	... ...	
11...	Stock ...	½ pint ...	Pour over.
12...	White wine ...	1 wine glass	
13...	... ...	... ...	Let all simmer gently till the pigeons are well done.
14...	... ...	... ...	Put the pigeons on a hot dish, and keep them warm.
15...	Butter ...	1 oz. ...	Mix together in another stewpan. Let it thicken. Pour it boiling on the pigeons and serve.
16...	Flour ...	1 pinch ...	
17...	Sauce out of the stewpan	A small cupful	

40.—STEWED PIGEONS, *with macaroni.*

Order.	Ingredients.	Quantities.	Method.
1...	Macaroni ...	3 oz. ...	Boil in salt and water for ¼ hour.
2...	Butter ...	2 oz. ...	Melt in a stewpan.
3...	Pigeons ...	2 ...	Brown them in the butter on both sides.

STEWED PIGEONS, *with macaroni—(continued)*.

Order.	Ingredients.	Quantities.	Method.
4...	Salt, pepper ...	... ...	Sprinkle over.
5...	... ...	... ...	Take out the pigeons and keep them hot.
6...	Flour ...	1 pinch ...	Add to the butter, stirring well.
7...	Small onions	3 or 4 ...	Add to the butter to flavour the gravy.
8...	Mushrooms ...	To taste	
9...	Bunch of herbs	... ...	
10...	Salt, pepper ...	... ...	
11...	Good stock ...	1 pint ...	Pour into the stewpan, stir well.
12...	... ...	... ...	Drain the macaroni from the water, and put it into the gravy.
13...	... ...	... ...	Let it simmer for 20 minutes.
14...	... ...	... ...	Put in the pigeons and let them stew till tender.
15...	... ...	... ...	Put the pigeons on a hot dish.
16...	... ...	... ...	Remove the bunch of herbs, thicken the sauce with butter and flour, heat it up and pour it with the macaroni into the dish.

NOTE.—Pigeons can be stewed in the same way with peas or asparagus tops instead of macaroni.

41.—PIGEONS, *à la crapaudine.*

Order.	Ingredients.	Quantities.	Method.
1...	Pigeons ...	2 ...	Cut them down the back and flatten them out.
2...	Salt, pepper...	... ...	Sprinkle all over.
3...	Butter ...	1 oz. ...	Melt in a stewpan.
4...	... ...	... ...	Brown the pigeons in the butter.
5...	... ...	... ...	Put them to press between two stewpan lids with a weight on the upper one.
6...	Eschalots ...	3 ...	Chop them fine and add to the butter, and stir for a minute or too.
7...	Parsley ...	A few sprigs	
8...	Chives ...	3 or 4 ...	
9...	Stock ...	½ pint ...	Add to the butter, still stirring.

PIGEONS, *à la crapaudine—(continued)*.

Order.	Ingredients.	Quantities.	Method.
10...	Salt, pepper...	A pinch of each	Add.
11...	... ...	... ...	Simmer till the gravy is reduced to half the quantity.
12...	Butter ...	1 oz. ...	Melt on the fire.
13...	Bread crumbs	3 oz. ...	Finely crumbled.
14...	... ...	... ...	Dip the pigeons in the melted butter and roll them in the bread crumbs.
15...	... ...	... ...	Broil on a gridiron over a slow fire, 5 minutes on each side.
16...	Vinegar ...	A few drops	Add to the sauce.
17...	... ...	... ...	Pour the sauce into a dish, put the pigeons in and serve.

42.—STUFFED PIGEONS, *à la crapaudine.*

Order.	Ingredients.	Quantities.	Method.
1...	Pigeons ...	2 ...	Prepare as described at 41.
2...	Livers ...	... ...	Chop fine.
3...	Sausagemeat	¼ lb. ...	do.
4...	Bacon ...	¼ lb. ...	do.
5...	Bread crumbs	¼ lb. ...	Soak in milk and then drain.
6...	Yolks of eggs	2 ...	Beat up.
7...	Salt, pepper, and spice	To taste	Mix all the ingredients together with the yolks of eggs to form the stuffing.
8...	... ...	... ...	Fill the pigeons with the stuffing.
9...	White of egg	2 beaten up	Brush over the pigeons.
10...	Butter ...	1 oz. ...	Butter an earthen baking dish.
11...	... ...	... ...	Put the pigeons in and bake for ½ hour.
12...	Lemon juice...	Small quantity	Add to the gravy from the pigeons before serving.

SECTION IX.—GAME.

1.—HAUNCH OF VENISON, *roasted.*

Order.	Ingredients.	Quantities.	Method.
1...	Haunch of venison	...	Choose a haunch with thick, bright fat and hang it some time. Keep it dry by wiping with a cloth, and sprinkle pepper over it.
2...	Warm water and vinegar	Equal quantities	Wash the haunch and dry it well before cooking.
3...	Buttered paper	1 sheet ...	Put this over the fat.
4...	Flour ...	... ...	Mix into a ½ inch thick paste and put over the haunch.
5...	Water ...	... ...	
6...	Strong paper	... ...	Put over the paste and tie on firmly with string.
7...	Clarified dripping	¼ lb. ...	Roast before a large fire and baste at once with dripping to prevent the paper from burning.
8...	... ...	... ...	Roast from 3 to 4 hours.
9...	Butter ...	¼ lb. ...	Remove the papers and paste 20 minutes before serving and baste well with butter.
10...	Flour ...	... ...	Dredge over and baste again.
11...	... ...	... ...	Serve with good gravy in a tureen.
12...	Red currant jelly	... ...	Serve with the haunch.

NOTE.—Doe venison will require half an hour less time than buck venison.

2.—NECK AND SHOULDER OF VENISON.

Both these joints are roasted in the same way but the paste may be omitted.

3.—VENISON, *hashed.*

Order.	Ingredients.	Quantities.	Method.
1...	Venison ...	2 lbs. ...	Cut the remains of cold roast venison in neat slices.
2...	... ...	... ...	Put the bones and trimmings in a saucepan.
3...	Good gravy ...	1 pint ...	Add to the bones, &c.
4...	... ...	... ...	Stew gently for ½ hour, then strain.
5...	Butter ...	2 oz. ...	Melt in a stewpan.
6...	Flour ...	1 dessert spoonful	Dredge into the butter to thicken it.
7...	... ...	... ...	When nicely browned add the strained gravy, boil and skim.
8...	... ...	... ...	When cool put in the slices of meat and simmer very gently till quite hot.
9...	Toasted sippets	... ...	Serve with toasted sippets round the dish.
10...	Red currant jelly	... ...	Serve with the hash.

4.—VENISON, *stewed.*

Order.	Ingredients.	Quantities.	Method.
1...	Shoulder of venison	... ...	Bone it, and beat flat on the table.
2...	Salt ...	... ...	Mix together and sprinkle over the meat to season it.
3...	Cayenne pepper	... ...	
4...	Pounded mace or allspice	... ...	
5...	Mutton fat ...	½ lb. ...	Cut some thin slices of the fat of a loin of mutton.
6...	Port wine (if liked)	½ pint ...	Soak the slices of mutton fat for 2 hours.
7...	... ..	... ...	Put the slices of mutton fat on the venison, roll it up, and bind it securely with tape and string.
8...	... ..	... ...	Put the meat in a stewpan.

VENISON, *stewed—(continued)*.

Order.	Ingredients.	Quantities.	Method.
9...	Gravy or stock	1½ pint ...	Add.
10...	Whole allspice	½ tea spoonful	
11...	Black pepper	... ...	
12...	Port wine ...	1 wine glassful	
13...	... ...	... ...	Put the lid on the stewpan, and simmer very gently for about 4 hours.
14...	... ...	... ...	When done remove the string and tape.
15...	... ...	... ...	Strain the gravy and pour into the dish over the meat.
16...	Red currant jelly	... ...	Serve with the venison.

5.—VENISON COLLOPS.

Order.	Ingredients.	Quantities.	Method.
1...	Venison ...	1 lb. ...	Take uncooked venison that is free from fat and skin, and mince it fine.
2...	Pepper ...	... ...	Add to season the meat.
3...	Salt ...	... ...	
4...	... ...	... ...	Put the meat on a gentle fire, and stir with a fork till quite hot.
5...	... ...	... ...	Simmer slowly for ten minutes.
6...	Gravy or stock	... ...	Add a small quantity boiling hot, if the collops are too dry.
7...	... ...	... ...	Stew for 2 minutes, and serve very hot.

6.—VENISON CUTLETS.

These are cut from the neck and are dressed like mutton cutlets.

7.—TO TRUSS A HARE.

1. Cut off the fore legs at the first joint.
2. Raise the skin of the back and draw it over the hind legs,
3. Leave the tail whole.
4. Draw the skin over the back and slip out the fore legs.
5. Cut the skin off the neck and head.
6. Skin the ears and leave them on.
7. Clean the vent.
8. Cut the sinews under the legs and bring them forward.
9. Run a skewer through one hind leg, the body, and the other hind leg.
10. Do the same with the fore legs.
11. Lay the head rather back, and put a skewer in the mouth and through the back of the head and between the shoulders.
12. Rinse the inside, wipe it dry, and rub it with pepper and salt.
13. The hare is then ready for dressing.

8.—HARE, *roasted.*

Order.	Ingredients.	Quantities.	Method.
1...	Fine hare ...	... ...	Prepare as in preceding receipt.
2...	... ...	... ...	Wipe quite dry.
3...	Veal stuffing	¾ lb. ...	Fill the body and sew it up.
4...	... ...	... ...	Draw the fore and hind legs close to the body, and pass a long skewer through each.
5...	... ...	... ...	Tie a string round the body from one skewer to the other, and secure it above the back.
6...	... ...	... ...	Fix the head between the shoulders with another skewer, and be careful to leave the ears on.
7...	... ...	... ...	Place it at some distance from the fire at first.
8...	Milk ...	¼ pint ...	Put into the pan and baste with it at first.
9...	Butter ...	3 oz. ...	Baste with it afterwards continually.
10...	Flour ...	... ...	After it has been roasting 1¼ hour, dredge over the hare.
11...	Butter ...	... ...	Baste well to make a froth.
12...	... ...	... ...	Roast from 1½ to 2 hours.
13...	... ...	... ...	When done take it up and remove the skewers.
14...	Good gravy ...	... ...	Pour round the hare on a hot dish and serve with red currant jelly.

9.—HARE, *jugged.*

Order.	Ingredients.	Quantities.	Method.
1..	Hare ...	... ...	Skin and cut in pieces, but do not wash it.
2...	Flour ...	... ...	Dredge over.
3...	Butter ...	3 oz. ...	Melt in a stewpan.
4...	... ...	... ...	Put in the hare and fry a nice brown.
5...	Pepper, salt, and cayenne	... ...	Add for seasoning.
6...	Stock ...	1½ pint ...	Put in a jar.
7...	Onion pricked with cloves, herbs, and spice	If liked ...	Add.
8...	Lemon ...	1 ...	Peel, cut in half, and add.
9...	... ...	... ...	Put in the hare.
10...	... ...	... ...	Cover the jar closely to keep in the steam.
11...	... ...	... ...	Put the jar in a stewpan of boiling water, and let it boil from 3 to 4 hours according to the age of the hare.
12...	... ...	... ...	When done, put the contents of the jar into a stewpan and shake it over the fire for a few minutes.
13...	Catchup ...	1 table spoonful	Add.
14...	Port wine ...	2 wine glasses	
15...	Butter ...	1 oz. ...	Roll in flour and add.
16...	Forcemeat balls	... ...	Fry and add.
17...	Red currant jelly	... ...	Serve separately.

10.—HARE, *en civet.*

Order.	Ingredients.	Quantities.	Method.
1...	Hare ...	... ...	Skin, dress, and cut up in small joints.
2...	Butter ...	2 oz. ...	Melt in a stewpan.

HARE, *en civet*—(*continued*).

Order.	Ingredients.	Quantities.	Method.
3...	Fat bacon ...	½ lb. ...	Cut in slices and brown in the butter, then take them out again.
4...	Flour ...	... ...	Dredge over the butter that remains, stirring all the time.
5...	... ...	... ...	Put in the pieces of hare.
6...	... ...	... ...	Turn them in the butter and let them cook a few minutes.
7...	Blood of the hare	1½ pint	Add.
8...	Warm stock or water		
9...	... ...	... ...	Put in the fried slices of bacon.
10...	Small white onions	5 or 6 ...	Add.
11...	Carrots ...	2 if liked	Add, tying the herbs in a bunch.
12...	Salt and pepper	... ...	
13...	Garlic ...	1 clove ...	
14...	Thyme ...	A few sprigs	
15...	Bay leaf ...	1 ...	
16...	Basil ...	A little ...	
17...	... ...	... ...	Let all boil gently for ½ hour.
18...	Claret ...	2 wine glasses	Add, and let it boil another ½ hour.
19...	Mushrooms ...	4 ...	Cut into two, and add towards the end.
20...	Butter rolled in flour	... ...	Add to thicken the gravy.
21...	... ...	... ...	Take the fat off, away from the fire.
22...	... ...	... ...	Taste to see if it wants more salt.
23...	... ...	... ...	Pour into a deep dish and serve.

11.—HARE, *hashed.*

Order.	Ingredients.	Quantities.	Method.
1...	Remains of cold roast hare	... ...	Cut the best parts into slices.
2...	... ...	... ...	Put the trimmings, head, and bones, into a stewpan to make the gravy.

HARE, *hashed—(continued)*.

Order.	Ingredients.	Quantities.	Method.
3...	Water or stock	1 pint ...	Add.
4...	Bunch of herbs	... ...	Add.
5...	Spice ...	If liked ...	
6...	Pepper and salt	... ...	
7...	... ...	... ...	Stew gently 1 hour, then strain through a sieve into a stewpan.
8...	Butter rolled in flour	1 oz. ...	Add.
9...	Catchup ...	1 table spoonful	Add.
10...	Port wine ...	2 wine glasses	
11...	Forcemeat balls or forcemeat left from the preceding day	... ...	Add.
12...	... ...	... ...	Put in the slices of hare and set it over the fire till very hot.
13...	Toasted sippets	... ...	Put round the dish.
14...	Currant jelly	... ...	Serve separately.

12.—RABBIT, *roasted.*

Order.	Ingredients.	Quantities.	Method.
1...	Fine large rabbit	... ...	Truss like a hare.
2...	... ...	... ...	Fill the paunch with veal stuffing.
3...	... ...	... ...	Roast before a bright clear fire ¾ hour.
4...	Butter ...	2 oz. ...	Baste the rabbit well.
5...	Flour ...	1 table spoonful	Mix all together, and baste the rabbit thickly to form a light coating over it.
6...	Milk ...	4 spoonsful	
7...	Beaten eggs...	2 ...	
8...	Nutmeg ...	... ...	
9...	Pepper and salt	... ...	

RABBIT, *roasted—(continued)*.

Order.	Ingredients.	Quantities.	Method.
10...	Butter ...	2 oz. ...	Baste the rabbit when dry with the preceding mixture, to froth it up.
11...	... ...	... ...	Place the rabbit carefully in a dish.
12...	Good brown gravy boiled up with the liver minced and a little nutmeg	... ...	Pour round it.
13...	Red currant jelly	... ...	Serve separately.

NOTE.—A rabbit can be baked, and will require the same time in a good oven as for roasting.

13.—RABBITS, *à la Bourguignonne.*

Order.	Ingredients.	Quantities.	Method.
1...	Very young rabbits	3 or 4 ...	Choose them from two to three months old.
2...	... ...	... ...	Dress and cut them up.
3...	Butter ...	¼ lb. ...	Put into a stewpan over a brisk fire.
4...	... ...	... ...	Put in the pieces of rabbit to brown.
5...	... ...	... ...	Put the stewpan into a hot oven to simmer for ¼ hour.
6...	... ...	... ...	Take out the pieces of rabbit.
7...	Flour ...	1 or 2 tea spoonsful	Add to the butter that remains in the stewpan.
8...	Stock ...	¼ pint ...	Mix and pour in gradually, stirring all the time.
9...	White wine ...	1 wine glassful	
10...	Mushrooms ...	20 ...	Cut into pieces and add.
11...	Salt, pepper, and grated nutmeg	... ...	Sprinkle over each piece of rabbit, which you then put back in the stewpan.
12...	... ...	... ...	Let it boil an instant.
13...	... ...	... ...	Take the stewpan off the fire and place the pieces of rabbit on a hot dish.

RABBITS, *à la Bourguignonne—(continued)*.

Order.	Ingredients.	Quantities.	Method.
14...	Yolks of eggs	3 ...	Beat up together.
15...	Lemon juice	For flavouring	
16...	Salt and pepper	... ...	Add.
17...	... ...	... ...	Pour the egg, &c., gradually into the sauce in the stewpan, stirring all the time, but do not let it boil.
18...	... ...	... ...	Pour the sauce over the rabbits and serve.

14.—RABBITS, *au chasseur*.

Order.	Ingredients.	Quantities.	Method.
1...	Small rabbits	2 ...	Skin and draw.
2...	... ...	... ...	Dress as for boiling, but cut off the heads.
3...	... ...	... ...	Put the rabbits into a deep dish.
4...	Salt and pepper	... ...	Sprinkle over.
5...	Olive oil ...	1 flask ...	Pour over and let the rabbits soak an hour or two.
6...	... ...	... ...	Put them on the gridiron and sprinkle them during the broiling with the oil they have been soaked in.
7...	Salt and pepper	... ...	Sprinkle over the rabbits and turn them.
8...	Parsley ...	... ...	Chop fine and put them in a saucepan.
9...	Eschalot ...	... ...	
10...	Tarragon ...	... ...	
11...	Water or stock	1 wine glass	Pour over the herbs.
12...	Vinegar ...	½ teaspoonful	
13...	Salt and pepper	... ...	Add.
14...	... ...	... ...	Let the sauce simmer.
15...	... ...	... ...	Pour round the broiled rabbits and serve.

15.—RABBIT, *en civet.*

Order.	Ingredients.	Quantities.	Method.
1...	Rabbit ...	... ...	Skin, draw, and cut up.
2...	Butter ...	3 oz. ...	Melt in a stewpan over a slow fire.
3...	Fat bacon ...	¼ lb. ...	Cut in slices and brown in the butter.
4...	... ...	... ...	Add the pieces of rabbit.
5...	... ...	... ...	Let them brown on both sides.
6...	... ...	... ...	Take out the rabbit and bacon and keep them hot.
7...	Flour ...	1 dessert spoonful	Dredge gradually over the butter, stirring all the time.
8...	Stock ...	½ pint ...	Pour over gradually, still stirring.
9...	Claret ...	¼ pint ...	
10...	... ...	... ...	Put back the rabbit and let all boil uncovered 1 hour.
11...	Small onions	6 ...	Add before it has done stewing.
12 ..	Bunch of herbs	... ...	
13...	Bay leaf ...	1 ...	
14...	Pepper (not salt because of the bacon)	... ...	
15...	... ...	... ...	Serve in a deep dish with the sauce.

16.—ROAST RABBIT, *French receipt.*

Order.	Ingredients.	Quantities.	Method.
1...	Rabbit ...	... ...	Skin and truss like a hare.
2...	Butter ...	2 oz. ...	Melt in a stewpan over a gentle fire.
3...	... ...	... ...	Put the liver, &c., in the butter.
4...	Salt and pepper	... ...	Sprinkle over.
5...	... ...	... ...	Put the rabbit in and turn it till it is hot, then take it out and let it get quite cold.
6...	Bacon ...	¼ lb. ...	Lard it with fat bacon.
7...	... ...	... ...	Roast it ½ hour, basting with butter or with the following sauce receipt.

17.—SAUCE TO SERVE WITH ROAST RABBIT.

Order.	Ingredients.	Quantities.	Method.
1...	Liver of the rabbit	... ...	Pound it.
2...	Butter ...	2 oz. ...	Melt in a saucepan over a quick fire.
3...	... ...	... ...	Throw in the pounded liver.
4...	Salt and pepper	... ...	Sprinkle over, stirring with a wooden spoon.
5...	Stock or water	½ pint ...	Add, still stirring.
6...	Eschalot ...	1 ...	Chop and add.
7...	Vinegar ...	2 or 3 drops	Add, still stirring.
8...	Dripping from the rabbit	... ...	Add.
9...	... ...	... ...	Put this sauce into the dripping-pan and baste the rabbit with it during the last ¼ hour.
10...	... ...	... ...	Serve it in a sauceboat.

18.—RABBIT, *boiled.*

Order.	Ingredients.	Quantities.	Method.
1...	Rabbit ...	... ...	Skin and clean well.
2...	... ...	... ...	Wash in cold water.
3...	Warm water	... ...	Pour over and let it soak 20 minutes to draw out the blood.
4...	... ...	... ...	Draw the head round to the side, and secure it with a thin skewer through it and the body.
5 ..	Boiling water	... ...	Pour over to blanch it.
6...	Cold water ...	... ...	Dip it in when you take it out of the boiling water.
7...	... ...	... ...	Put the rabbit into a stewpan.
8...	Hot water ...	... ...	Cover the rabbit.
9...	... ...	... ...	Let it boil very gently till tender.

RABBIT, *boiled—(continued)*.

Order.	Ingredients.	Quantities.	Method.
10...	Onion sauce, or parsley and butter or liver sauce, made by mincing the liver very fine, and adding it to melted butter	... ...	Pour over.
11...	... ...	... ...	An old rabbit will take quite an hour to boil.

19.—RABBIT, *en gibelotte.*

Order.	Ingredients.	Quantities.	Method.
1...	Rabbit ...	... ..	Skin and draw directly it is killed.
2...	... ...	... ...	Cut in equal sized pieces and put in a deep dish.
3 ..	Water ...	1 pint ...	Mix, and pour over the rabbit to cover it.
4...	Vinegar ...	A few drops	
5...	... ...	... ...	Let it soak for an hour, then remove the pieces and drain them.
6...	Butter ...	¼ lb. ...	Melt in a saucepan over a brisk fire.
7...	Bacon ...	¼ lb. ...	Cut in slices and throw into the butter to brown, then take them out.
8...	... ...	... ...	Wipe the pieces of rabbit with a clean cloth and put them into the butter in the saucepan.
9...	... ...	... ...	When quite tender take them out and keep them hot on a dish.
10...	Flour ...	1 or 2 tea spoonsful	Sprinkle into the butter to thicken it.
11...	Stock ...	1 large cupful	Add to the flour and butter, stirring with a wooden spoon.
12...	White wine ...	1 wine glassful	
13...	Or lemon juice or vinegar	1 spoonful	

RABBIT, *en gibelotte—(continued)*.

Order.	Ingredients.	Quantities.	Method.
14...	... ...	... ...	Put the joints of rabbit and the pieces of bacon in this sauce.
15...	Mushrooms ...	20 ...	Add to the rest.
16...	Salt, pepper...	... ...	
17...	Small onions	12 ...	
18...	Bunch of sweet herbs	... ...	
19...	... ...	... ...	Leave uncovered on a brisk fire for about ¾ hour.
20...	... ...	... ...	Serve the rabbit in a deep dish with the bacon, onions, and mushrooms round it.
21...	... ...	... ...	Strain the sauce and pour it over.
22...	Fried sippets	... ...	Place round the dish and serve very hot.

20.—RABBIT, *à la Provençale.*

Order.	Ingredients.	Quantities.	Method.
1...	Rabbit ...	1 ...	Cut in joints.
2...	Bacon ...	½ lb. ...	Lard the joints.
3...	Veal ...	A few slices	Put in a stewpan.
4...	... ...	... ...	Put the rabbit on the veal.
5...	Sherry ...	1 wine glass	Pour over.
6...	Olive oil ...	2 table spoonsful	Add.
7...	Salt and pepper	... ...	Add.
8...	Garlic ...	3 cloves	Add if liked.
9...	... ...	... ...	Put on the cover and stew very gently.
10...	... ...	... ...	Serve with the strained gravy poured over.

21.—RABBITS, *with herbs.*

Order.	Ingredients.	Quantities.	Method.
1...	Rabbits ...	2 young ones	Divide in joints.
2...	Mushrooms ...	12 ...	Chop fine, and mix.
3...	Eschalots ...	3 or 4 ...	
4...	Parsley ...	A few sprigs	
5...	Butter ...	3 oz. ...	Melt in a stewpan, and put in the chopped herbs, &c.
6...	... ...	... ...	Put in the rabbit.
7...	Flour ...	1 table spoonful	Sprinkle over when the meat is firm.
8...	White wine ...	1 wine glassful	Add.
9...	Salt, pepper, and nutmeg	To taste	Add.
10...	Sweet herbs...	A bunch	Add.
11...	... ...	... ...	Simmer for 20 minutes.
12...	Gravy or stock	A little ...	Add.
13...	Lemon juice	1 lemon...	Add.
14...	Butter ...	½ oz. ...	Add.
15...	... ...	... ...	Mix and stir well together.
16...	... ...	... ...	Put the joints of rabbit on a dish.
17...	... ...	... ...	Take out the bunch of herbs, and pour the sauce over the meat. Serve very hot.

22.—RABBIT, *stewed with vegetables.*

Order.	Ingredients.	Quantities.	Method.
1...	Rabbit ...	1 large or 2 small	Divide in joints, and put them in a stewpan.
2...	Stock ...	... ...	Add enough to float them.
3...	Salt, pepper, spice	... ...	Add to taste.
4...	Carrots ...	2 ...	Cut in small pieces and add.
5...	Turnips ...	2 ...	
6...	Celery ...	3 sticks ...	
7...	Onions ...	4 ...	

RABBIT, *stewed with vegetables—(continued).*

Order.	Ingredients.	Quantities.	Method.
8...	Sweet herbs...	A bunch	Add and let the whole simmer gently until tender.
9...	... ...	... ...	Take out the vegetables and press them through a sieve.
10...	... ...	... ...	Moisten with the strained liquor they were cooked in.
11...	... ...	... ...	Serve the vegetables under or around the rabbit.

23.—RABBIT, *curried.*

Dress in the same way as curried fowl.

24.—TO TRUSS A PHEASANT.

1. Pick and draw.
2. Wipe the inside with a damp cloth.
3. Cut off the head, leaving sufficient skin on the neck to skewer back.
4. Bring the legs close to the breast, between it and the side bones.
5. Pass a skewer through the pinions and the thick part of the thighs.

25.—PHEASANT, *roasted.*

Order.	Ingredients.	Quantities.	Method.
1...	Pheasant ...	... ...	Truss as in preceding receipt.
2...	... ...	... ...	Roast before a clear quick fire.
3...	Butter ...	2 oz. ...	Baste frequently.
4...	Salt ...	... ...	Sprinkle over.
5...	Flour ...	... ...	Dredge over lightly, to froth the bird.
6...	... ...	... ...	Roast ½ hour to 1 hour, according to size.
7...	Good brown gravy	... ...	Pour over and serve separately.
8...	Bread sauce...	... ...	Serve separately.

NOTE.—It improves the pheasant if one tablespoonful of Madeira or Marsala be put in the dripping-pan to baste the bird. French cooks put fried bread in the pan, and serve it under the bird.

26.—SALMIS OF PHEASANT.

Order.	Ingredients.	Quantities.	Method.
1...	Cold roast pheasant	... ...	Cut in joints and take off the skin.
2...	... ...	... ...	Put the skin, bones, and any pieces over in a stewpan.
3...	Stock ...	¾ pint ...	Add.
4...	... ...	... ...	Let it boil ½ hour, then strain.
5...	Flour and butter	... ...	Melt in a stewpan till brown.
6...	Sherry ...	1 glassful	Add.
7...	Prepared gravy	... ...	Add.
8...	Salt, pepper...	To taste	Add.
9...	Lemon juice...	½ lemon	Add.
10...	... ...	... ...	When quite hot put in the joints of game, but do not let them boil.
11...	... ...	... ...	Serve with the sauce poured over.
12...	Fried sippets	... ...	Use to garnish the dish.

NOTE.—Cold partridge, grouse, blackcock, &c., can be warmed up in the same way.

27.—TO TRUSS A PARTRIDGE.

1. Hang it several days.
2. Pluck, draw, and wipe it inside and out.
3. Cut off the head, leaving sufficient skin on the neck to skewer back.
4. Bring the legs close to the breast between it and the side bones.
5. Pass a skewer through the pinions and the thick part of the thighs.
6. The head may be left on, brought round, and fixed on the point of the skewer, but it is generally cut off.

28.—PARTRIDGE, *roasted.*

Order.	Ingredients.	Quantities.	Method.
1...	Partridge ...	... ...	Dress as in preceding receipt.
2...	Fat bacon ...	¼ lb. ...	Cut into strips and lard the partridge.
3...	Or slices of bacon	... ...	Roll round the bird.

PARTRIDGE, *roasted—(continued)*.

Order.	Ingredients.	Quantities.	Method.
4...	Vine leaves ...	... ...	When procurable wrap them round the bacon, and tie up with a string.
5...	Butter ...	1 oz. ...	Put in the dripping-pan.
6...	... ...	... ...	If you have no vine leaves baste with the dripping from the bird.
7...	... ...	... ...	Roast 20 minutes.
8...	Salt ...	... ...	Sprinkle over before it has done roasting.
9...	... ...	... ...	Place the bird on a dry dish and serve.
10...	Sauce ...	If liked ...	Serve separately.

29.—PARTRIDGES, *broiled.*

Order.	Ingredients.	Quantities.	Method.
1...	Partridges ...	2 ...	Pick and draw.
2...	... ...	... ...	Divide each through the back and breast.
3...	... ...	... ...	Wipe the insides.
4...	Pepper, salt, and a little cayenne	... ...	Season the birds well.
5...	... ...	... ...	Broil them over a clear bright fire.
6...	Butter ...	1 oz. ...	Rub over them when done.
7...	Brown gravy	... ...	Serve with them.

30.—PARTRIDGES, *aux choux.*

Order.	Ingredients.	Quantities.	Method.
1...	Old partridges	2 ...	Dress and truss.
2...	Butter ...	¼ lb. ...	Melt in a stewpan over a quick fire.
3...	Flour ..	1 table spoonful	Sprinkle over the butter, stirring all the time.
4...	... ...	... ...	Put in the partridges.
5...	Stock ...	¼ pint ...	Add.

PARTRIDGES, *aux choux*—(*continued*).

Order.	Ingredients.	Quantities.	Method.
6.	Fat bacon ...	1 slice ...	Cut into dice and add.
7...	Sausage meat	¼ lb. ...	
8...	Onions pricked with 1 clove	2 ...	
9...	Salt and pepper	1 pinch ...	
10...	Bay leaf ...	1 ...	Add; a few slices of Bologna sausage may also be added.
11...	Bunch of chervil, chives, and parsley	... ...	
12...	Carrots ...	2 ...	
13...	... ...	... ...	Let all simmer 1½ to 2 hours, and in the meantime prepare the cabbage in the following manner.
14...	Cabbage ...	1 ...	Put in a pan.
15...	Boiling water	... ...	Pour over to wash and whiten it.
16...	... ...	... ...	Let it soak, then press all the water out.
17...	... ...	... ...	Put the cabbage in a saucepan.
18...	Water ...	... ...	Pour over till the cabbage swims.
19...	Salt ...	... ...	Sprinkle over a good quanity.
20...	... ...	... ...	Boil ¾ hour, then take it out and strain.
21...	... ...	... ...	Cut it in two and put it to finish cooking on the partridges.
22...	Stock or water	... ...	Pour into the stewpan if there is not enough sauce.
23...	... ...	... ...	Let all simmer 2 hours, if the partridges are old birds.
24...	... ...	... ...	Prick the birds with a fork to see if they are done enough.
25...	... ...	... ...	Serve the partridges on the cabbage.

31.—PARTRIDGES, *braised.*

Order.	Ingredients.	Quantities.	Method.
1...	Partridges ...	2 ...	Truss them with their legs turned in.
2...	Fat bacon ...	3 or 4 slices	Lard the partridges with the bacon.

PARTRIDGES, *braised—(continued)*.

Order.	Ingredients.	Quantities.	Method.
3...	Bacon ...	Several slices	Line a stewpan, and place the partridges on the bacon.
4...	Carrots ...	2 or more	Cut into dice, and put round the partridges, as many as liked.
5...	Onions ...	2 or more	
6...	Bunch of sweet herbs	... ...	Add.
7...	Salt, pepper	... ...	
8...	Stock ...	1 large cupful	Pour over the whole.
9...	White wine ...	1 wine glassful	
10...	... ...	... ...	Simmer gently for 1 hour, then take out the birds, and put them on a hot dish.
11...	... ...	... ...	Skim, boil up, and strain the sauce.
12...	Lemon juice	½ lemon...	Add to the sauce, before pouring it over the birds.

NOTE.—Braised partridges can be served with any *purée* of vegetables.

32.—PARTRIDGES, *au chasseur*.

Order.	Ingredients.	Quantities.	Method.
1...	Partridges ...	4 small ones	Dress and cut in two lengthways.
2...	... ...	... ...	Flatten the pieces gently.
3...	Butter ...	¼ lb. ...	Melt in a stewpan over a slow fire.
4...	... ...	... ...	Put in the partridges.
5...	Salt and pepper	... ...	Sprinkle over.
6...	Bread crumbs	3 oz. ...	Put in a dish.
7...	... ...	... ...	Take the partridges out of the pan, dip them in the bread crumbs, then put them at once on a grid-iron over a good fire.
8...	Butter ...	3 oz. ...	Melt in a saucepan to make a *maître d'hôtel* sauce.
9...	Eschalots ...	2 or 3 ...	Chop fine and sprinkle over the butter.
10...	Parsley .	... ...	

PARTRIDGES, *au chasseur—(continued)*.

Order.	Ingredients.	Quantities.	Method.
11...	Salt and pepper	... ...	Add.
12...	Lemon juice...	A few drops	
13...	... ...	... ...	Place the partridges on a hot dish, pour the sauce over and serve.

33.—RAGOUT OF PARTRIDGES.

Order.	Ingredients.	Quantities.	Method.
1...	Partridges ...	Any cold remains	Cut in small pieces or joints.
2...	... ...	... ...	Put the bodies and bones left over in a saucepan.
3...	Stock ...	1 pint ...	Add to the bones.
4...	... ...	... ...	Boil gently one hour, then strain.
5...	Butter ...	2 oz. ...	Melt in a stewpan.
6...	Mushrooms ...	20 ...	Throw into the butter to brown, then take them out, and put them aside.
7...	... ...	... ...	Put the pieces of partridge in the stewpan to brown.
8...	Flour ...	1 oz. ...	Sprinkle over, and stir well.
9...	... ...	... ...	Add the stock and mushrooms.
10...	Butter ...	1 oz. ...	Add, stirring well.
11...	Pepper ...	1 pinch ...	
12...	Lemon juice...	½ lemon...	
13...	Capers ...	1 spoonful	
14...	... ...	... ...	Arrange the meat round the dish, and pour the sauce and mushrooms into the middle; serve very hot.

34.—SOUFFLÉ OF PARTRIDGES.

Order.	Ingredients.	Quantities.	Method.
1...	Partridges ...	Any cold remains	Remove all the meat from the bones.
2...	... ...	... ...	Take off the skin, and pound the meat with the livers in a mortar.

SOUFFLÉ OF PARTRIDGES—(*continued*).

Order.	Ingredients.	Quantities.	Method.
3...	Brown stock	½ pint ...	Warm the pounded meat in this, and then strain it.
4...	... ...	... ...	Break the bodies, and boil them down with all the bones and skin from the birds.
5...	... ...	... ...	Strain the gravy, moisten some roux with it, and reduce it.
6...	Brown glaze	Small quantity	Add, and continue reducing until it is half the consistence of glaze.
7...	... ...	... ...	Put in the pounded meat,
8...	Butter ...	Small piece	Add.
9...	Nutmeg ...	A pinch	
10...	Yolks of eggs	4 ...	Beat up and add gradually.
11...	Whites of eggs	2 ...	Beat to a froth and add; stir well,
12...	... ...	... ...	Pour into a paper soufflé case.
13...	... ...	... ...	Put in the oven, and serve as soon as it rises.

35.—PTARMIGAN, BLACKCOCK.

These are dressed and served like partridges or pheasants.

36.—GROUSE.

Order.	Ingredients.	Quantities.	Method.
1...	Grouse ...	2... ...	Let them hang some time, then pluck and draw them.
2...	... ...	... ...	Wipe them well but do not wash them, and truss them without the heads.
3...	Butter ...	2 oz. ...	Melt to baste the birds.
4...	... ...	... ...	Roast before a bright fire and baste well.
5...	Slices of bread	2... ...	Toast and butter them, and put them in the dripping pan to soak.
6...	... ...	... ...	Serve the birds on the toast with gravy and bread sauce.

37.—LANDRAIL.

These birds are dressed in the same way as grouse and served on fried breadcrumbs, with brown gravy in a tureen. Bread-sauce can also be served with them.

38.—TO TRUSS QUAILS.

1. Pluck, singe, and draw.
2. Cut off the wings at the first pinion, leaving the feet.
3. Pass a skewer through the pinions and the wings.

39.—QUAILS, *roasted.*

Order.	Ingredients.	Quantities.	Method.
1...	Quails ...	2... ...	Pluck, draw, and truss.
2...	Fat Bacon ...	¼ lb. ...	Cut into thin slices, and cover the breasts of the birds.
3...	Vine leaves ...	... ...	Tie on over the bacon.
4...	... ...	... ...	Roast them 12 or 15 minutes before a very brisk fire.
5...	Salt, pepper ...	... ...	Sprinke over.
6...	Butter ...	2 oz. ...	Baste well.
7...	Fried bread ...	... ...	Serve under the birds.
8...	... ...	... ...	Take the fat off the dripping, and pour over the bread.
9...	Sliced lemon...	... ...	Serve separately or round the dish

40.—QUAILS, *broiled.*

Order.	Ingredients.	Quantities.	Method.
1...	Quails ...	2 ...	Pluck, singe, and draw.
2...	... ...	... ...	Cut open down the back.
3...	Olive oil ...	1 table spoonful	Put at the bottom of a stewpan.
4...	Bay leaf ...	1 ...	
5...	Salt and pepper	... ...	
6...	... ...	... ...	Put the quails on the top.
7...	Fat Bacon ...	... ...	Put a thin slice over the quails.

QUAILS, *broiled—(continued)*.

Order.	Ingredients.	Quantities.	Method.
8...	Bread crumbs	3 oz. ...	Dip the quails in when they are three parts cooked.
9...	... ...	... ...	Put the quails on the gridiron over a good fire.
10...	Stock ...	½ pint ...	Pour into the stewpan the quails were cooked in.
11...	... ...	... ...	Stir, take the fat off, and serve with the quails.

41.—QUAILS, *au chausseur.*

Order.	Ingredients.	Quantities.	Method.
1...	Quails ...	2 ..	Pluck, draw, and truss.
2...	Butter ...	2 oz. ...	Melt in a stewpan over a slow fire.
3...	Sweet herbs ...	... ...	Chop fine and add.
4...	... ...	... ...	Put the quails in.
5...	Salt and pepper	... ...	Sprinkle over.
6...	... ...	... ...	Keep turning the quails in the butter till they are done.
7...	... ...	... ...	Take out the birds and keep them warm.
8...	Flour ...	A pinch...	Sprinkle over the butter that remains in the stewpan, stirring well.
9...	White wine ...	1 wine glassful	Pour in, still stirring.
10...	Stock ...	do.	
11...	... ...	... ...	Let the sauce thicken without boiling.
12...	... ...	... ...	Pour it over the quails and serve.

42.—LARKS, *roasted.*

Order.	Ingredients.	Quantities.	Method.
1...	Larks ...	6... ...	Some amateurs prefer them not drawn. We prefer them drawn. Truss by drawing the feet under the beak and crossing them.

LARKS, *roasted—(continued)*.

Order.	Ingredients.	Quantities.	Method.
2...	Fat bacon ..	... ...	Put a slice on each breast.
3...	... ...	... ...	Put a skewer through the 6 birds and roast in front of the fire.
4...	... ...	... ...	Roast 10 minutes.
5...	Fried bread ...	6 slices ...	Serve under the larks and pour the gravy over.

43.—LARKS, *à la minute.*

Order.	Ingredients.	Quantities.	Method.
1...	Larks ...	6... ...	Pluck and draw.
2...	Butter ...	2 oz. ...	Melt in a stewpan.
3...	... ...	... ...	Put the larks in to brown.
4...	Salt, pepper ...	... ...	Sprinkle over.
5...	... ...	... ...	Take out the larks when they are brown all over.
6...	Eschalots ...	2... ...	Chop fine and throw into the butter that remains in the pan.
7...	Parsley ...	1 sprig ...	
8...	Mushrooms ...	10 ...	
9...	Flour ...	A pinch...	Sprinkle over the mushrooms when they are done.
10...	White wine ...	½ wine-glass	Add gradually, stirring.
11...	... ..	... ...	Put back the larks in the pan.
12...	Fried bread ...	6 slices ...	Put on a dish; place the larks on them; pour the sauce over and serve.

44.—ORTOLANS, *roasted.*

Order.	Ingredients.	Quantities.	Method.
1...	Ortolans ...	... ...	Truss like larks, but do not draw them.
2...	... ...	... ...	Put a long skewer through them all.
3..	Salt and pepper	... ...	Sprinkle over.
4...	... ...	... ...	Roast them 10 minutes before a good fire.
5...	... ...	... ...	Serve without sauce.

45.—TO TRUSS SNIPE, WOODCOCKS, AND GOLDEN PLOVERS.

1. Pluck and wipe the birds very clean inside.
2. Truss the legs quite close to the body, the feet pressing upon the thighs.
3. Skin the head and neck.
4. Bring the beak round under the wing.

46.—SNIPE OR WOODCOCK, *roasted.*

Order.	Ingredients.	Quantities.	Method.
1...	Snipe or woodcocks	3 ...	Pluck and truss.
2...	Fat bacon ...	... ...	Tie a thin layer over the birds, run a bird-spit through them and roast before the fire.
3...	Toast and butter	... ...	Put a slice under the birds to catch the dripping.
4...	Butter ...	2 oz. ...	Baste them continually, and roast them from 20 to 25 minutes.
5...	... ...	... ...	Serve on the toast.
6...	Slices of lemon	... ...	Serve with them.

47.—SALMIS OF SNIPE OR WOODCOCK.

Order.	Ingredients.	Quantities.	Method.
1...	Remains of snipe or woodcock	... ...	Cut up.
2...	... ...	... ...	Take off the skin.
3...	... ...	... ...	Place the pieces, except the body, in a saucepan.
4...	Stock ...	A few spoonsful	Pour over.
5...	... ...	... ...	Warm over a slow fire, but do not let it boil.
6...	Bodies of the birds and giblets	... ...	Pound, chop, and mix in a basin.

SALMIS OF SNIPE OR WOODCOCK—(*continued*).

Order.	Ingredients.	Quantities.	Method.
7...	Eschalot ...	1 ...	Chop and add.
8...	Lemon peel ...	1 slice ...	
9...	Salt and pepper	... ...	Add.
10...	... ...	... ...	Put this mixture into another stew-pan.
11...	Stock, white wine or Marsala	1 wine glassful	Pour over (if liked), mixing well with a wooden spoon, and adding gradually.
12...	... ...	... ...	Let it boil uncovered for a ¼ hour till the sauce is reduced one-half.
13...	... ...	... ...	Strain the sauce and keep it warm.
14...	Fried bread ...	... ...	Serve under the birds.
15...	... ...	... ...	Pour the sauce over and serve.
16...	Lemon sliced	... ...	Serve separately.

48.—TO TRUSS WILD DUCK.

1. Pluck and draw it carefully.
2. Cut off the head, leaving sufficient skin on the neck to skewer back.
3. Leave the feet on.
4. Twist the legs at the knuckle and bring the claws up on each side of the breast, or let them stick out at the back.

49.—WILD DUCK, *roasted.*

Order.	Ingredients.	Quantities.	Method.
1...	Wild ducks ...	2... ...	Pluck and prepare as in preceding receipt.
2...	... ...	... ...	Put to roast before a quick fire.
3...	Hot water ...	1 pint ...	
4...	Onion ...	1... ...	Add to the hot water.
5...	Salt ...	1 pinch ...	
6...	... ...	... ...	When the birds have been down 5 or 6 minutes baste them with the hot water for a few minutes to remove the fishy taste.

WILD DUCK, *roasted—(continued)*.

Order.	Ingredients.	Quantities.	Method.
7...	... ...	... ...	Remove the pan.
8...	Butter ...	3 oz. ...	Baste well while roasting.
9...	Flour ...	... ...	Dredge over a few minutes before serving, then baste and froth.
10...	Cut lemon ...	... ...	Serve with the ducks, and good brown gravy also.

50.—TO CARVE WILD DUCK.

Order.	Ingredients.	Quantities.	Method.
1...	... ...	... ...	Cut the breast in neat small slices, but leave them on the bird.
2...	Salt ...	... ...	Sprinkle over the cut breasts
3...	Cayenne pepper	... ...	
4...	Lemon juice...	... ...	Squeeze all over the bird.
5...	Butter ...	Small piece	Put on the bird to melt.
6...	... ...	... ...	Let the butter and lemon juice run into the gravy, mix them in the dish and pour over the bird several times.

51.—SALMIS OF WILD DUCK.

Order.	Ingredients.	Quantities.	Method.
1...	Remains of wild duck	... ...	Divide in nice joints.
2...	Butter ...	2 oz. ...	Melt in a saucepan.
3...	... ...	... ...	Brown the pieces of meat in the butter.

SALMIS OF WILD DUCK—(*continued*).

Order.	Ingredients.	Quantities.	Method.
4...	Stock or gravy from ducks	1 large cupful	Add and let the whole stew gently.
5...	Claret ...	2 wine-glasses ful	
6...	Eschalot ...	1... ...	
7...	Clove ...	1... ...	
8...	Pepper ...	A pinch...	
9...	Meat glaze ...	Small piece	Add.
10...	Olive oil ...	1 dessert spoon-ful	
11...	Lemon juice...	1 lemon...	Squeeze over.
12...	Raspings of bread	1 or more spoonsful	Mix with the sauce.
13...	... ...	... ...	Serve the duck with the sauce poured over it, and put sippets of toast round the dish.

52.—RAGOUT OF WILD DUCK.

Order.	Ingredients.	Quantities.	Method.
1...	Cold wild duck	1... ...	Cut in joints and lay aside.
2...	... ...	... ...	Put the bones, skin, and trimmings in a stewpan.
3...	Stock ...	¾ pint ...	Add to the meat in the stewpan and simmer for ½ hour, then strain.
4...	Eschalots ...	2... ...	
5...	Butter ...	1 oz. ...	Melt in a stewpan.
6...	Flour ...	1 tea-spoonful	Dredge into the butter.
7...	... ..	... ...	Add the sauce, boil, and strain.
8...	Port or claret	1 wine-glassful	Add to the sauce.
9...	Lemon juice...	½ lemon	
10...	Cayenne ...	1 pinch ...	
11...	... ...	... ...	Put in the pieces of duck and let them get quite hot, but not boil.

53.—TEAL, WIDGEON.

These are dressed and served like Wild Duck.

SECTION X.—VEGETABLES.

1.—ASPARAGUS, *boiled.*

Order.	Ingredients.	Quantities.	Method.
1...	Asparagus ...	... ...	Scrape lightly with a knife to clean them.
2...	... ...	... ...	Tie them up in little bundles of 10 or 12 with string.
3...	... ...	... ...	Make them of equal size by cutting off the white tops.
4...	Water ...	... ...	Boil in a saucepan.
5...	Salt ...	1 handful	Throw it in the water.
6...	... ...	... ...	When the water boils put in the asparagus.
7...	... ...	... ...	Let them boil 15 minutes.
8...	... ...	... ...	Take them out of the water and strain them.
9...	... ...	... ...	Take off the string and place them on a warm vegetable dish.

NOTE.—French cooks serve melted butter with asparagus. English cooks generally serve it on toast.

2.—ARTICHOKES.

Order.	Ingredients.	Quantities.	Method.
1...	Artichokes ...	... ...	Take off the hard leaves at the bottom.
2...	... ...	... ...	Cut the points of the leaves with scissors to trim them.
3...	... ...	... ...	Cut the stalk close to the artichoke.
4...	... ...	... ...	Put the vegetables at the bottom of a saucepan, head downwards, pressed close to one another.
5...	Boiling water	... ...	Pour over till all are covered.

ARTICHOKES—(*continued*).

Order.	Ingredients.	Quantities.	Method.
6...	Salt and pepper	... ...	Add.
7...	Bunch of parsley, chervil and chives	... ...	
8...	Butter ...	2 oz. ...	
9...	... ...	... ...	Boil over a quick fire.
10...	... ...	... ...	They are sufficiently done when a leaf can be easily broken off.

NOTE.—French cooks serve melted butter with artichokes.

3.—JERUSALEM ARTICHOKES.

These are boiled in the same way as potatoes, and served with white sauce poured over them.

4.—BROCCOLI, *boiled.*

See the receipts for cauliflower.

5.—BRUSSELS SPROUTS, *sautés.*

Order.	Ingredients.	Quantities.	Method.
1 ..	Brussels sprouts	... ...	Cut off the stalks and the first row of leaves.
2...	... ...	... ...	Put them in a saucepan.
3...	Salt ...	... ...	Sprinkle over.
4...	Boiling water	... ...	Pour over till all are covered.
5...	... ...	... ...	Let them boil 15 minutes or till tender.
6...	... ...	... ...	Drain in a cullender and wipe in a clean cloth.
7...	Butter ...	2 oz. ...	Melt in a stewpan.
8...	Salt and pepper	... ...	Sprinkle over.
9...	... ...	... ...	Throw in the sprouts and let them brown in the butter.

BRUSSELS SPROUTS, *sautés*—(*continued*).

Order.	Ingredients.	Quantities.	Method.
10 ..	Stock or cream	1 wine glass	Pour over gradually, stirring well.
11...	... ...	... ...	Reduce the sauce and thicken.
12 ..	... ...	... ...	Pour over the sprouts and serve at once.

6.—BRUSSELS SPROUTS, *boiled.*

See first part of preceding receipt.

7.—BROAD BEANS.

Order.	Ingredients.	Quantities.	Method.
1...	Broad beans...	... ...	Choose them quite young and shell them.
2...	Salt and water	... ...	Boil in a saucepan.
3...	... ...	... ...	When the water boils, throw in the beans and boil them fast for 15 minutes or till tender.
4...	Parsley and butter	... ...	Serve separately.

8.—CABBAGE, *boiled.*

Order.	Ingredients.	Quantities.	Method.
1...	Cabbage ...	1 ...	Pick off the dead leaves and cut the stalk quite close. If large, divide into quarters.
2...	Cold water ...	... ...	Pour over and wash well.
3...	Boiling water	2 quarts	Mix in a saucepan.
4...	Salt ...	1 table spoon	
5...	Soda ...	Very small piece	
6...	... ...	... ...	When the water boils fast, put in the cabbage.
7...	... ...	... ...	Keep it uncovered and boil quickly till tender.
8...	... ...	... ...	Drain through a cullender and serve on a hot dish.

9.—CABBAGE, *stuffed.*

Order.	Ingredients.	Quantities.	Method.
1...	White hearted cabbage	1 large one	Take off the large leaves and the stalk.
2...	... ...	... ...	Put it into a pan.
3...	Boiling water	... ...	Pour over and let it soak ½ hour.
4...	... ...	... ...	Clean and drain well.
5...	... ...	... ...	Open the leaves and remove the heart.
6...	Forcemeat well seasoned	1 lb. ...	Fill the hollow and place between each leaf.
7...	Slices of fat bacon	... ...	Put over the forcemeat.
8...	Cabbage leaf	... ...	Put over the bacon.
9...	... ...	... ...	Tie it up neatly with tape.
10...	Stock ...	½ pint ...	Put into a stewpan with the prepared cabbage.
11...	Thyme and bay-leaf	... ...	Add.
12...	Carrots ...	2 ...	
13...	... ...	... ...	Let all stew gently 2 hours.
14...	... ...	... ...	When the cabbage is done, untie it and serve with the sauce thickened with butter and flour.

10.—CARROTS, *à la maître d'hôtel.*

Order.	Ingredients.	Quantities.	Method.
1...	Carrots ...	... ...	Scrape and clean.
2...	... ...	... ...	Cut into round slices.
3...	Fresh butter...	2 oz. ...	Melt in a stewpan over a slow fire.
4...	... ...	... ...	Put in the carrots.
5...	Salt and pepper	... ...	Dredge over.
6...	Flour ...	... ...	
7...	Chopped herbs	... ...	Add.
8...	Stock or water	A few spoonsful	Pour over at once to prevent the carrots from browning.
9...	... ...	... ...	Stir gently with the wooden spoon.
10...	... ...	... ...	As soon as the carrots are tender, take the stewpan off the fire.

CARROTS, *à la maître d'hôtel*—(*continued*).

Order.	Ingredients.	Quantities.	Method.
11...	... ...	... ...	Put the carrots on a hot dish.
12...	Yolks of eggs	1 or 2 ...	Beat up with a few drops of water.
13...	... ...	... ...	Add to the sauce, pour over the carrots and serve.

11.—CARROTS, *boiled.*

Order.	Ingredients.	Quantities.	Method.
1...	Young carrots	... ...	Need only be washed. Old ones should be scraped.
2...	Hot water ...	... ...	Put into a stewpan.
3...	Salt ...	½ spoonful	Add.
4...	... ...	... ...	Put in the carrots.
5...	... ...	... ...	Let them boil fast for 20 minutes.
6...	... ...	... ...	Rub with a clean cloth to take off the skins.
7...	... ...	... ...	Put them into a dish and serve.

12.—CAULIFLOWERS, *boiled.*

Order.	Ingredients.	Quantities.	Method.
1...	Cauliflower ...	... ...	Pick off first row of leaves and cut the stalk close.
2...	Salt and water	... ...	Pour over the cauliflower, and let it soak head downwards for an hour.
3...	... ...	... ...	Drain in a cullender.
4...	Water ...	... ...	Boil in a saucepan.
5...	... ...	... ...	Put in the cauliflower when the water is boiling fast.
6...	... ...	... ...	Keep it uncovered, and boil 15 minutes, or till tender.
7...	... ...	... ...	Skim the water.
8...	... ...	... ...	Drain and serve with white sauce.

13.—CAULIFLOWERS, *French way.*

Order.	Ingredients.	Quantities.	Method.
1...	Cauliflower ...	... ...	Take out the flower in little bunches, throwing away the stalk.
2...	Cold water and vinegar	... ...	Mix in a pan.
3...	... ...	... ...	Throw the cauliflower as you pick and clean it into the pan.
4...	... ...	... ...	Drain and put in a saucepan.
5...	Boiling water	... ...	Pour over till all is covered.
6...	Salt ...	... ...	Sprinkle over.
7...	Flour and water	A few drops	Stir up together, and throw over the cauliflower to keep it white.
8...	... ...	... ...	Boil 15 minutes or till tender, then drain.
9...	Melted butter	... ...	Pour over the cauliflower on a dish.

14.—CAULIFLOWER-CHEESE.

Order.	Ingredients.	Quantities.	Method.
1...	Flower of boiled cauliflower	... ...	Throw away the stalk and break the flower in small pieces.
2...	Butter ...	2 oz. ...	Melt in a pie-dish.
3...	Salt, pepper ...	... ...	Sprinkle over.
4...	Grated Parmesan cheese	3 oz. ...	Put a thick layer on the butter.
5...	... ...	... ...	Put the flower of the vegetable on the cheese in a layer.
6...	... ...	... ...	Put another layer of cheese.
7...	Bread crumbs	2 oz. ...	Put a layer on the cheese.
8...	Butter ...	2 oz. ...	Melt in a saucepan, and pour over the whole.
9...	... ...	... ...	Bake in a hot oven till brown.
10...	... ...	... ...	Serve hot.

15.—CELERY, *au jus.*

Order.	Ingredients.	Quantities.	Method.
1...	Celery ...	Several sticks	Clean well and cut into equal lengths of 2 to 3 inches.
2...	... ...	... ...	Cut each slice lengthways and throw into a deep dish.
3...	Boiling salt and water	... ...	Pour over till all is covered.
4...	... ...	... ...	Let it soak a few minutes to whiten it, then drain through a cullender.
5...	Butter ...	2 oz. ...	Melt in a stewpan.
6...	Flour ...	1 dessert spoonful	Sprinkle over.
7...	Stock ...	¼ pint	Pour over gradually stirring all the time.
8...	Salt and pepper	... ...	Add.
9...	... ...	... ...	Put the celery into this sauce. Let it simmer uncovered till the sauce is much diminished.
10...	Stock, butter, and flour mixed together	... ...	Add towards the end to bind and thicken the sauce.
11...	... ...	... ...	Serve all together in a deep dish.

16.—CELERY, *boiled.*

Dress like sea-kale, and serve on toast, with white sauce poured over it. Celery can also be stewed in gravy.

17.—CUCUMBERS, *stuffed.*

Order.	Ingredients.	Quantities.	Method.
1...	Cucumbers ...	Small ones	Peel them, and cut off one end.
2...	... ...	... ...	Take out the inside with a knife.
3...	Boiling water	... ...	Throw them in for a few minutes to blanch.
4...	... ...	... ...	Put them in cold water and drain.

CUCUMBERS, *stuffed—(continued)*.

Order.	Ingredients.	Quantities.	Method.
5...	Forcemeat ...	¾ lb. ...	Have ready a good well seasoned forcemeat.
6...	... ...	... ...	Fill the cucumbers, put on the ends that were cut off, and fasten them on with little wooden skewers.
7...	Bacon ...	... ...	Put a thin slice of bacon round each cucumber, and tie it on with string.
8...	Bacon ...	... ...	Line the stewpan with thin slices.
9...	... ...	... ...	Put in the cucumbers.
10...	Good gravy ...	1 large cupful	Pour over and stew gently 20 minutes.
11...	... ...	... ...	Take out the cucumbers, and remove the bacon, strings, and skewers.
12...	... ...	... ...	Skim and strain the sauce.
13...	Butter ...	1 oz. ...	Mix together, and add to the sauce on the fire.
14...	Flour ...	1 tea spoonful	
15...	Glaze ...	½ oz. ...	Add.
16...	Lemon juice...	1 tea spoonful	Add to the sauce, stir well, and when very hot pour over the cucumbers.

18.—FRENCH OR KIDNEY BEANS.

Order.	Ingredients.	Quantities.	Method.
1...	French beans	... ...	Cut off the tops and stalks, and the stringy part from each side.
2...	... ...	... ...	Cut them into long strips.
3...	Salt & water	... ...	Boil in a saucepan.
4...	... ...	... ...	When the water boils throw in the beans.
5...	... ...	... ...	Leave them to boil fast uncovered 15 minutes, or till they are tender.
6...	... ...	... ...	Drain and serve.

19.—FRENCH BEANS, *sautés.*

Order.	Ingredients.	Quantities.	Method.
1...	French beans	... ...	Prepare according to preceding receipt.
2...	Butter ...	2 oz. ...	Melt in saucepan over a slow fire.
3...	Salt, pepper ...	... ...	Sprinkle over, stirring with a wooden spoon.
4...	... ...	... ...	Put in the prapared beans, and stir them in the butter until very hot.
5...	Lemon juice	... ...	Squeeze over before serving.

20.—TO KEEP FRENCH BEANS.

Order.	Ingredients.	Quantities.	Method.
1...	French beans	... ...	Prepare according to receipt No. 18.
2...	... ...	... ...	Drain, spread on a cloth, and dry in the shade.
3...	... ...	... ...	When dry, tie them up in paper bags, and soak 12 hours in cold water before using.

21.—FRENCH BEANS, *à la poulette.*

Order.	Ingredients.	Quantities.	Method.
1...	French beans	1 lb. ...	Choose them very young and tender, and prepare as usual.
2...	... ...	... ...	Wash them in cold water.
3...	Water ...	3 pints ...	Boil in a saucepan.
4...	Salt ...	1 spoonful	Add.
5...	... ...	... ...	When the water boils throw in the beans and let them boil quickly, uncovered to keep them green.
6...	... ...	... ...	When done drain carefully.
7...	Butter ...	1 oz. ...	Work together and melt in a stew-pan, stirring for 3 minutes.
8...	Flour ...	1 tea spoonful	

FRENCH BEANS, *à la poulette—(continued)*.

Order.	Ingredients.	Quantities.	Method.
9...	Liquor ...	1 large cupful	Pour on a cupful of the liquor the beans were boiled in, add salt.
10...	... ...	... ...	Stir on the fire for 10 minutes.
11...	Yolks of eggs	2 ...	Beat and add to the sauce, but do not let it boil.
12...	Butter ...	½ oz. ...	Melt and add gradually.
13...	Parsley ...	½ spoonful	Chop fine and add.
14...	... ...	... ...	Put in the beans, stir well till thoroughly hot and serve.

22.—FRENCH BEANS, *à la maître d'hôtel.*

Order.	Ingredients.	Quantities.	Method.
1...	French beans	... ...	Prepare as in previous receipt as far as No. 5.
6...	... ...	... ...	Take care that the beans do not get cold; drain at once and put in a stewpan.
7...	Butter ...	1 oz. ...	Mix together and melt in the stewpan with the beans, stirring well for a short time.
8...	Chopped parsley	1 spoonful	
9...	Pepper and salt	... ...	
10...	Vinegar ...	A few drops	Add if liked.
11...	... ...	... ...	Serve quickly on a hot dish.

23.—FRENCH BEANS, *à l'étuvée.*

Order.	Ingredients.	Quantities.	Method.
1...	Beans ...	... ...	Choose large, long, flat beans, trim and cut them slanting through the bean in thin slices.
2...	... ...	... ...	Put them in a stewpan.

FRENCH BEANS, *à l'étuvée*—(*continued*).

Order.	Ingredients.	Quantities.	Method.
3...	Butter ...	1 oz. ...	Melt and add.
4...	Onion ...	1 ...	Chop and add.
5...	Pepper and salt	... ...	Add.
6...	... ...	... ...	Put on the cover, and stew gently, stirring from time to time.
7...	... ...	... ...	Beans dressed in this way have an excellent flavour, but are not a good colour.

24.—GREEN PEAS, *boiled.*

Order.	Ingredients.	Quantities.	Method.
1...	Peas ...	1 peck ...	Shell.
2...	Water ...		Boil in a saucepan.
3...	Salt ...	1 teaspoonful	
4...	... ...	... ...	Put in the peas.
5...	Mint ...	2 sprigs ...	Add.
6...	... ...	... ...	Boil ½ hour with the saucepan well covered.
7..	... ...	... ...	Drain.
8..	... ...	... ...	Serve up hot.

NOTE.—Some people put butter into the peas before serving, but it does not improve their appearance.

25.—GREEN PEAS, *French way.*

Order.	Ingredients.	Quantities.	Method.
1...	Green peas ...	1 pint ...	Put into a saucepan.
2...	Cold water ...	... ...	Pour over them
3...	Salt, pepper ...	... ...	Add.
4..	Small onions	3 or 4 ...	
5...	Bunch of parsley, chervil, and chives	... ...	
6...	... ...	... ...	Boil ¾ hour, till the water is nearly boiled away.

GREEN PEAS, *French way—(continued)*.

Order.	Ingredients.	Quantities.	Method.
7...	... ...	... ...	Drain the peas and remove the herbs.
8...	... ...	... ...	Put them back in the saucepan.
9...	Butter ...	Size of an egg	Mix together into balls.
10...	Flour ...	1 teaspoonful	
11...	... ...	... ...	Throw them into the peas and stir quickly with a wooden spoon.
12...	Powdered sugar	If liked ...	Add 1 teaspoonful.
13...	Yolks of eggs	2... ...	Beat up in a bowl.
14...	Milk or water	1 table spoonful	
15...	Salt or powdered sugar	1 pinch ...	
16...	... ...	... ...	Take the saucepan off the fire.
17...	... ...	... ...	Mix the egg, &c., into the peas, stirring quickly.
18...	... ...	... ...	Serve at once on a hot dish.

26.—GREEN PEAS, *à la Française*.

Order.	Ingredients.	Quantities.	Method.
1...	Lettuce ...	... ...	Wash and clean it, tear it apart, and put in a stewpan.
2...	Butter ...	3 oz. ...	Add.
3...	Peas ...	1 pint ...	Add.
4...	Small onions	A few ...	Add if liked.
5...	Salt ...	A pinch...	Add.
6...	... ...	... ...	Put on the cover and let the peas stew gently for ½ hour.
7...	Sugar ...	1 oz. ...	Add when the peas are tender.
8...	Butter & flour	1 oz. ...	Mix together and add.
9...	... ...	... ...	Take the stewpan off the fire and stir well.
10...	... ...	... ...	If the sauce is too thick add a little water.

NOTE.—If preserved peas are used they should be first washed in boiling water; old peas if partly boiled first and then stewed in this, or the following manner, become tender and palatable.

27.—GREEN PEAS, *with bacon.*

Order.	Ingredients.	Quantities.	Method.
1...	Bacon ...	½ lb. ...	Cut in small thin slices.
2...	Butter ...	1 oz. ...	Melt in a stewpan.
3...	... ...	... ...	Put in the slices of bacon.
4...	Flour ...	½ oz. ...	Sprinkle over and stir in well.
5...	Water ...	¼ pint ...	Add if the peas are dry.
6...	Peas ...	1 pint ...	Add; if these have been washed, the water adhering to them will be enough at first.
7...	Onion ...	1 ...	Add if liked.
8...	Sweet herbs...	1 bunch...	Add.
9...	... ...	... ...	Put on the cover and stew gently; if the peas are too dry, add a little water or stock.
10...	... ...	... ...	Take out the onion and herbs before serving.

28.—STEWED PEAS, *with tinned meat.*

Order.	Ingredients.	Quantities.	Method.
1...	Peas ...	1 pint ...	Stew the peas as in Recipe No. 26.
2...	Sweet herbs...	1 bunch...	Add to the lettuce and onions.
3...	Meat ...	... ...	Divide in small pieces, and add with the jelly when the peas are nearly done.
4...	.. ...	... ...	When quite hot remove the herbs and onions, and serve altogether in a deep dish.

29.—PURÉE OF GREEN PEAS.

Order.	Ingredients.	Quantities.	Method.
1...	Green peas ...	2 pints ...	Put in a saucepan.
2...	Boiling water	... ...	Pour over them till they are covered.
3...	Leeks ...	2 or 3 ...	Tie them together and add.
4...	Parsley ...	A few sprigs	Add.

PURÉE OF GREEN PEAS—*(continued)*.

Order.	Ingredients.	Quantities.	Method.
5...	Salt ...	... ...	Add.
6...	... ...	... ...	When the peas are done, remove the leeks and parsley, and mash the peas.
7...	... ...	... ...	Put them in a stewpan.
8...	Butter ...	1 oz. ...	Add.
9...	Pepper and salt	... ...	Add.
10...	Stock ...	½ pint ...	Add.
11...	... ...	... ...	Mix very smooth and serve.

30.—PURÉE OF DRIED PEAS.

Order.	Ingredients.	Quantities.	Method.
1...	Peas ...	1 pint ...	Wash them and put them in a saucepan.
2...	Cold water ...	... ...	Pour over them till covered.
3...	Carrot ...	1 ...	Add when the water begins to boil.
4...	Onions ...	2 ...	Add and boil 4 hours.
5...	Turnip ...	1 ...	
6...	Bacon or lard	... ...	A little of either added to the water will make the peas more tender.
7...	Salt ...	... ...	Add when the peas are partly cooked.
8...	... ...	... ...	When done let the peas remain a minute or two, then take them out with a slice.
9...	... ...	... ...	Keep the liquor to make soup.
10...	... ...	... ...	Mash the peas.
11...	Flour or breadcrumbs	2 tea spoonfuls	Mix smooth with a little of the liquor and add to the peas.
12...	... ...	... ...	Put the purée in a stewpan.
13...	Butter ...	1 oz. ...	Add.
14...	Pepper, salt, and sugar	... ...	Add.
15...	... ...	... ...	Mix well and serve very hot.

31.—HARICOT BEANS, *boiled.*

Order.	Ingredients.	Quantities.	Method.
1...	Haricot beans	1 pint ...	Soak in water 24 hours before using.
2...	... ...	... ...	Drain and put into a saucepan.
3...	Warm water	... ...	Pour over till all are covered.
4...	Carrots ...	2 ...	Add,
5...	Onion pricked with 1 clove	1 ...	
6...	Bunch of herbs	... ...	
7...	Salt ...	... ...	
8...	... ...	... ...	Let them simmer 2 hours or till tender.
9...	... ...	... ...	Drain.
10...	Salt, pepper ...	... ...	Sprinkle over.
11...	Butter ...	2 oz. ...	Put into a stewpan.
12...	... ...	... ...	Put in the beans and stir them till quite hot.
13...	... ...	... ...	Serve with parsley and butter if liked.

32.—LENTILS, *à la maître d'hôtel.*

Order.	Ingredients.	Quantities.	Method.
1...	Lentils ...	1 pint ...	Put in a large pan.
2...	Cold water ...	... ...	Pour over till they are covered.
3...	Salt ...	1 pinch ...	Add.
4...	... ...	... ...	Let them soak for 24 hours.
5...	... ...	... ...	Boil quickly in the water they have been soaking in.
6...	Salt ...	1 spoonful	Add when the lentils are about half-cooked.
7...	Carrots ...	2 or 3 ...	
8...	Onions ...	1 or 2 ...	
9...	Parsley ...	A few sprigs tied together	
10...	Chives ...		
11...	Chervil ...		
12...	... ...	... ...	When tender drain and keep them hot.
13...	Butter ...	3 oz. ...	Melt in a stew-pan.
14...	... ...	... ...	Add the lentils and stir or shake well.
15...	Flour ...	1 pinch ...	Sprinkle over.

LENTILS, *à la maître d'hôtel*—(*continued*).

Order.	Ingredients.	Quantities.	Method.
16...	Parsley ...	... ...	Chop fine and add.
17...	Chives ...	... ...	
18...	Chervil ...	... ...	
19...	Pepper & salt	... ...	Sprinkle over.
20...	Stock ...	¼ pint ...	Add gradually, stirring well; when the lentils are tender take them off the fire, but keep them hot in the pan.
21...	Yolks of eggs	1 or 2 ...	Beat up together in a basin and add gradually to the lentils, if liked, but this sauce may be dispensed with.
22...	Water ...	1 table spoonful	
23...	Salt ...	a pinch ...	
24...	... ...	... ...	Serve very hot.

33.—PURÉE OF LENTILS.

Order.	Ingredients.	Quantities.	Method.
1...	Lentils ...	1 pint ...	Pick and wash them well.
2...	Cold water ...	... ...	Pour over the lentils in the saucepan.
3...	... ...	... ...	Boil for four hours, and add hot water as required to keep the saucepan full.
4...	Salt ...	1 spoonful	Add when half-boiled.
5...	... ...	... ...	When done let the saucepan stand a minute, then drain off the water.
6...	... ...	... ...	Rub the lentils through a sieve.
7...	Butter or beef dripping	2 oz. ...	Melt in a stewpan.
8...	Pepper & salt	... ...	Add.
9...	... ...	... ...	Put in the lentils and stir well.
10...	Fried bread ...	... ...	Serve very hot with sippets of bread fried in butter or dripping.

34.—LEEKS.

These are boiled and served on toast with white sauce poured over them, like sea-kale. The water in which they are boiled must be changed two or three times.

35.—MUSHROOMS, *stewed.*

Order.	Ingredients.	Quantities.	Method.
1...	Mushrooms ...	1 pint ...	Skin, take off the stalks, and put them into a dish.
2...	Boiling salt and water	... ...	Pour over to whiten them.
3...	... ...	... ...	Drain through a cullender.
4...	Butter ...	2 oz. ...	Melt in a stewpan over a slow fire.
5...	... ...	... ...	Put in the mushrooms.
6...	Salt ...	... ...	Sprinkle over.
7...	Cream ...	2 table spoonsful	When ready to dish up, stir in, but do not let it boil after.

NOTE.—Mushrooms are very nice sprinkled with pepper, rubbed with butter and done in the Dutch-oven.

36.—MUSHROOMS, *broiled.*

Order.	Ingredients.	Quantities.	Method.
1...	Mushrooms ...	1 pint ...	Choose them large and skin them.
2...	Olive oil ...	3 table spoonsful	Mix, and let the mushrooms soak in it one hour.
3...	Pepper, salt ...	... ...	
4...	... ...	... ...	Broil on the gridiron: first on one side, then on the other.
5...	... ...	... ...	Put them on a dish.
6...	Vinegar ...	2 or 3 drops	Mix with the oil.
7...	Parsley ...	... ...	Chop and add if liked.
8...	Chives ...	... ...	
9...	... ...	... ...	Pour over the mushrooms and serve.

37.—MUSHROOMS, *sautés.*

Order.	Ingredients.	Quantities.	Method.
1...	Mushrooms ...	1 pint ...	Skin them, and cut off the stalks.
2 ..	Water ...	½ pint ...	Mix and wash the mushrooms.
3...	Vinegar ...	A little ...	
4...	... ...	... ...	Put them to drain.
5...	Butter ...	2 oz. ...	Melt in a stewpan.

MUSHROOMS, *sautés—(continued)*.

Order.	Ingredients.	Quantities.	Method.
6...	Salt, pepper...	... ...	Add.
7...	Sweet herbs...	A few sprigs	Chop fine and add.
8...	... ...	... ...	Put in the mushrooms, and shake them frequently for 15 minutes or till done.

38.—MUSHROOMS, *on toast.*

Order.	Ingredients.	Quantities.	Method.
1...	Mushrooms ...	1 pint ...	Cut in half if large, and skin them.
2...	Hot water ...	... ...	Throw them in to blanch them.
3...	Cold water ...	... ...	Throw them in to cool, then wipe dry.
4...	Butter ...	2 oz. ...	Melt in a stewpan.
5...	... ...	... ...	Put in the mushrooms.
6...	Flour ...	A pinch...	Sprinkle in.
7...	Pepper, salt...	... ...	Add.
8...	Parsley ...	A bunch	Add.
9...	Stock ...	... ...	Add a little, and leave the mushrooms in 15 minutes.
10...	Lemon juice...	1 lemon...	Add.
11...	Slices of bread	... ...	Cut in rounds ½ inch thick.
12...	Butter ...	2 oz. ...	Melt, and fry the bread on both sides.
13...	... ...	... ...	Put the fried bread on a dish.
14...	... ...	... ...	Remove the parsley from the mushrooms.
15...	... ...	... ...	Pour the mushrooms with their sauce on to the bread.
16...	... ...	... ...	Serve very hot.

39.—ONIONS, *glacés.*

Order.	Ingredients.	Quantities.	Method.
1...	Onions ...	1½ lb. ...	Choose them of equal size.
2...	... ...	... ...	Peel them without injuring the tops and stalks.
3...	Butter ...	2 oz. ...	Melt in a stewpan on a slow fire.

ONIONS, *glacés*—(*continued*).

Order.	Ingredients.	Quantities.	Method.
4...	Salt ...	1 spoonful	Sprinkle in.
5...	... ...	... ...	Put in the onions side by side, the stalks upwards.
6...	Stock ...	... ...	Pour over till the onions are half-covered.
7...	Salt or sugar	If liked ...	Add.
8...	Butter ...	1 oz. ...	Break in small pieces and add.
9...	... ...	... ...	Stew uncovered on a quick fire at first.
10...	... ...	... ...	Turn the onions with a fork one by one.
11...	... ...	... ...	Slacken the fire when they are half done.
12...	... ...	... ...	Reduce the sauce till it is nearly dried up.
13...	... ...	... ...	Dress the onions on a dish, taking care not to break them.
14...	Stock ...	A few spoonsful	Add to the sauce in the stewpan, mix well and pour over the onions.

40.—SPANISH ONIONS, *à l'étuvée.*

Order.	Ingredients.	Quantities.	Method.
1...	Spanish onions	3 or 4 ...	Peel them and blanch them in boiling water.
2...	... ...	... ...	Throw them into cold water and drain.
3...	Butter ...	2 oz. ...	Melt and brown in a stewpan.
4...	Flour ...	1 dessert-spoonful	Stir in gradually.
5...	Stock ...	½ pint ...	Add.
6...	Claret ...	¼ pint ...	Add.
7...	Pepper and salt	... ...	Add.
8...	Bunch of herbs	... ...	Add.
9...	... ...	... ...	Put in the onions and stew gently till tender, then take them out.
10...	... ...	... ...	Reduce the sauce, strain, and pour over the onions.
11...	Sippets of bread	... ...	Fry in butter and put them all round the dish.

NOTE.—Spanish onions are also boiled and served with white sauce, or stewed in gravy.

41.—PARSNIPS, *boiled.*

See receipt for boiling carrots.

42.—POTATOES, *boiled.*

Order.	Ingredients.	Quantities.	Method.
1...	Potatoes ...	... ...	Pare and throw them into cold water.
2...	... ..	... ...	Drain and put in a saucepan.
3...	Cold water ...	... ...	Pour sufficient over to keep them from burning.
4...	... ...	... ...	Keep them close covered and boil about ½ hour.
5...	... ...	... ...	When done, drain out the water and let them stand covered for 2 or 3 minutes.

43.—NEW POTATOES, *boiled.*

Order.	Ingredients.	Quantities.	Method.
1...	New potatoes	... ...	Rub the skins off, and put them in a dish.
2...	Cold water ...	... ...	Pour over and let them soak 1 hour.
3...	... ...	... ...	Drain and put in a saucepan.
4...	Warm water	... ...	Cover and let them boil ½ hour with the saucepan uncovered.
5...	... ...	... ...	Drain off the water and let the potatoes stand a few minutes before the fire.
6...	... ...	... ...	Serve hot.

NOTE.—Warm water is better than cold for young potatoes.

44.—NEW POTATOES, *French way.*

Order.	Ingredients.	Quantities.	Method.
1...	Small young potatoes	3 lbs. ...	Scrape and throw into cold water.
2...	... ...	... ...	Drain and wipe them.
3...	Butter ...	¼ lb. ...	Melt in a stewpan over a good fire.

NEW POTATOES, *French way*—(*continued*).

Order.	Ingredients.	Quantities.	Method.
4...	...	...	Shake the pan to prevent the butter burning.
5...	...	...	When it is hot put in the potatoes.
6...	...	...	Stir and brown them all over.
7...	...	...	Let them absorb all the butter.
8...	Salt	...	Add at the end.
9...	...	...	Serve hot.

45.—POTATOES, *fried*.

Order.	Ingredients.	Quantities.	Method.
1...	Potatoes ...	...	Cut into thin slices.
2...	Butter ...	...	Melt in a frying-pan over a quick fire.
3...	Salt ...	...	Sprinkle over.
4...	... ...	...	Throw in the potatoes.
5...	Salt ...	...	Sprinkle over again.
6...	... ...	...	When they are fried on one side, turn them.
7...	... ...	...	Let them get brown and crisp and serve hot.

46.—POTATOES, *à la maître d'hôtel*.

Order.	Ingredients.	Quantities.	Method.
1...	Potatoes ...	2 lbs. ...	Half boil, then cut into thin slices.
2...	Butter ...	¼ lb. ...	Melt in a saucepan over a slow fire.
3...	... ...	...	Throw in the hot potatoes.
4...	Chopped parsley and chives	... ...	Sprinkle over, moving the pan about.
5...	... ...	... ...	As the butter melts shake the pan to prevent browning the potatoes.
6...	Salt ...	... ...	Sprinkle over.
7...	... ...	... ...	When the potatoes are tender serve them hot.

47.—POTATO BOULETTES.

Order.	Ingredients.	Quantities.	Method.
1...	Potatoes ...	2 lbs. ...	Boil and mash while hot.
2...	Parsley and chives	... ...	Chop and mash up with the potatoes.
3...	Yolks of eggs	2 ...	Add to the purée, putting in the frothed white of egg last.
4...	Butter ...	2 oz. ...	
5...	Boiled milk ...	1 teacup	
6...	Salt ...	... ...	
7...	Beaten whites of eggs	2 ...	
8...	Flour ...	... ...	Sprinkle over a pasteboard.
9...	... ...	... ...	Make balls of the purée and roll them in the flour.
10...	Boiling fat ...	... ...	Fry the balls brown.
11...	Salt ...	... ...	Sprinkle over.
12...	... ...	... ...	Serve dry with fried parsley.

48.—POTATOES, *with bacon.*

Order.	Ingredients.	Quantities.	Method.
1...	Bacon ...	½ lb. ...	Cut in small pieces, and brown in a stewpan.
2...	Flour ...	1 tea spoonful	Add to the bacon, stirring well till brown.
3...	Salt and pepper	... ...	Add to taste.
4...	Sweet herbs ...	A bunch	Add.
5...	Water ...	... ...	Half fill the stewpan.
6...	Potatoes ..	2 lbs. ...	Peel, cut in pieces, and put with the rest.
7...	... ...	... ...	Stew gently till tender.
8...	... ...	... ...	Take out the herbs before serving.

49.—POTATOES, *with parsley, German receipt.*

Order.	Ingredients.	Quantities.	Method.
1...	Potatoes ...	2 lbs. ...	Boil in water, then peel, and cut in slices.
2...	Butter ...	¼ lb. ...	Met in a saucepan, without browning.
3...	Flour ...	1 table spoonful	Add and mix smooth with the butter.
4...	Salt and nutmeg	To taste	Add.
5...	Onion ...	1 ...	Add if liked.
6...	Boiling water or milk	½ pint ...	Add.
7...	... ...	... ...	Put in the potatoes, and heat through.
8...	Chopped parsley	1 handful	Add before serving and stir well.

50.—POTATO RIBBONS.

Order.	Ingredients.	Quantities.	Method.
1...	Potatoes ...	... ...	Wash, wipe, and pare them.
2...	... ...	... ...	Cut them in slices an inch thick.
3...	... ...	... ...	Pare the slices round and round in long thin ribbons, and throw them into cold water.
4...	... ...	... ...	When wanted, drain them in a sieve.
5...	Oil ...	... ...	Fry the ribbons in boiling oil, till quite crisp, and a nice brown.
6...	.. ...	... ...	Drain them on a cloth.
7...	Salt and cayenne	... ...	Sprinkle over and serve very hot piled on a dish.

51.—MASHED POTATOES.

Order.	Ingredients.	Quantities.	Method.
1...	Potatoes ...	2 lbs. ...	Boil or steam them and peel.
2...	... ...	... ...	Crush with a fork until smooth.
3...	Milk ...	¼ pint ..	Boil and mix with the potatoes.
4...	Salt ...	A pinch...	Add.

MASHED POTATOES—(*continued*).

Order.	Ingredients.	Quantities.	Method.
5...	Butter ...	2 oz. ...	Mix in with the potatoes.
6...	... ..	... ...	Shape in a mould or basin, and then turn on to a dish.
7...	Butter ...	1 oz. ...	Cut in small pieces, and put over the potatoes.
8...	... ...	... ...	Brown before the fire and serve.

52.—POTATOES, *soufflées.*

Order.	Ingredients.	Quantities.	Method.
1...	Potatoes ...	2 lbs. ...	Peel and cut them in very thin slices.
2...	Fat ...	... ...	Fry them in moderately hot fat until nearly done.
3...	Cold water ...	... ...	Take them out of the pan, and throw them into cold water.
4...	... ...	... ...	Take them out of the water at once, and let them drain.
5...	... ...	... ...	Fry again in very hot fat, and shake the pan all the time; as they become brown, they will swell.
6 ..	Salt ...	... ...	Serve very hot sprinkled with salt.

53.—SALSIFY, *stewed.*

Order.	Ingredients.	Quantities.	Method.
1...	Cold water ...	1½ pint ...	Mix in a basin.
2...	Vinegar ...	1 table spoonful	
3...	Salsify ...	... ...	Clean and scrape the sticks to take off the skin, cut them in pieces about 4 inches long, and throw them at once into the vinegar and water to preserve their colour.
4...	Water ...	1 pint ...	Boil together in a large saucepan.
5...	Vinegar or lemon juice	1 table spoonful	
6...	... ...	... ...	When the water boils put in the salsify with the skimmer.

SALSIFY, *stewed—(continued)*.

Order.	Ingredients.	Quantities.	Method.
7...	Flour ...	1 tea spoonful	Add and boil 1 hour at least; when done they become soft, and are taken out and drained.
8...	Salt and pepper	... ...	
9...	Butter ...	A little if liked	
10...	Butter ...	2 oz. ...	Melt in a stewpan over a slow fire.
11...	Flour ...	1 dessert spoonful	Sprinkle over gradually and stir well.
12...	Good stock or gravy	¼ pint ...	Add gradually, and stir all the time.
13...	... ...	... ...	Put in the salsify, and let it stew gently uncovered.
14...	Salt and pepper	... ...	Add towards the end.
15...	... ...	... ...	Pile the salsify on a hot dish, pour the sauce over and serve very hot.

54.—SALSIFY, *fried*.

Order.	Ingredients.	Quantities.	Method.
1...	Salsify ...	... ...	Prepare as before as far as No. 9.
10...	Fine flour ...	1 table spoonful	Put in a dish and make a hole in the centre.
11...	Salt ...	A pinch...	Mix, pour gradually into the hole, mixing them with the flour.
12...	Brandy ...	1 table spoonful	
13...	Egg ...	1 yolk and white	
14...	Milk or water	A few drops	Add and work in until the batter is quite smooth.
15...	Butter or lard	... ...	Melt in the frying pan over a quick fire.
16...	Prepared salsify	... ...	Take one piece at a time on a fork, dip it in the batter, and throw into the boiling fat, and fry on both sides.
17...	Salt ...	... ...	Sprinkle over both sides while frying.
18...	... ...	... ...	Take the pieces out with a fork when done, and serve piled on a hot dish.
19...	Fried parsley	... ...	To garnish the dish.

55.—SEA-KALE, *boiled.*

Order.	Ingredients.	Quantities.	Method.
1...	Sea-kale ...	... ...	Wash and trim it, and tie it in bundles.
2...	Boiling water	... ...	Throw the sea-kale in.
3...	Salt ...	1 spoonful	Add.
4...	... ...	... ...	Let it boil about 20 minutes.
5...	Toast ...	If liked ...	Lay at the bottom of the dish.
6...	... ...	... ...	Drain the sea-kale, and put it on the toast.
7...	Melted butter	... ...	Pour over it, or serve separately.

56.—SEA-KALE, *stewed in gravy.*

Order.	Ingredients.	Quantities.	Method.
1...	Sea-kale ...	... ...	Boil for 10 minutes in salt and water.
2...	... ...	... ...	Drain and put it in a stewpan.
3...	Brown gravy	... ...	Pour over it till covered.
4...	... ...	... ...	Stew gently for 10 or 15 minutes.
5...	... ...	... ...	Serve in the gravy very hot.

57.—SORREL, *French receipt.*

Order.	Ingredients.	Quantities.	Method.
1...	Sorrel ...	1 lb. ...	Pick and wash it like spinach.
2...	Boiling water	... ...	Pour over it.
3...	... ...	... ...	Take it out again, drain it and press it dry.
4...	... ...	... ...	Chop it, but not too fine.
5...	Butter ...	2 oz. ...	Melt in a stewpan, and when hot put in the sorrel.
6...	Salt ...	A pinch	Add.
7...	Flour ...	1 tea spoonful	Sprinkle over gradually and stir well

SORREL, *French receipt—(continued)*.

Order.	Ingredients.	Quantities.	Method.
8...	Stock ...	¼ pint ...	Add and let it stew gently for ½ hour.
9...	Yolks of eggs	2 ...	Beat up in a basin.
10...	Pepper and salt	... ...	Add to the eggs.
11...	... ...	... ...	Take the stewpan off the fire, but keep it hot without boiling.
12...	... ...	... ...	Add the beaten eggs and stir them in.
13...	Butter ...	½ oz. ...	Add before serving.
14...	... ...	... ...	Put the sorrel on a dish and serve poached or hard-boiled eggs on it.

58.—SPINACH, *boiled.*

Order.	Ingredients.	Quantities.	Method.
1...	Spinach ...	... ...	Pick each leaf, cutting off the stalk, and wash well.
2...	... ...	... ...	Put in a saucepan.
3...	Boiling water	... ...	Pour over till all is covered.
4...	Salt ...	1 table spoonful	Add.
5...	... ...	... ...	Boil fast, pressing down with the wooden spoon.
6...	... ...	... ...	When tender, drain and chop fine.
7...	Butter ...	2 oz. ...	Heat in a stewpan.
8...	... ...	... ...	Put in the chopped spinach.
9...	Pepper and salt	... ...	Add.
10...	... ...	... ...	Stir on the fire till very hot and dry.
11...	Toast ...	... ...	Put in a vegetable-dish.
12...	... ...	... ...	Dress the spinach on the toast, and serve hot.

59.—SPINACH, *au jus.*

Order.	Ingredients.	Quantities.	Method.
1...	Spinach ...	... ...	Take off the stalk and rib of each leaf and wash in cold water, then boil in the usual way.

SPINACH, *au jus*—(*continued*).

Order.	Ingredients.	Quantities.	Method.
2...	... ...	... ...	Drain and press all the water out.
3...	... ...	... ...	Chop very fine.
4...	Butter ...	1 oz. ...	Melt in a stewpan.
5...	Flour ...	1 tea spoonful	Sprinkle over.
6...	Salt ...	... ...	Add and shake over the fire for 3 minutes.
7...	... ...	... ...	Put in the spinach and stir for 5 minutes.
8...	Stock ...	1 table spoonful	Add to moisten the spinach.
9...	Veal broth or good gravy	¼ pint ...	Add gradually and stir well in.
10...	Butter ...	½ oz. ...	Add just before serving.
11...	Fried sippets	... ...	To garnish the dish.

60.—TOMATOES, *stuffed.*

Order.	Ingredients.	Quantities.	Method.
1...	Tomatoes ...	4 or 5 ...	Choose them large, round and well shaped.
2...	... ...	... ...	Peel them, cut off the stalks, and remove some of the pulp on the stalk side.
3...	Pulp of tomatoes	... ...	Have a small quantity of this freed from seeds and seasoned to taste.
4...	Forcemeat ...	½ lb. ...	Add to the mashed pulp.
5...	... ...	... ...	Fill the tomatoes with this preparation.
6...	Bread crumbs	2 oz. ...	Sprinkle over.
7...	... ...	... ...	Put the remainder of the forcemeat in a dish.
8...	... ...	... ...	Lay the tomatoes on this layer.
9...	... ...	... ...	Bake in the oven and serve very hot.

61.—TOMATOES, *stewed.*

Order.	Ingredients.	Quantities.	Method.
1...	Tomatoes ...	5 or 6 ...	Cut off the stalks and arrange them in a stewpan.
2...	Gravy or stock	... ...	Add till they are half covered.
3...	... ...	... ...	Stew gently till done on the under side, then turn them and stew the other side.
4...	... ...	... ...	Put the tomatoes in a dish.
5...	Flour ...	1 tea spoonful	Mix and put in the sauce to thicken it.
6...	Butter ...	1 oz. ...	
7...	... ...	... ...	Pour the sauce over the tomatoes and serve.

62.—PURÉE OF TOMATOES.

Order.	Ingredients.	Quantities.	Method.
1..	Tomatoes ...	10 ...	Divide, take off the stalks and squeeze the seeds out.
2...	... ...	... ...	Put them in a saucepan.
3...	Onion ...	1 small ...	Add.
4...	Good gravy ...	½ pint ...	Add and let them boil up.
5...	Bayleaf ...	1 or 2 ...	Add.
6...	Salt, cayenne	To taste	Add.
7..	... ...	... ...	Let them simmer 1 hour.
8...	... ...	... ...	Press through a sieve into a stewpan.
9...	Cream ...	¼ pint ...	Mix, and boil for 5 minutes.
10...	Flour ...	1 tea spoonful	
11...	... ...	... ...	Mix the cream with the tomatoes.
12...	... ...	... ...	Heat thoroughly and serve very hot.

63.—TOMATOES, *roasted.*

Order.	Ingredients.	Quantities.	Method.
1...	Tomatoes ...	6 ...	Choose them of equal size, and cut off the stalks.
2...	... ...	... ...	Toast in a Dutch oven or
3...	... ...	... ...	Put them at the edge of the dripping pan.
4...	... ...	... ...	See that no fat from the meat falls on them.
5...	... ...	... ...	Turn them until roasted all round.
6...	... ...	... ...	They will take about 12 minutes.

64.—TURNIPS, *boiled.*

Order.	Ingredients.	Quantities.	Method.
1...	Turnips ...	2 lbs. ...	Peel and cut into quarters.
2...	Salt and water	... ...	Boil in a saucepan.
3...	... ...	... ...	Put in the turnips and boil 1¼ hours or till tender.
4...	... ...	... ...	Drain and rub through a cullender.
5...	Butter ...	1 oz. ...	Put into a stewpan.
6...	Pepper ...	... ...	Add.
7...	... ...	... ...	Put in the turnips and stir over the fire till quite mixed and hot.

NOTE.—When very young, turnips may be served whole.

65.—TURNIPS, *French way.*

Order.	Ingredients.	Quantities.	Method.
1...	Young turnips	1½ lbs. ...	Wash, peel, and leave whole, or cut in dice.
2...	Butter ...	Size of an egg	Melt in a stewpan over a slow fire.
3...	... ...	... ...	Put in the turnips.
4...	Salt ...	1 pinch ...	Sprinkle over.
5...	Powdered sugar	1 tea spoonful	Sprinkle over.
6...	... ...	... ...	Let them fry till they are a light brown.

TURNIPS, *French way—(continued)*.

Order.	Ingredients.	Quantities.	Method.
7...	Gravy or stock	¼ pint ...	Add gradually.
8...	... ...	... ...	Cover the stewpan and let all simmer gently till the turnips are tender.
9...	... ...	... ...	Serve hot.

66.—TURNIPS, *à la Poulette.*

Order.	Ingredients.	Quantities.	Method.
1...	Turnips ...	2 lbs. ...	Wash, peel, and cut in pear-shaped pieces.
2...	Boiling water, salt and pepper	... ...	Pour over them in a basin or deep dish, and drain through a cullender.
3...	Butter ...	2 oz. ...	Melt in a stewpan on a slow fire.
4...	... ...	... ...	Throw in the turnips.
5...	Flour, salt and pepper	... ...	Sprinkle over.
6...	Stock or water	¼ pint ...	Add gradually, stirring well and stew gently.
7...	Yolk of egg ...	1 ...	Beat up in a basin.
8...	Vinegar ...	A few drops	Add to the egg.
9...	... ...	... ...	Take the turnips out with a slice and dress them on a dish.
10...	... ...	... ...	Mix the beaten up egg with the sauce in the stewpan.
11...	... ...	... ...	Pour over the turnips and serve.

67.—TURNIPS, *minced.*

Order.	Ingredients.	Quantities.	Method.
1...	Turnips ...	2 lbs. ...	Cut them in very thin slices and dry them well with a cloth.
2...	Butter ...	3 oz. ...	Melt in a stewpan.
3...	... ...	... ...	When hot put in the turnips.

TURNIPS, *minced—(continued)*.

Order.	Ingredients.	Quantities.	Method.
4...	Salt, pepper...	... ...	Sprinkle over.
5...	Powdered sugar	1 tea spoonful	Add.
6...	... ...	... ...	Shake the turnips in the butter that they may not stick together.
7...	... ...	... ...	Cook gently a bright gold colour and serve without sauce.

68.—TURNIPS *with mustard sauce.*

Order.	Ingredients.	Quantities.	Method.
1...	Turnips ...	2 lbs. ...	Peel and cut in equal sized pieces.
2...	Boiling water	... ...	Pour over to blanch them.
3...	Butter ...	2 oz. ...	Melt in a stewpan.
4...	Stock ...	½ pint ...	Add to the butter.
5...	... ...	... ...	Put in the turnips and stew gently.
6...	... ...	... ...	When tender take them out and put on a dish.
7...	Butter ...	1 oz. ...	Add to the sauce.
8...	Mustard ...	1 dessert spoonful	Add and stir in well.
9...	Salt ...	A pinch...	Add, stir, and pour the sauce over the turnips.

69.—VEGETABLE MARROW, *boiled.*

Order.	Ingredients.	Quantities.	Method.
1...	Marrows ...	2 ...	Peel.
2...	Salt and water	... ...	Boil in a saucepan.
3...	... ...	... ...	When the water boils, put in the marrow and boil till tender.
4...	... ...	... ...	Drain, cut into quarters if large, halve them if small.
5...	Toast ...	... ...	Serve under the marrows, with white sauce over.

70.—VEGETABLE MARROW, *baked.*

Order.	Ingredients.	Quantities.	Method.
1...	Marrow ...	1 large ...	Peel, cut in two and take out the seeds.
2...	Onion sliced	1 ...	Put inside the marrow.
3...	Pepper, salt ...	... ...	
4...	Butter ...	1 oz. ...	
5...	... ..	... ...	Put the marrow in a vegetable dish.
6...	... ...	... ...	Bake 1 hour or till tender.

NOTE.—Marrows are much nicer cooked this way than when boiled.

71.—VEGETABLE MARROWS, *à l'étuvée.*

Order.	Ingredients.	Quantities.	Method.
1...	Marrows ...	4 ...	Choose them small and white.
2...	... ...	... ...	Peel them, cut them in quarters, and remove the seeds.
3...	... ...	... ...	Cut the quarters in long pieces.
4...	Boiling water	... ...	Throw them into salted boiling water, and boil a few minutes.
5...	Salt ...	... ...	
6...	... ...	... ...	Drain them.
7...	Butter ...	3 oz. ...	Melt in a stewpan, but do not let it brown.
8 ..	Flour ...	1 dessert spoonful	Add gradually.
9 ..	... ...	... ...	Put in the pieces of marrow.
10...	Milk ...	... ...	Use as much as necessary to thin the sauce.
11...	Pepper and salt	... ...	Add.
12...	Parsley ...	1 dessert spoonful	Chop fine and add.
13...	... ...	... ...	Let the marrows stew for a few minutes, then put them on a hot dish.
14...	Yolks of eggs	2 ...	Beat up and add to the sauce without boiling.
15...	... ...	... ...	Pour over the marrows and serve.

72.—MACEDOINE OF VEGETABLES.

Order.	Ingredients.	Quantities.	Method.
1...	Potatoes ...	... ...	Choose as many of these and of other vegetables as are in season, and prepare by boiling in salt and water; then let them drain, and cut them in slices or shreds,
2...	Haricot beans	... ...	
3...	French beans	... ...	
4...	Cauliflower ...	... ...	
5...	Artichokes ...	... ...	
6...	Asparagus ...	... ...	
7...	Cucumber ...	... ...	
8...	Beetroot ...	... ...	
9...	Vinegar ...	... ...	Mix together and put in the prepared vegetables.
10...	Pepper and salt	... ...	
11...	Spice ...	... ...	
12...	Crayfish ...	... ...	Shell and add if liked.
13...	Prawns ...	... ...	
14...	Anchovies ...	... ...	Any of these or other kinds of fish may be added shred in thin slices; all remains of cold fish are admissible.
15...	Turbot ...	... ...	
16...	Salmon ...	... ...	
17...	Sole ...	... ...	
18...	Trout ...	... ...	
19...	Hard boiled eggs	... ...	Chop fine and add.
20...	Capers ...	... ...	Add.
21...	Olives ...	... ...	Remove the stones and add.
22...	Preserved cucumbers	... ...	Cut in slices and add.
23...	Sausage ...	If liked ...	Cut in thin slices.
24...	... ...	... ...	Arrange all the ingredients in the salad bowl.
25...	Lettuces ...	... ...	Use the hearts for garnishing.
26...	Hard boiled eggs	... ...	Pound the yolks only for the dressing.
27...	Salad oil ...	... ...	Add.
28...	Vinegar ...	... ...	Add.
29...	Pepper and salt	... ...	Add and mix all the ingredients well together.
30.	... ...	... ...	Pour the dressing over the Macédoine or serve separately.

73.—SALADS.

Lettuce.
Endive, good all the year round.
Watercress.
Lamb's-lettuce or corn salad. From September till frost.
Celery. Autumn and winter.
Dandelion. From October till spring.
Purslain.
Fennel.
Mustard and cress.
Radishes.

74.—METHOD OF PREPARING SALAD.

Order.	Ingredients.	Quantities.	Method.
1...	Lettuces ...	... ...	Pick and examine each leaf separately.
2...	... ...	... ...	Throw them at once into cold water.
3 ..	... ...	... ...	Drain in a salad basket, shaking it well.
4...	... ...	... ...	Wipe and press each leaf dry with a cloth.
5...	... ...	... ...	Tear in pieces with the fingers and put in the salad bowl.
6...	... ...	... ...	Put the small salad on the top.

75.—DRESSING FOR SALAD.

Order.	Ingredients.	Quantities.	Method.
1...	Salt, pepper...	A pinch...	Put in a salad spoon.
2...	... ...	... ...	Mix and sprinkle over the salad.
3...	Olive oil ...	2 or 3 table spoonsful	Pour over and mix well in the salad.
4...	Vinegar ...	1 dessert spoonful	Add last of all.

NOTE.—By mixing in this way there is never too strong a flavour of vinegar; if there is too much vinegar it sinks to the bottom of the bowl and does not mix with the oil.

76.—SALAD DRESSING, *prepared before-hand.*

Order.	Ingredients.	Quantities.	Method.
1...	Salt, pepper...	... ...	Mix in a bowl or basin.
2...	Vinegar ...	1 dessert spoonful	
3...	Oil ...	2 or 3 table spoonsful	Add by degrees, stirring all the time.
4...	... ...	.. ...	Pour it over the salad in the bowl when required.

77.—PLAIN SALAD.

Order.	Ingredients.	Quantities.	Method.
1...	Lettuces ...	3 ...	Wash and cut off the decayed leaves.
2...	Mustard and cress	A good quantity	Do.
3...	Boiled beet-root	5 or 6 slices	Add, if liked.
4...	Hard boiled eggs	3 ...	
5...	... ...	... ...	Tear the lettuces into small pieces.
6...	Oil ...	2 table spoonsful	Mix together and pour over the salad.
7...	Vinegar ...	1 dessert spoonful	
8...	Pepper, salt	Season well	

NOTE.—Radishes and cucumbers may be added. An endive may be used instead of lettuces.

78.—POTATO SALAD.

Order.	Ingredients.	Quantities.	Method.
1...	Potatoes ...	2 lbs. ...	Boil, dry, cut into slices and put them in a salad bowl.
2...	Parsley ...	... ...	Chop fine and sprinkle over.
3...	Chives ...	... ...	
4...	Chervil ...	... ...	

POTATO SALAD—(*continued*).

Order.	Ingredients.	Quantities.	Method.
5...	Oil ...	3 table spoonsful	
6...	Vinegar ...	1 table spoonful	Mix together and pour over, stirring well.
7...	Salt, pepper ...	... ...	
8...	... ...	... ...	Serve lukewarm.

79.—SALAD OF FRENCH BEANS.

Order.	Ingredients.	Quantities.	Method.
1...	Cold beans ...	1 pint ...	Put in the salad bowl.
2...	Salt, pepper ...	... ...	Sprinkle over 2 or 3 hours before serving.
3...	Vinegar ...	1 table spoonful	Add with the salt and pepper, and mix.
4...	... ...	... ...	Cover the salad bowl and put it aside.
5...	... ...	... ...	Before serving drain the beans in a hair sieve, and put them back in the bowl.
6...	Sweet herbs ...	... ...	Chop fine and sprinkle over the top.
7...	Olive oil ...	2 or 3 table spoonsful	Mix in the salad, and stir well immediately before serving.

80.—TOMATO SALAD.

Order.	Ingredients.	Quantities.	Method.
1...	Tomatoes ...	8 ...	Dip in boiling water and peel.
2...	... ...	... ...	Cut them in slices.
3...	Chopped parsley	1 table spoonful	Sprinkle over.

TOMATO SALAD—(*continued*).

Order.	Ingredients.	Quantities.	Method.
4...	Salt, pepper ...	To taste	Add.
5...	Vinegar ...	1 dessert spoonful	Add and stir well.
6...	Olive oil ...	2 table spoonsful	Add gradually, stirring all the time.

81.—FISH SALAD.

Order.	Ingredients.	Quantities.	Method.
1...	Fillets of fish	... ...	Choose sole, plaice, or whiting, and cut them in fillets.
2...	... ...	... ...	Roll them up and tie with thread.
3...	... ...	... ...	Boil them and when cold remove the threads.
4...	Lettuces ...	... ...	Wash well, pick, dry, and put in the salad bowl.
5...	Mustard and cress ...	... ...	
6...	Beetroot ...	... ...	Cut in slices and add.
7...	... ...	... ...	Make openings in the salad and set the fillets up edgeways in them.
8...	Mayonnaise sauce	... ...	Put a table spoonful of thick mayonnaise on the top of each fillet.
9...	... ...	... ...	Serve the remainder of the sauce separately.

82.—FISH SALAD, *another way*.

Order.	Ingredients.	Quantities.	Method.
1...	Remains of cold fish	... ...	Take away all skin and bones, and break in small pieces with forks.
2...	Mayonnaise...	... ...	Mix well with the fish.
3...	Mixed salad...	... ...	Pick, wash, dry, and put in the salad bowl.
4...	... ...	... ...	Add the fish, stir all well together and serve.

SECTION XI.—EGGS, OMELETS, AND CUSTARDS.

1.—EGGS, *boiled.*

Order.	Ingredients.	Quantities.	Method.
1...	Water ...	... ...	Boil in a saucepan.
2...	Eggs ...	... ...	Put them in the saucepan when the water boils.
3...	... ...	... ...	Let them boil 3 minutes.
4...	... ...	... ...	Serve them on a napkin or in egg cups.

NOTE.—The fresher eggs are, the longer they will take to boil.

2.—HARD-BOILED EGGS.

Order.	Ingredients.	Quantities.	Method.
1...	Water ...	... ...	Boil in a saucepan.
2...	Eggs ...	... ...	Put them in the saucepan when the water boils.
3...	... ...	... ...	Let them boil 15 minutes.
4...	Cold water ...	... ...	Pour into a deep dish.
5...	... ...	... ...	Take out the eggs from the boiling water and plunge them into the cold.
6...	... ...	... ...	Let them get cool, then shell them.
7...	... ...	... ...	Cut them in quarters and serve them on tomato sauce.
8...	Salt ...	... ...	Sprinkle over.

3.—FRIED EGGS.

Order.	Ingredients.	Quantities.	Method.
1...	Butter ...	3 oz. ...	Melt in a fryingpan and let it brown.
2...	Eggs ...	6 ...	Break carefully one by one into the pan, and prevent them spreading.
3...	Salt ...	... ...	Sprinkle over.
4...	... ...	... ...	When they are a nice colour take them out with a skimmer and put them on a hot dish.
			NOTE.—French cooks make the following addition to fried eggs.
5...	Eschalot chopped	... ...	Mix and throw into the butter that remains in the pan.
6...	Bread crumbs	... ...	
7...	Salt ...	... ...	Sprinkle over and stir.
8...	Water ...	... ...	Add a few drops.
9...	Vinegar ...	... ...	Add 3 drops.
10...	... ...	... ...	Pour this sauce over the eggs and serve hot.

4.—POACHED EGGS.

Order.	Ingredients.	Quantities.	Method.
1...	Water ...	1 pint ...	Boil in a saucepan ¾ full.
2...	Salt ...	1 spoonful	
3...	Vinegar ...	1 wine glass	
4...	... ...	... ...	Let it boil fast.
5...	Eggs ...	6 ...	Break them carefully one by one into the saucepan.
6...	... ...	... ...	With the skimmer gently draw the white over each yolk.
7...	... ...	... ...	One minute ought to suffice to set the eggs.
8...	... ...	... ...	Move the pan a little on the fire, and let the eggs simmer for 2 or 3 minutes. Take them out with a slice.
9...	... ...	... ...	Trim, drain and serve on a folded napkin, or on spinach, or other vegetable.

5.—POACHED EGGS, *en matelote.*

Order.	Ingredients.	Quantities.	Method.
1...	Wine ...	⅓ pint ...	Put in a saucepan.
2...	Water ...	⅓ pint ...	Add.
3...	Sweet herbs...	A bunch	Add.
4...	Onion ...	1 stuck with cloves	Add.
5...	Pepper and salt	... ...	Add.
6...	Garlic ...	1 clove	Add if liked.
7...	... ...	... ...	Boil for 15 minutes.
8...	... ...	... ...	Take out the herbs, &c.
9...	Eggs ...	6 ...	Break into the sauce and poach one by one, taking them out when done.
10...	Fried sippets	... ...	Place on a dish, put the eggs on the top and keep them hot.
11...	Butter ...	1 oz. ...	Work together and add to the sauce.
12...	Flour ...	1 tea spoonful	
13...	... ...	... ...	Reduce the sauce, strain, and pour it over over the eggs, and serve very hot.

6.—EGGS, *à la moutarde.*

Order.	Ingredients.	Quantities.	Method.
1...	Butter ...	2 oz. ...	Melt in a saucepan.
2...	Mustard ...	1 tea spoonful	Add and mix well together.
3...	Vinegar ...	A few drops	Add.
4...	Pepper and salt	... ...	Add.
5...	Eggs ...	6 ...	Boil hard, shell, and cut in half lengthways.
6...	... ...	... ...	Put the sauce on a hot dish.
7...	... ...	... ...	Arrange the eggs on it, and put a spoonful of the sauce on each half egg.

NOTE.—Eggs are served in the same way with thick anchovy sauce.

7.—STUFFED EGGS.

Order.	Ingredients.	Quantities.	Method.
1...	Eggs ...	8 ...	Boil hard, shell, and cut in half lengthways.
2...	... ...	... ...	Scoop out the yolks and pound them in a mortar.
3...	Crumb of bread	4 oz. ...	Soak the piece of bread in milk, squeeze and pound with the yolks.
4...	Milk ...	... ...	
5...	Butter ...	... ...	Add the same weight as the yolks.
6...	Parsley ...	A few sprigs	Chop fine and add.
7...	Eschalots ...	2 or 3 ...	Chop and add.
8...	Pepper and salt	... ...	Add.
9...	Nutmeg ...	... ...	Grate a little over, and mix well together.
10...	Yolks of eggs	2 ...	Beat up and add to the pounded yolks, &c.
11...	... ...	... ...	Mix well and press through a hair sieve.
12...	... ...	... ...	Put some of this mixture in each of the hard boiled whites of eggs and pile it up.
13...	... ...	... ...	Spread the remainder on a baking dish and lay the halves of egg on it.
14...	... ...	... ...	Put the dish on hot coals, and cover with a pan of hot coals.
15...	... ...	... ...	When nicely browned serve very hot.

8.—EGGS, *à l'écossaise.*

Order.	Ingredients.	Quantities.	Method.
1...	Eggs ...	6 ...	Boil hard and shell.
2...	Ham ...	1 oz. ...	Chop all the ingredients very fine, and then pound quite smooth in a mortar.
3...	Fat bacon ...	1 oz. ...	
4...	Butter ...	1 oz. ...	
5...	Onion ...	1 ...	
6...	Parsley ...	A few sprigs	
7...	Sweet herbs...	Same quantity	

EGGS, *à l'écossaise—(continued)*.

Order.	Ingredients.	Quantities.	Method.
8...	Yolks of eggs	2 ...	Beat up.
9...	Pepper, salt, and nutmeg	A pinch of each	Add to the beaten yolks.
10...	Cayenne pepper	A small pinch	Add.
11...	... ...	... ...	Mix with the pounded ingredients to moisten them.
12...	... ...	... ...	Cover the hard boiled eggs with the forcemeat.
13...	Egg ...	1 ...	Beat up the yolk and white together.
14...	... ...	... ...	Dip the eggs in the beaten egg.
15...	Bread crumb	... ...	Roll the eggs in.
16...	Boiling fat ...	... ...	Fry a good colour and serve very hot.

9.—EGGS, *brouillés, or mumbled.*

Order.	Ingredients.	Quantities.	Method.
1...	Butter ...	2 oz. ...	Melt in a stewpan.
2...	Eggs ...	6 ...	Break into a basin and beat up.
3...	Pepper and salt	... ...	Add to the eggs.
4...	Chopped parsley	1 dessert spoonful	Add.
5...	Milk ...	1 dessert spoonful	Add and mix well.
6...	... ...	... ...	Pour the beaten eggs on the hot butter and stir well over the fire.
7...	... ...	... ...	When the eggs are set, but not hard, serve.
8...	Fried sippets	... ...	Garnish the dish.

NOTE.—Eggs can be dressed in this way and served with any vegetables cooked beforehand, seasoned, and chopped fine.

10.—EGGS, *sur le plat.*

Order.	Ingredients.	Quantities.	Method.
1...	Fresh butter	1 oz. ...	Spread on the bottom of a dish that can go on the fire. There are tin enamelled dishes made on purpose.
2...	Salt and pepper	... ...	Sprinkle over.
3...	Fresh eggs ...	4 ...	Break them carefully into the butter, taking care not to break the yolk, and arrange them regularly.
4...	... ...	... ...	Put the dish on hot cinders for ten minutes.
5...	... ...	... ...	Serve on the same dish.

11.—OMELET *aux fines herbes.*

Order.	Ingredients.	Quantities.	Method.
1...	Parsley ...	... ...	Chop fine and mix together.
2...	Bayleaf ...	... ...	
3...	Chives ...	... ...	
4...	Cress ...	If liked ...	
5...	Fresh eggs ...	6 ...	Break into a basin and beat them well.
6...	Salt and pepper	... ...	Add while beating.
7...	Butter in small pieces	1 oz. ...	
8...	Water ...	... ...	Add a few drops to assist the whites and yolks in mixing.
9...	... ...	... ...	Add the herbs, still beating.
10...	... ...	... ...	Let it stand a little.
11...	Butter ...	2 oz. ...	Melt in a frying pan over a clear fire.
12...	... ...	... ...	As soon as the butter is melted, pour in the eggs, &c.
13...	... ...	... ...	While the omelet is frying, shake the pan to prevent it catching.
14...	... ...	... ...	When it is firm, raise it and slip pieces of butter under it.
15...	... ...	... ...	Let it brown nicely.
16...	... ...	... ...	Fold the omelet in two.
17...	... ...	... ...	When it is done, slip it on a hot dish.

NOTE.—The herbs may be left out for an omelet *au naturel.*

12.—OMELET *with asparagus.*

Order.	Ingredients.	Quantities.	Method.
1...	Asparagus ...	... ...	Cut the tops of cold dressed asparagus in small pieces.
2...	Butter ...	2 oz. ...	Melt in the omelet pan.
3...	... ...	... ...	Throw in the asparagus.
4...	... ...	... ...	Add the beaten eggs seasoned with herbs, and proceed as in 11.

13.—OMELET *with mushrooms.*

Order.	Ingredients.	Quantities.	Method.
1...	Mushrooms ...	10 or 12 ...	Stew in butter for a few minutes.
2...	... ...	... ...	Mix with the eggs prepared for the omelet, and proceed as before.

14.—OMELET *with onions.*

Order.	Ingredients.	Quantities.	Method.
1..	Onions ...	2 or 3 ...	Peel and cut in slices.
2...	Butter ...	2 oz. ...	Melt in a pan.
3...	... ...	... ...	Throw in the onions and brown them.
4...	Butter ...	1 oz. ...	Add.
5...	... ...	... ...	Pour on the beaten eggs and proceed as before.

15.—OMELET *au lard.*

Order.	Ingredients.	Quantities.	Method.
1...	Bacon or	½ lb. ...	Cut in dice.
2...	Ham ...	½ lb. ...	Cut in thin slices.
3...	Butter ...	2 oz. ...	Melt in the omelet pan.
4...	... ...	... ...	Throw in the bacon or ham.
5...	... ...	... ...	When brown add the beaten eggs flavoured with pepper.
16...	... ...	... ...	Roll the omelet when done.
17...	Sauce piquante	... ...	Serve with the omelet.

16.—OMELET *aux anchois.*

Order.	Ingredients.	Quantities.	Method.
1...	Anchovies ...	12 ...	Soak in cold water for 15 minutes.
2...	... ...	... ...	Scrape, and cut them in small slices.
3...	Bread ...	... ...	Cut in thin slices and toast.
4...	Oil ...	... ...	Fry the sippets in boiling oil.
5...	... ...	... ...	Lay the slices of anchovy on the toasted sippets.
6...	Eggs ...	12 ...	Beat in a basin.
7...	Salt, pepper ...	... ...	Add.
8...	Oil ...	... ...	Put in a fryingpan on the fire.
9...	... ...	... ...	When it begins to boil, pour in half the beaten eggs for a thin omelet.
10...	... ...	... ...	When done put it in a dish.
11...	... ...	... ...	Lay the toasted sippets with anchovy on the omelet.
12...	... ...	... ...	Make a second omelet with the remainder of the eggs.
13...	... ...	... ...	Place this over the toast and serve.
14...	Good gravy or sauce	... ...	Pour over or serve separately.

17.—OMELET *au fromage.*

Order.	Ingredients.	Quantities.	Method.
1...	Cheese ...	¼ lb. ...	Grate fine.
2...	Eggs ...	12 ...	Beat in a basin.
3...	... ...	... ...	Add the grated cheese.
4...	Cream ...	1 tea cupful	Add to the eggs and beat well.
5...	Pepper, salt ...	... ...	Add.
6...	... ...	... ...	Fry the omelet in the usual way.

18.—OMELET *au pain (economical).*

Order.	Ingredients.	Quantities.	Method.
1...	Stale bread ...	... ...	Cut in small pieces enough to cover the bottom of the pan.
3...	Butter ...	3 oz. ...	Heat in the pan, and fry the bread.
4...	Eggs ...	8 ...	Pour on the beaten eggs, and fry as usual.

19.—OMELET *au Rhum.*

Order.	Ingredients.	Quantities.	Method.
1...	Eggs ...	6 ...	Separate the yolks and whites into different basins.
2...	... ...	... ...	Beat the whites first.
3...	... ...	... ...	Beat the yolks separately.
4...	Powdered sugar	1 tea spoonful	Add to the yolks whilst beating.
5...	Grated lemon peel	1 lemon...	
6...	... ...	... ...	Pour the yolks, &c., into the whites and beat them altogether.
7...	Milk ...	A little ...	Add if liked, still beating.
8...	Butter ...	3 oz. ...	Melt in a frying pan.
9...	... ...	... ...	Pour in the eggs, &c.
10...	... ...	... ...	See 13, 14, and 15 in first omelet receipt, page 244.
11...	Powdered sugar	... ...	When done, grate sugar over.
12...	Rum ...	1 wine glass	Pour over the omelet on the dish,

NOTE.—The rum may be set fire to on the table or not, at will. We prefer that the omelet should have the benefit of the spirit.

20.—OMELET *soufflée.*

Order.	Ingredients.	Quantities.	Method.
1...	Eggs ...	6 ...	Break them into 2 basins, separating the whites and the yolks.
2...	... ...	... ...	See 2, 3, 4, 5 and 6 of preceding receipt.
3...	Butter ...	¼ lb. ...	Put into a frying pan over a clear fire.
4...	... ...	... ...	Fry as in preceding receipts.
5...	... ...	... ...	When the omelet has absorbed all the butter, slip it on to a baking dish and put it into the oven to rise, with a little butter under it.
6...	... ...	... ...	Directly it has risen well, serve.
7...	Powdered sugar	... ...	Grate over and brown if liked.

REMARKS ON OMELETS.

The number of eggs used for an omelet should never exceed twelve, as a thick omelet is far less delicate than a smaller one. The omelet pan must be perfectly clean and never used for any other purpose. The eggs are best when beaten with a fork, but they should not be beaten for more than a minute or two, otherwise they become thin, and do not set well.

Omelets are much lighter if a few small pieces of butter are beaten up with the eggs, or added to the beaten eggs immediately before frying.

The butter in the pan must be quite hot, but not coloured, before the eggs are put in.

All kinds of vegetables, cold meat, poultry, game, fish, macaroni, etc., can be added to omelets to flavour them; they must first be broken or cut in small pieces and lightly fried in butter.

21.—EGG CHEESE, *or fondue.*

Order.	Ingredients.	Quantities.	Method.
1...	Fresh eggs ...	... ...	Weigh.
2...	Grated cheese	... ...	Take one-third the weight of the eggs.
3...	... ...	... ...	Break the eggs into a basin.
4...	... ...	... ...	Beat them well, gradually adding the grated cheese.
5...	... ...	... ...	Pour the contents of the basin into a saucepan and put it on a quick fire.
6...	Butter ...	... ...	Take one-sixth the weight of the eggs and add gradually in small pieces.
7...	... ...	... ...	Stir all with a wooden spoon till the eggs get thick.
8...	Salt, pepper ...	... ...	Sprinkle over, still stirring.
9...	... ...	... ...	Serve on a hot dish.

22.—SMALL EGG CAKES.

Order.	Ingredients.	Quantities.	Method.
1...	Flour ...	1 tea spoonful	Mix together till quite smooth.
2...	Milk ...	Small quantity	
3...	Eggs ...	2 ...	Beat and add.

SMALL EGG CAKES—(*continued*).

Order.	Ingredients.	Quantities.	Method.
4...	Salt ...	A pinch...	Add.
5...	Whites of eggs	3 or 4 ...	Beat to a froth, and add to the rest.
6...	Butter ...	2 oz. ...	Melt in the fryingpan.
7...	... ...	... ...	Fry the mixture in spoonsful on both sides a light brown.
8...	... ...	... ...	Serve with spinach.

23.—SWEET EGG CAKE.

Order.	Ingredients.	Quantities.	Method.
1...	Milk ...	½ pint ...	Put in a saucepan.
2...	Sugar ...	To taste	Add.
3...	Nutmeg ...	A little ...	Grate and add.
4...	Lemon peel ...	1 lemon...	Grate and add.
5...	... ...	... ...	Let the milk get quite hot.
6...	Eggs ...	5 ...	Beat and add.
7...	Yolks of eggs	2 ...	Add and beat all well together.
8...	Butter ...	3 oz. ...	Heat in the frying pan.
9...	... ...	... ...	Fry the cake and serve hot.

24.—EGG-SNOW.

Order.	Ingredients.	Quantities.	Method.
1...	Fresh eggs ...	6 ...	Break into 2 basins, the whites in one and the yolks in another.
2...	... ...	... ...	Beat the whites to a firm froth.
3...	Powdered sugar	2 oz. ...	Add whilst beating.
4...	Vanilla or almond flavouring	To taste	Add whilst beating.

EGG-SNOW—(*continued*).

Order.	Ingredients.	Quantities.	Method.
5...	Milk ...	1 pint ...	Boil together in a saucepan 15 minutes.
6...	Flavouring ...	... ...	
7...	Powdered sugar	To taste	
8...	... ...	... ...	Take the saucepan off the fire.
9...	... ...	... ...	Take a large spoonful of the frothed whites and mould it into the form of an egg with another spoon, then drop it into the milk.
10...	... ...	... ...	Use up all the whites in the same way.
11...	... ...	... ..	Put the saucepan on the fire again and let it boil 2 minutes.
12...	... ...	... ...	Take the whites out with a skimmer and turn them in the cream.
13...	... ...	... ...	Let them boil 2 minutes more.
14...	... ...	... ..	Take out the whites, drain them over the milk and dress them in a pyramid on a deep dish.
15...	... ...	... ...	Pour the milk remaining in the saucepan gently over the yolks, and stir them well the same way with a wooden spoon.
16...	... ...	... ...	Stir about 15 minutes till the cream is thick, pour over the whites and serve cold.

25.—FRENCH CUSTARD.

Order.	Ingredients.	Quantities.	Method.
1...	Milk ...	½ pint ...	Boil in a saucepan.
2...	Powdered sugar	2 oz. ...	Mix in the milk when it boils.
3...	Flavouring of vanilla, almond, &c.	Either ...	

FRENCH CUSTARD—(*continued*).

Order.	Ingredients.	Quantities.	Method.
4...	... ...	... ...	Draw the saucepan to the side of the stove.
5...	Eggs ...	4 or 5 ...	Beat them up.
6...	... ...	... ...	When the milk no longer boils pour in the beaten eggs gradually, stirring all the time.
7...	Boiling water	... ...	Place the dish in a saucepan of boiling water over a quick fire for ¾ of an hour.
8...	Powdered sugar	... ...	Sprinkle over and serve cold in the dish.

26.—ENGLISH CUSTARD.

Order.	Ingredients.	Quantities.	Method.
1...	Milk ...	1 quart ...	Pour into a saucepan.
2...	Bay-leaves ...	3 ...	Add.
3...	Lemon peel ...	1 lemon...	
4...	... ...	... ...	Set by the side of the fire for about 20 minutes.
5...	... ...	... ...	When on the point of boiling, strain into a basin to cool.
6...	Powdered sugar	¼ lb. ...	Stir in.
7...	Eggs well beaten	6 ...	
8...	... ...	... ...	Strain again into a jug.
9...	... ...	... ...	Put the jug into a deep saucepan of boiling water, put it on the fire and, stir it one way till it thickens.
10...	... ...	... ...	Pour into a glass dish, or custard cups.

SECTION XII.—SAUCES AND FORCEMEATS.

1.—MELTED BUTTER, *or sauce blanche.*

Order.	Ingredients.	Quantities.	Method.
1...	Fine flour ..	½ table spoonful	Put into a saucepan.
2...	Cold or tepid water or boiled milk	¼ pint ...	Pour over gradually, stirring with a wooden spoon.
3...	... ...	... ...	Mix well and leave no lumps.
4...	... ...	... ...	Put the saucepan on the fire.
5...	Fresh butter in small pieces	1 oz. ...	Add by degrees, stirring without stopping.
6...	Salt ...	... ...	Add, still stirring.
7...	... ...	... ...	Simmer the whole ½ hour but *do not let it boil.*
8...	Boiled cream	1 table spoonful	Beat up in a basin then mix in the sauce, stirring the same way. The lemon juice can be omitted if disliked.
9...	Egg ...	1 yolk ...	
10...	Salt ...	1 pinch ...	
11...	Lemon juice...	3 or 4 drops	
12...	... ...	... ...	Serve in a sauce-boat.

2.—CAPER SAUCE.

Order.	Ingredients.	Quantities.	Method.
1...	Capers ...	3 spoonsful	Chop half of them and keep the rest whole.
2...	Parsley ...	If liked ...	Chop a little very fine.
3...	... ...	... ...	Put the parsley and capers into a saucepan.
4...	Melted butter	½ pint ...	Add, stir well and boil up.
5...	Salt ...	... ...	Add, and serve in a sauce-boat.

3.—APPLE SAUCE.

Order.	Ingredients.	Quantities.	Method.
1...	Apples ...	6 ...	Pare, core and slice.
2...	... ...	... ...	Put them into a saucepan.
3...	Water ...	1 table spoonful	Add a little to keep them from burning.
4...	Lemon peel ...	... ...	Add a little.
5...	... ...	... ...	Boil them tender or bake in a dish for an hour.
6...	... ...	... ...	Bruise the apples.
7...	Butter and sugar	Of each 1 oz.	Add and serve.

4.—MINT SAUCE.

Order.	Ingredients.	Quantities.	Method.
1...	Mint ...	3 spoonsful	Wash thoroughly and dry.
2...	... ...	... ...	Chop fine.
3...	... ...	... ...	Put into a sauce boat.
4...	Sugar ...	... ...	Add to taste and let it stand.
5...	Vinegar ...	6 spoonsful	Pour on to the mint, stir and serve.

5.—ONION SAUCE.

Order.	Ingredients.	Quantities.	Method.
1...	Large onions	1 lb. weight	Boil and change the water 2 or 3 times while they are boiling.
2...	... ...	... ...	When tender chop them on a board.
3...	... ...	... ...	Put them into a saucepan.
4...	Butter ...	1½ oz. ...	Add.
5...	Cream or milk	... ...	Add 2 table spoonsful.
6...	Salt and pepper	... ...	Add, give them a boil up and serve.

6.—SOUBISE, *French onion sauce.*

Order.	Ingredients.	Quantities.	Method.
1...	White onions	12 ...	Peel, cut, and throw into a basin.
2...	Boiling water	... ...	Pour over till covered.
3...	Pepper, salt ...	... ...	Sprinkle over.
4...	... ...	... ...	Let them stand 10 minutes, then drain.
5...	Butter ...	2 oz. ...	Melt in a saucepan without browning.
6...	... ...	... ...	Put in the onions.
7...	Veal or chicken broth	... ...	Add gradually nearly enough to cover the onions, stirring all the time.
8...	Boiling cream	¼ pint ...	Add.
9...	Powdered sugar	A pinch ...	Add if liked.
10...	... ...	... ...	Simmer very gently until the sauce thickens, still stirring.
11...	... ...	... ...	Rub through a sieve.
12...	... ...	... ...	Keep hot in a bain-marie.

7.—SHRIMP SAUCE.

Order.	Ingredients.	Quantities.	Method.
1...	Shrimps ...	1 pint ...	Wash and pick.
2...	Melted butter	½ pint ...	Make, and while it is simmering put in the shrimps.
3...	Anchovy sauce	... ...	Add 1 dessert spoonful.
4...	... ...	... ...	When thoroughly hot take it off the fire.
5...	Lemon juice...	... ...	Squeeze in ½ lemon, stir and serve.

8.—OYSTER SAUCE.

Order.	Ingredients.	Quantities.	Method.
1...	Oysters ...	2 doz. ...	Scald and strain the liquor into a basin.
2...	... ...	... ...	Wash in cold water and cut off the beards.

OYSTER SAUCE—(*continued*).

Order.	Ingredients.	Quantities.	Method.
3...	... ...	... ...	Put them into a stewpan and pour the strained liquor over them; heat them slowly, simmer a minute or two, and take them out.
4...	Anchovy sauce	... ...	Add 1 spoonful to the liquor.
5...	Half a lemon	... ...	Add; stir till they boil, and are well mixed; add a blade of mace.
6...	Butter rolled in flour	2 oz. ...	
7...	New milk ...	¼ pint ...	Add and stir till the sauce boils.
8...	... ...	... ...	Take out the mace and lemon, and squeeze the lemon juice into the sauce.
9...	... ...	... ...	Put in the oysters, stirring all the time, then simmer till hot, and serve.

9.—LOBSTER SAUCE.

Order.	Ingredients.	Quantities.	Method.
1...	Lobster ...	... ...	Break the body, and cut the flesh into small pieces.
2...	Melted butter	... ...	Add and stir.
3...	Salt and pepper	... ...	Add.
4...	Cayenne ...	... ...	Add, stir all together and heat without boiling.

10.—EGG SAUCE.

Order.	Ingredients.	Quantities.	Method.
1...	Eggs ...	2 ...	Boil till hard.
2...	... ...	... ...	First chop the whites, then the yolks, but neither very fine, and mix them together.
3...	Melted butter	½ pint ...	Put into a sauce boat.
4...	... ...	... ...	Add the eggs, stir and serve.

11.—BREAD SAUCE.

Order.	Ingredients.	Quantities.	Method.
1...	Bread crumbs	½ pint ...	Choose stale bread, and grate very fine.
2...	Milk ...	½ pint ...	Boil and pour over the bread crumbs.
3...	... ...	... ...	Cover the basin with a plate, and let it stand 30 minutes.
4...	... ...	... ...	Put the soaked crumbs in a small saucepan, and beat with a fork if not quite smooth.
5...	Salt ...	1 spoonful	Add.
6...	Mace ...	½ tea spoonful	Add.
7...	Cayenne ...	A pinch ...	Add.
8...	Butter ...	1 oz. ...	Add.
9...	... ...	... ...	Put on the fire and stir constantly.
10...	Milk or cream	2 table spoonsful	Add gradually and keep stirring.
11...	... ...	... ...	Boil 4 or 5 minutes, and serve very hot.

12.—BREAD SAUCE, *with onion.*

Order.	Ingredients.	Quantities.	Method.
1...	Bread crumbs	½ pint ...	Grate fine and put in a saucepan.
2...	Onion ...	1 large and mild	Add the white part only cut in quarters.
3...	Milk ...	¾ pint ...	Add.
4...	... ...	... ...	Boil for about 50 minutes.
5...	... ...	... ...	Press through a hair sieve.
6...	... ...	... ...	Put in the saucepan again, and reduce if too thin by boiling.
7...	Salt ...	1 spoonful	Add.
8...	Nutmeg ...	1 spoonful	Add.
9...	Butter ...	1 oz. ...	Add.
10...	Cream ...	2 or 3 table spoonsful	Add.
11...	... ...	... ...	Boil a few minutes, and serve very hot.

13.—TO CLARIFY GRAVY.

Order.	Ingredients.	Quantities.	Method.
1...	Gravy ...	2 quarts	Skim, strain, and pour hot into a saucepan.
2...	Whites of eggs	2 or 3 ...	Beat up and add gradually.
3...	... ...	... ...	Stir on the fire until the gravy nearly boils.
4...	... ...	... ...	Take it off the fire and let it stand a minute.
5...	... ...	... ...	Pour very slowly through a wet cloth into a basin.
6...	... ...	... ...	When cold it will form a clear transparent jelly.

14.—TO TAKE THE FAT OFF SAUCES.

Draw the saucepan to the side of the stove, and throw a few drops of cold water into it. The fat can then be easily removed with a spoon.

15.—TO THICKEN SAUCES.

Work up some flour and butter together, then add gradually a few spoonsful of the sauce; when it is quite mixed and free from lumps add it to the sauce and boil until it thickens sufficiently.

16.—TO THICKEN SAUCES WITH EGG.

Order.	Ingredients.	Quantities.	Method.
1...	Egg ...	1 yolk ...	Break carefully into a basin quite free from any of the white.
2...	... ...	... ...	Beat with a spoon.
3...	Water or lemon juice	A few drops	Add gradually and beat in.
4...	... ...	... ...	Take the sauce to be thickened off the fire and let it stand 2 minutes.
5...	Sauce ...	2 table spoonsful	Take out of the saucepan and mix with the beaten egg.
6...	... ...	... ...	Pour the egg into the sauce, shake, and stir well, heat thoroughly and serve.

17.—ROUX, *coloured.*

Order.	Ingredients.	Quantities.	Method.
1...	Butter ...	2 oz. ...	Melt in a saucepan.
2...	Fine flour ...	2 oz. ...	Add when the butter is quite hot, and stir quickly with a wooden spoon until nicely browned.
3...	Stock or sauce	½ pint ...	Pour in gradually with one hand, stirring all the time with the other.
4...	Pepper, salt...	... ...	Add.
5...	... ...	... ...	Heat in this any remains of cold meat.

18.—ROUX, *white.*

Order.	Ingredients.	Quantities.	Method.
1...	Butter ...	2 oz. ...	Melt in a saucepan over a slow fire.
2...	Flour ...	2 oz. ...	Add and stir quickly.
3...	Veal broth ...	½ pint ...	Add at once before the butter and flour have browned.
4...	... ...	... ...	Put the saucepan on hot cinders.
5...	... ...	... ...	Cover it and let it simmer gently for ½ hour, shaking from time to time.
6...	... ...	... ...	Use with colourless sauces, and for heating remains of poultry and white meats.

19.—TO CURRY MEAT.

When you wish to add curry to any stew, sprinkle your meat with curry powder before you put it in the stewpan. The sauce is generally poured over boiled rice which is placed round the dish. The gravy for curry should always be prepared the day before it is required, and carefully skimmed when cold.

20.—SAUCE FOR ALL PURPOSES.

Order.	Ingredients.	Quantities.	Method.
1..	Butter ...	2 oz. ...	Melt in a saucepan over a slow fire.
2...	Flour ...	1 dessert spoonful	Mix with the butter.
3...	Onions ...	2 ...	Add, stirring all the time.
4...	Stock ...	1 pint ...	
5...	Sherry ...	1 wine glass	
6...	Chives ...	A few ...	Chop fine, mix together, and add to the sauce.
7...	Thyme ...	A few sprigs	
8...	Bayleaf ...	1 ...	
9..	Tarragon ...	A little ...	
10...	Parsley ...	A few sprigs	
11...	Lemon peel ...	½ lemon ...	
12...	Pepper, salt ...	... ...	Sprinkle over and mix well.
13...	... ...	... ...	Let it simmer at least 2 hours.
14...	... ...	... ...	Strain and keep for use.
15...	Lemon juice...	If liked ...	Add to taste just before serving.
16...	... ...	... ...	This sauce can be served with almost any kind of meat.

21.—SAUCE *à la moutarde.*

Order.	Ingredients.	Quantities.	Method.
1...	Butter ...	2 oz. ...	Melt in a saucepan.
2...	Mustard ...	1 tea spoonful	Stir into the butter when it is hot.
3...	Pepper, salt ...	A pinch of each	Add.
4...	Vinegar ...	A few drops	Add.
5...	... ...	... ...	Stir quickly and serve.

22.—SAUCE ESPAGNOLE.

Order.	Ingredients.	Quantities.	Method.
1...	Ham ...	2 slices ...	Put in a stewpan.
2...	Veal ...	A few slices	Add.
3...	Carrots ...	2 ...	Cut in slices and add.
4...	Onions ...	2 ...	Cut in slices and add.
5...	... ...	... ...	Simmer gently over a slow fire.
6...	Stock ...	1 pint ...	Add.
7...	Sherry ...	2 wine glasses	Add.
8...	Pepper, salt ...	... ...	Add.
9...	Sweet herbs ...	A bunch	Add.
10...	Cloves ...	2 or 3 ...	Add.
11...	... ...	... ...	Simmer for 3 hours.
12...	... ...	... ...	Strain.
13...	Roux ...	... ...	Colour with roux.
14...	... ...	... ...	Reduce and skim.
15...	... ...	... ...	This makes a brown clear sauce to be used as required.

23.—SAUCE ITALIENNE.

Order.	Ingredients.	Quantities.	Method.
1...	Parsley ...	A few sprigs	} Chop fine and mix together.
2...	Eschalots ...	2 or 3 ...	
3...	Mushrooms ...	4 or 5 ...	
4...	Truffles ...	2 or 3 ...	
5...	Butter ...	2 oz. ...	Melt in a stewpan over a slow fire.
6...	... ...	... ...	Throw in the prepared seasoning, stir it well, and brown in the butter.
7...	Sherry ...	1 wine glass	Add still stirring.
8...	Stock ...	½ pint ...	Add and continue stirring.
9...	Pepper, salt ...	... ...	Add.
10...	... ...	... ...	Boil ½ hour, stirring all the time.
11...	... ...	... ...	Serve in a sauceboat, with roast meat.

24.—SAUCE *à la Béchamel.*

Order.	Ingredients.	Quantities.	Method.
1...	Butter ...	2 oz. ...	Roll together and put in a stewpan.
2...	Flour ...	1 dessert spoonful	
3...	Cream or boiled milk	½ pint ...	Add gradually and stir till smooth.
4...	... ...	... ...	Put on a slow fire and stir 10 minutes.
5...	Veal stock ...	½ pint ...	Add, still stirring.
6...	Butter ...	1 oz. ...	Cut in small pieces and add.
7...	Pepper, salt ...	... ...	Add.
8...	... ...	... ...	Keep the sauce hot in a bain-marie.
9...	... ...	... ...	It should be of the consistence of cream and ivory-white in colour.

25.—SAUCE *à la maître d'hôtel.*

Order.	Ingredients.	Quantities.	Method.
1...	Butter ...	1 oz. ...	Mix, knead into a ball and put on a hot dish.
2...	Pepper, salt ...	... ..	
3...	Chopped parsley	A good pinch	
4...	Chopped eschalots	2 ...	
5...	Vinegar or lemon juice	A few drops	
6...	... ...	... ...	Put the cooked fish or meat on the ball and serve; the heat of the dish will melt the sauce.

26.—ANOTHER SAUCE *à la maître d'hôtel.*

Order.	Ingredients.	Quantities.	Method.
1...	Flour ...	1 dessert spoonful	Mix together and put in a stewpan.
2...	Water ...	¼ pint ...	
3...	Butter ...	1 oz. ...	
4...	Chopped parsley	1 dessert spoonful	
5...	Chopped chives	A pinch...	
6...	Pepper, salt	... ...	

ANOTHER SAUCE *à la maître d'hôtel*—(*continued*).

Order.	Ingredients.	Quantities.	Method.
7...	... ...	... ...	Stir with a wooden spoon until it begins to boil.
8...	Lemon juice	A few drops	Add if liked.
9...	... ...	... ...	Pour over the meat and serve.

27.—SAVOURY SAUCE.

Order.	Ingredients.	Quantities.	Method.
1...	Vinegar ...	1 wine glass	Put in a saucepan.
2...	Eschalot ...	1 ...	Cut in pieces and add.
3...	Bay leaves ...	4 or 5 ...	Add.
4...	Thyme and parsley	A few sprigs	Add.
5...	Cloves ...	2 ...	Add.
6...	Pepper ...	A large pinch	Add.
7...	Salt ...	... ...	Add.
8...	... ...	... ...	Boil till the vinegar is reduced to half the quantity.
9...	Stock ...	¾ pint ...	Add and simmer gently.
10...	Butter and flour	1 oz. ...	Make a roux in another saucepan.
11...	... ...	... ...	Strain the sauce on to the roux.
12...	... ...	... ...	Boil for 20 minutes.

28.—SAUCE *au pauvre homme.*

Order.	Ingredients.	Quantities.	Method.
1...	Eschalots ...	5 or 6 ...	Chop fine and put in a saucepan.
2...	Parsley ...	A few sprigs	Chop and add.
3 ..	Gravy or stock	¾ pint ...	Pour over.
4...	Pepper, salt...	... ...	Add.
5...	... ...	... ...	Simmer for ¼ hour until the eschalots are tender.

SAUCE *au pauvre homme*—(*continued*).

Order.	Ingredients.	Quantities.	Method.
6...	Vinegar ...	A few drops	Add if liked.
7...	... ...	... ...	Very nice for warming slices of cold beef, mutton, veal, &c.

29.—SAUCE ROBERT.

Order.	Ingredients.	Quantities.	Method.
1...	Onions ...	5 or 6 ...	Chop fine.
2...	Butter ...	2 oz. ...	Melt in a saucepan on a slow fire.
3...	... ...	... ...	Put in the chopped onions to brown.
4...	Flour ...	1 dessert spoonful	Sprinkle over and stir well.
5...	Stock ...	½ pint ...	Add gradually, still stirring.
6...	... ...	... ...	Leave the saucepan uncovered and reduce for 20 minutes.
7...	... ...	... ...	Draw the saucepan away from the fire.
8...	Mustard ...	1 tea spoonful	Mix in a basin, adding the vinegar drop by drop.
9...	Vinegar ...	1 table spoonful	
10...	... ...	... ...	Stir well and add to the sauce.
11...	... ...	... ...	Serve in a sauceboat with roast pork.

30.—SAUCE RÉMOLADE.

Order.	Ingredients.	Quantities.	Method.
1...	Eschalots ...	... ...	Chop fine separately, and then mix in a basin.
2...	Parsley ...	... ...	
3...	Tarragon ...	... ...	
4...	Chervil ...	... ...	
5...	Chives ...	... ...	
6...	Salt, pepper ...	... ...	Sprinkle over.
7...	Capers ...	A few ...	Add if liked.

SAUCE RÉMOLADE—(*continued*).

Order.	Ingredients.	Quantities.	Method.
8...	Mustard ...	1 tea spoonful	Put in another basin.
9...	Olive oil ...	2 table spoonsful	Add drop by drop, and mix smooth with the mustard.
10...	... ...	... ...	Add the chopped herbs and mix well.
11...	Yolk of egg ...	1 ...	Beat and add if liked.
12...	... ...	... ...	Serve with cold meat or chicken, &c.

31.—TOMATO SAUCE.

Order.	Ingredients.	Quantities.	Method.
1...	Tomatoes ...	8 ...	Choose them very ripe.
2...	... ...	... ...	Cut them in quarters, and put them into a saucepan.
3...	Salt and pepper	... ...	}
4...	Bayleaf ...	½ leaf ...	}
5...	Sliced onion...	1 ...	} Throw on the tomatoes.
6...	Bunch of parsley and thyme	... ...	}
7...	Water ...	... ...	Pour over till all is covered.
8...	Vinegar ...	2 or 3 drops	Add.
9...	... ...	... ...	Put the saucepan on a slow fire.
10...	... ...	... ...	Stir for 15 minutes.
11...	... ...	... ...	Put a sieve over a basin.
12...	... ...	— ...	Put the tomatoes in the sieve.
13...	... ...	... ...	Rub the tomatoes through the sieve.
14...	Butter ...	¼ lb. ...	Melt in a saucepan over a slow fire.
15...	Flour, if liked	1 table spoonful	Dredge over, stirring with a wooden spoon.
16...	Salt and pepper	... ...	Sprinkle over.
17...	... ...	... ...	Pour in the tomato sauce gently, stirring without stopping over a slow fire.
18...	... ...	... ...	Let it thicken uncovered.
19...	Stock ...	A few drops	Add if the sauce is too thick.
20...	... ...	... ...	Serve in a sauceboat.

32.—SAUCE *au beurre noir.*

Order.	Ingredients.	Quantities.	Method.
1 ..	Butter ...	¼ lb. ...	Melt in the frying-pan.
2...	Salt and pepper	... ...	Sprinkle over.
3...	... ...	... ...	Stir till the butter browns, but do not let it burn.
4...	Parsley ...	A very little	Chop fine and throw in to fry.
5...	Chives ...		
6...	Vinegar ...	1 tea spoonful	Add, stirring quickly.
7...	... ...	... ...	Pour this sauce boiling over fish, or hard boiled eggs.

33.—SAUCE *Piquante.*

Order.	Ingredients.	Quantities.	Method.
1...	Tarragon vinegar	1 wine glass	Put into a saucepan and boil over a good fire till the vinegar is evaporated.
2...	Eschalots ...	Chopped	
3...	Bunch of parsley, thyme, and bay leaf	... ...	
4...	Pepper corns	3 or 4 ...	
5...	Stock or gravy	3 table spoonsful	Pour into the saucepan.
6...	... ...	... ...	Let it simmer uncovered.
7...	... ...	... ...	Strain and serve.

34.—ANOTHER SAUCE *Piquante.*

Order.	Ingredients.	Quantities.	Method.
1...	Butter ...	2 oz. ...	Melt in a stewpan over a slow fire.
2...	Flour ...	1 oz. ...	Stir into the butter.
3...	Vinegar ...	1 table spoonful	Pour over, still stirring.
4...	Stock ...	½ pint ...	
5...	Salt and pepper	... ...	Add.

ANOTHER SAUCE *Piquante—(continued)*.

Order.	Ingredients.	Quantities.	Method.
6...	Eschalots ...	... ...	Chop and add.
7...	Pickled gherkins	... ...	
8...	... ...	... ...	Let all simmer 15 minutes.
9...	Lemon juice	½ lemon	Add if liked.

35.—SAUCE HOLLANDAISE.

Order.	Ingredients.	Quantities.	Method.
1...	Butter ...	¼ lb. ...	Melt in a stewpan over a slow fire, stirring with a wooden spoon.
2...	Flour ...	1 table spoonful	Sprinkle over the butter, stirring.
3...	Salt and pepper	1 pinch ...	
4...	Warm water	1 table spoonful	Pour over gradually, still stirring till the sauce is thick.
5...	... ...	... ...	Put the saucepan at the side of the fire.
6...	Yolks of eggs	2 ...	Beat up in a basin together.
7...	Lemon juice or vinegar	1 tea spoonful	
8...	... ...	... ...	Pour the egg gradually into the sauce, stirring with a wooden spoon.
9...	... ...	... ...	Let it thicken, but not boil, or it will turn.
10...	... ...	... ...	Serve over fish.

36.—SAUCE *blanquette.*

Order.	Ingredients.	Quantities.	Method.
1...	Butter ...	3 oz. ...	Melt in a saucepan on a slow fire.
2...	Flour ...	1 table spoonful	Add and stir well, but do not let it brown
3...	Boiling water	¾ pint ...	Add gradually, still stirring.
4...	Pepper and salt	... ...	Sprinkle in.
5...	Parsley ...	A few sprigs	Tie in a bunch or chop fine, and add.
6...	Eschalots ...	3 or 4 ...	

SAUCE *blanquette—(continued)*.

Order.	Ingredients.	Quantities.	Method.
7...	... ...	... ...	Simmer gently over a slow fire.
8...	... ...	... ...	Heat in the sauce any remains of white meats, as poultry, veal, &c.
9...	Small white onions	If liked	Add any of these and simmer in the sauce.
10...	Mushrooms		
11...	Artichokes ...		

37.—SAUCE *brais'*.

Order.	Ingredients.	Quantities.	Method.
1...	Bacon ...	½ lb. in slices	Put at the bottom of a shallow saucepan.
2...	Trimmings of meat	... ...	
3...	Beef or other meat	1½ lb. ...	Brown with the bacon on a quick fire.
4...	... ...	... ...	Turn the meat and take it out when brown.
5...	Butter ...	2 oz. ...	Add to the bacon in the saucepan.
6...	Flour ...	1 dessert spoonful	Dredge over.
7...	Salt, pepper ...	... ...	Add and stir till the butter melts.
8...	Onions ...	2 or 3 ...	Stick with cloves and add.
9...	Carrots ...	1 or 2 ...	Cut in slices and add.
10...	Parsley ...	A few sprigs of each tied together	Add.
11...	Thyme ...		
12...	Chives ...		
13...	Bayleaf ...		
14...	Brandy ...	1 wine glassful	Add.
15...	Stock or white wine	¼ pint ...	Add either if required.
16...	Buttered paper	... ...	Cover the stewpan.
17...	... ...	... ...	Put on the lid, and stew gently 4 hours.
18...	... ...	... ...	Take out the herbs, &c., and skim.
19...	... ...	... ...	Put the meat on a hot dish, and pour the sauce over it through a strainer.

38.—HORSERADISH SAUCE.

Order.	Ingredients.	Quantities.	Method.
1...	Horseradish ...	1 young...	Scrape, and clean, and grate very fine.
2...	Salt ...	1 salt spoonful	Mix with it.
3...	Cream ...	4 table spoonsful	Add and mix well.
4...	Vinegar ...	2 table spoonfuls	Add by degrees and stir well.
5...	... ...	... ...	Put it in a small saucepan, and hold it over the fire.
6...	... ...	... ...	Stir well, and make the sauce quite hot, but do not let it boil.
7...	... ...	... ...	Serve hot or cold.

39.—SAUCE POIVRADE, *to serve with chicken à la diable.*

Order.	Ingredients.	Quantities.	Method.
1...	Sherry ...	1 wine glass	Heat together in an open saucepan and reduce the sauce.
2...	Stock ...	2 wine glasses	
3...	Eschalot ...	1 chopped fine	
4...	Pepper and salt	... ...	
5...	Parsley ...	A small bunch	
6...	... ...	... ...	Take out the parsley
7...	... ...	... ...	Serve in a sauceboat.

40.—SAUCE *Tartare.*

Order.	Ingredients.	Quantities.	Method.
1...	Chervil ...	... ...	Chop fine and mix in a basin.
2...	Eschalot ...	... ...	
3...	Tarragon ...	... ...	

SAUCE, *Tartare—(continued)*.

Order.	Ingredients.	Quantities.	Method.
4...	Salt, pepper...	... ...	Sprinkle over.
5...	Mustard ...	1 dessert spoonful	Mix together and add the chopped herbs by degrees.
6...	Vinegar ...	1 dessert spoonful	
7...	Yolk of egg...	1 ...	Beat up and add.
8...	Olive oil ...	2 dessert spoonsful	Add drop by drop, stirring all the time.
9...	Vinegar ...	A few drops	Add if the sauce is too thick.
10...	... ...	... ...	Serve with cold meat.

41.—WALNUT CATCHUP.

Order.	Ingredients.	Quantities.	Method.
1...	Walnuts ...	100 young	Beat and pound in a large mortar.
2...	... ...	... ...	Put them into a jar.
3...	Eschalots chopped	6 oz. ...	Add.
4...	Garlic ...	1 clove ...	
5...	Vinegar ...	2 quarts...	
6...	Salt ...	½ lb. ...	
7...	... ...	... ...	Let this stand for a fortnight, stirring twice a day.
8...	... ...	... ...	Strain off the liquor and put it in a stewpan.
9...	Anchovies ...	2 oz. ...	Add.
10...	Peppercorns...	2 oz. ...	
11...	Mace ...	¼ oz. ...	
12...	Cloves ...	½ oz. ...	
13...	... ...	... ...	Boil for ½ hour, skimming well.
14...	... ...	... ...	Strain off, cork well, and keep in a dry place.

42.—MUSHROOM CATCHUP.

Order.	Ingredients.	Quantities.	Method.
1...	Mushrooms ...	1 peck ...	Break into a large basin.
2...	Salt ...	½ lb. ...	Strew over the mushrooms.
3...	... ...	... ...	Place in a cool oven all night.
4...	... ...	... ...	Strain off the liquor, measure it, and let it boil 15 minutes.
5...	Pepper ...	1 oz. to 1 quart of liquor	Add to the liquor and let it boil ½ hour.
6...	Allspice ...	¼ oz. to do.	
7...	Ginger ...	½ oz. to do.	
8...	Mace ...	2 blades...	
9...	... ...	... ...	When cold, bottle and cork.

43.—MAYONNAISE SAUCE.

Order.	Ingredients.	Quantities.	Method.
1...	Yolks of eggs	2 ...	Beat up in a basin beginning with the eggs and adding the vinegar drop by drop.
2...	Salt and pepper	... ...	
3...	Lemon juice or good vinegar	1 tea spoonful	
4...	Salad oil ...	2 table spoonsful	Add drop by drop, beating all the time for 15 minutes.
5...	Water ...	1 tea spoonful	Add drop by drop when the sauce is thick.

NOTE.—This sauce requires the greatest care in making or it will turn. It is delicious with cold meat or fish.

44.—RED CURRANT JELLY SAUCE, *for venison.*

Order.	Ingredients.	Quantities.	Method.
1...	Red currant jelly	1 small pot	Melt in a saucepan.
2...	Port wine	1 wine glassful	Add.
3...	... ...	... ...	Simmer gently till hot and serve in a sauceboat.

45.—WINE SAUCE, *for puddings.*

Order.	Ingredients.	Quantities.	Method.
1...	Melted butter	¼ pint	Make in a saucepan.
2...	Powdered sugar	1½ oz. ...	Add.
3...	Lemon peel	½ lemon...	Grate very fine and add.
4...	Sherry	2 wine glasses	Add gradually.
5...	... ...	... ...	Stir till the sauce nearly boils and serve at once.

46.—CLEAR WINE SAUCE.

Order.	Ingredients.	Quantities.	Method.
1...	Water ...	¼ pint ...	Put in a saucepan.
2...	Lemon peel ...	½ lemon	Cut very thin and add.
3...	Lump sugar...	1½ oz. ...	Add and boil 10 minutes.
4...	... ...	... ...	Take out the lemon peel.
5...	Arrowroot ...	1 tea spoonful	Strain the lemon juice on to the arrowroot and mix smooth.
6...	Lemon juice	1 lemon	
7...	... ...	... ...	Add to the sauce and stir well.
8...	... ...	... ...	Take the sauce off the fire.
9...	Sherry ...	1 wine glass	Add gradually, stir well, and serve.

47.—VEAL STUFFING OR FORCEMEAT.

Order.	Ingredients.	Quantities.	Method.
1...	Bread crumbs	6 oz. ...	Mix all together, and use butter in preference to suet.
2...	Lemon rind ...	½ lemon...	
3...	Chopped herbs	1 oz. ...	
4...	Suet or butter	6 oz. ...	
5...	Pepper and salt	To taste	
6...	Nutmeg ...	do.	
7...	Beaten eggs...	2 yolks ...	Add to make the mixture into a paste.

48.—SAGE AND ONION STUFFING.

Order.	Ingredients.	Quantities.	Method.
1...	Onions ...	3 ...	Wash, peel, and boil in two waters, unless the onions are Spanish, and consequently not so strong.
2...	Sage leaves ...	8 ...	Scald.
3...	... ...	... ...	Chop the onions and leaves fine.
4...	Bread crumbs	5 oz. ...	Add.
5...	Salt and pepper	... ...	Season well.
6...	Butter ...	1 oz. ...	Add and mix well.
7...	Yolk of egg ...	1 ...	
8...	... ...	... ...	Put into the duck, &c.

49.—FORCEMEAT, *for chickens, &c.*

Order.	Ingredients.	Quantities.	Method.
1...	Sausage meat	1½ lb. or	Chop fine and pound in a mortar.
2...	Veal ...	1 lb. ...	
3...	Bacon ...	1 lb. ...	
4...	Salt, pepper ...	... ...	Add.
5...	Sweet herbs ...	2 or 3 tea spoonsful	Chop and add.
6...	Bread crumbs	½ lb. ...	Soak in gravy and add.
7...	Hard boiled eggs or	2 ...	If boiled, chop the yolks only, and add.
	Beaten yolks	2 ...	
8...	Truffles or mushrooms	... ...	Add chopped fine, mix well together, and heat for ½ hour in a saucepan.
9...	Butter ...	2 oz. ...	Add.
10...	Gravy ...	A dessert spoonful	Add.
11...	... ...	... ...	Mix well, and use for stuffing fowls or turkeys.
12...	Liver of fowl	If liked ...	Boil 4 minutes, mince and pound, and add to ingredients 1 to 8.

NOTE.—This forcemeat can also be used for raised pies.

50.—FORCEMEAT BALLS, *for jugged hare.*

Order.	Ingredients.	Quantities.	Method.
1...	Bread crumbs	4 oz. ...	Choose stale bread and grate fine.
2...	Lemon peel ...	¼ oz. ...	Pare thin and grate or chop very fine.
3...	Parsley, thyme	¼ oz. ...	Chop fine.
4...	Salt, nutmeg	To taste	Add.
5...	Liver of hare	... ...	Boil for 3 minutes and chop fine.
6...	Rasped bacon	2 oz. ...	Add.
7...	Butter ...	2½ oz. ...	Break in small pieces and add.
8...	Eschalot ...	1 or 2 if liked	Chop fine and add.
9...	Egg ...	1 yolk only	Beat with the fingers a little and add.
10...	... ...	... ...	Mix all together till quite smooth.
11...	Port wine ...	1 wine glass	Add if liked and mix well.
12...	... ...	... ...	Form into balls and fry in butter.

NOTE.—This forcemeat can also be used for stuffing a roasted hare, but does not then require to be made into balls and fried.

51.—QUENELLES, *French forcemeat balls.*

Order.	Ingredients.	Quantities.	Method.
1...	Veal ...	½ lb. ...	Take off all skin and fat, chop and pound.
2...	Veal kidney fat	½ lb. ...	Take away every particle of skin, chop, and pound with the veal to a perfectly smooth paste.
3...	Bread crumbs	¼ lb. ...	Choose stale bread and grate fine.
4...	Boiling cream or veal gravy	½ pint ...	Put the bread crumbs in to soak ½ hour.
5...	... ...	... ...	Squeeze the crumbs and then dry them over the fire.
6...	... ...	... ...	Pound them alone in a mortar.
7...	... ...	... ...	Add the meat gradually and continue pounding.
8...	Eggs ...	2 ...	Beat the yolks and the whites together and add by degrees while pounding.

QUENELLES, *French forcemeat balls—(continued)*.

Order.	Ingredients.	Quantities.	Method.
9...	Pepper, salt, nutmeg	... ...	Add.
10...	... ...	... ...	When well mixed and smooth, form into oblong balls with the spoon.
11...	Flour ...	... ...	Sprinkle on the board and roll the quenelles in.
12...	Boiling water	... ...	Have ready a large saucepan full.
13...	... ...	... ...	Throw in the quenelles one by one and boil for 3 minutes.
14...	... ...	... ...	Take them out and drain them.
15...	... ...	... ...	Serve in mock-turtle soup or alone with rich gravy, or dip in egg and bread crumbs and fry as croquettes.

NOTE.—Quenelles are also made of remains of cold fowl, game, or fish, and butter can be used in place of veal fat. In poaching quenelles it is well to cook one first to see that the mixture is of the right consistence. It should be light and yet firm; if it is too heavy add the beaten white of an egg, if, on the contrary, it swells in the water and is limp when taken out, add a little milk to the mixture before poaching any more.

52.—CALF'S LIVER FORCEMEAT.

Order.	Ingredients.	Quantities.	Method.
1...	Calf's liver ...	1 lb. ...	Cut in small pieces.
2...	Lard ...	¾ lb. ...	Wash well and melt in a stewpan on a slow fire.
3...	... ...	... ...	Put in the liver.
4...	Salt, pepper...	... ...	Add a good sprinkling of both.
5...	Nutmeg ..	... ...	Add, with allspice if liked.
6...	Bay leaves ...	1 or 2 ...	Add.
7...	... ...	... ...	Stir well over the fire for about 4 minutes.
8...	... ...	... ...	Let it get cold then pound in a mortar and press through a sieve.

SECTION XIII.—PASTRY.

ON MAKING PASTRY.

As the heat of your oven must be regulated by what you intend to bake, the following rules should be carefully attended to:—

1. Light paste requires a moderate oven, but not too slow, as that will deprive it of the light appearance it should have, and too quick an oven will catch and burn it, without giving it time to rise.
2. Tarts that are iced require a slow oven, or the ice will be brown before the paste is properly baked.
3. Raised pies must have a quick oven, and be well closed up, or the pie will fall in at the sides; and it should have no water put in till just before you put it in the oven, or the crust will look sodden.

1.—CRISP PASTE FOR TARTS.

1. Mix 1 oz. of loaf sugar beaten and sifted, with 1 lb. of fine flour, and make into a stiff paste with a gill of boiling cream or milk.
2. Work 3 oz. of butter into it.
3. Roll it very thin and make your tarts or pie-crust.
4. Ice your paste by beating the white of an egg a little, and rubbing it over the paste with a feather.

2.—RICH PUFF PASTE.

1. Rub a pound of butter very fine into a quarter of a peck of flour.
2. Make it into a light paste with cold water, just stiff enough to work it.
3. Roll it out to the thickness of a five-shilling piece, and put a layer of butter all over it.
4. Sprinkle on a little flour, double it up, and roll it out again.
5. Double it and roll it out seven or eight times, when it will be fit for all sorts of pies and tarts that require a puff paste.

3.—LIGHT PASTE FOR TARTS.

1. Beat the white of an egg to a strong froth, and mix it with as much water as will make ¾ lb. of flour into a tolerably stiff paste.
2. Roll it out very thin; lay 3 oz. of butter in thin pieces upon it and dredge it with a little more flour.
3. Roll it up tight, then roll it out again, and continue until ½ lb. each of butter and flour be used.
4. Cut it into square pieces, and make your tarts. This will require a quicker oven than crisp paste.

4.—SUET CRUST.

1. Shred 10 oz. suet and chop fine, and mix it with 1 lb. flour, and water into a stiff paste.

5.—DRIPPING PASTE.

1. Boil the dripping in a good quantity of water for 4 or 5 minutes to take the strength off it, then use instead of butter according to the preceding receipts.

6.—AMERICAN PUFF PASTE.

1. Work ¼ lb. of butter into 1 lb. of flour until it is like sand.
2. Take 2 tea spoonsful of cream of tartar, and 1 tea spoonful of carbonate of soda, rub them through a sieve and add them to the flour.
3. Add enough cold water to bind and work it smooth.
4. Roll the paste to ½ inch thick.
5. Spread ¼ lb. of butter over, then fold it up and roll it out again.
6. Repeat No. 5 twice till you have used 1 lb. of flour.
7. Fold and roll for the last time.

7.—PASTE FOR MEAT PIES.

1. Work 1 lb. of butter into 2 lbs. of flour, until it crumbles.
2. Add a small teaspoonful of salt.
3. Beat up the yolks of 4 eggs with half-a-pint of cold water.
4. Strain and mix with the flour to a firm paste.
5. Roll it out to the required thickness.

8.—FRENCH PUFF PASTE.

1. Put 1 lb. of flour on the paste board, and make a hole in the centre.
2. Put ½ teaspoonful of salt, and 1½ wine glassful of water into the hole.
3. Work the flour in with the right hand, and add another wine glassful of water gradually with the left hand.
4. Work the paste till it is quite smooth and does not stick to the board or the fingers.
5. Make the paste into a ball, and roll and flatten it with the hands.
6. Cover it with a cloth, and put it aside in a very cool place for ½ hour. In hot weather stand it over ice.
7. Flour the board and put the paste on it, then roll it into an oblong shape.
8. Put in the middle ¾ lb. of firm, well washed and squeezed butter.

FRENCH PUFF PASTE—(*continued*).

9. In summer the butter should be kept on ice, till wanted.
10. Fold the ends of the paste over the butter, and form a square mass.
11. Flatten it again into an oblong shape, and fold it in three from the ends.
12. Let it stand 10 minutes.
13. Repeat this folding and flattening 6 times in summer, and 7 times in winter, always letting it stand 10 minutes between whiles.
14. Flour the board lightly each time.
15. After the last time of folding, let it stand 5 minutes, and it is then ready for use.

9.—GERMAN PASTE, *for fruit tarts.*

Order.	Ingredients.	Quantities.	Method.
1...	Flour ...	1½ lb. ...	Dry and put in a large basin.
2...	... ...	... ...	Make a hole in the middle.
3...	Yeast ...	3 table spoonsful	Mix together and then work in part of the flour in the basin.
4...	Warm milk ...	½ pint ...	
5...	... ...	... ...	Cover the basin, and let it stand near the fire to rise.
6...	Butter ...	½ lb. ...	Melt over the fire.
7...	Egg ...	1 ...	Beat and add to the butter.
8...	Salt ...	A pinch ...	Add.
9...	... ...	... ...	Mix with the dough and knead well.
10...	Milk ...	... ..	Add a little if required in working the paste.
11...	... ...	... ...	Roll it out.
12...	Butter ...	... ...	Butter a shallow baking dish, and put the paste on it.
13...	Fruit ...	... ...	Put on a thick layer of fruit.
14...	... ...	... ...	Let the tart stand for a time.
15...	... ...	... ...	Bake in a hot oven.
16...	Powdered sugar	... ...	Sprinkle over and serve.

NOTE.—Cherries, plums of all kinds, and apples are the fruits usually employed for these tarts. Cherries are put on whole close together; plums are halved and stoned, and put on edgeways; apples are peeled, cored, and cut as for a tart, and also put on the paste edgeways.

10.—GERMAN PASTE, *without yeast.*

Order.	Ingredients.	Quantities.	Method.
1...	Flour ...	1 lb. ...	Put in a large basin.
2...	Butter ...	½ lb. ...	Work into the flour.
3...	Powdered sugar	½ lb. ...	Add by degrees and work in.
4...	Eggs ...	2 ...	Beat and add, and mix well.
5...	... ...	... ...	Roll out the paste and use for open fruit tarts.

11.—PLAIN YEAST PASTE.

Order.	Ingredients.	Quantities.	Method.
1...	Mik ...	¾ pint ...	Make it luke-warm.
2...	Butter ...	2 oz. ...	Add.
3...	Sugar ...	½ cupful	Add.
4...	Yeast ...	1 table spoonful	Add.
5...	Egg ...	1 ...	Add.
6...	Flour ...	... ...	Work flour into these until you have a good paste.
7...	... ...	... ...	Cover with a cloth and put it aside to rise.
8...	... ...	... ...	When risen roll it out thin and use for open fruit tarts.

12.—PASTE FOR CUSTARDS.

1. Rub 6 oz. of butter into ½ lb. of flour.
2. Mix it into a paste with 2 beaten eggs and 3 table spoonsful of cream.
3. Let it stand ¼ hour.
4. Work it up and roll it out very thin for use.

13.—TO GLAZE PASTRY.

To glaze meat pies beat up the yolk of an egg only, or the yolk and white together if a lighter colour be desired, and brush over the paste with a paste brush before baking.

14.—TO ICE PASTRY.

Moisten the paste before baking with cold water, and sprinkle finely powdered sugar over it. Another way is to take the tart from the oven when nearly baked, brush it with frothed white of egg, sprinkle sifted sugar over it and a few drops of cold water, and put it back in the oven for a minute or two to set.

15.—GAME PIE.

Order.	Ingredients.	Quantities.	Method.
1...	Game ...	... ...	Any kind of game can be used.
2...	... ...	... ...	Bone the birds, and stuff them with forcemeat.
3...	Salt		
4...	Pepper		
5...	Pounded mace	... ...	Mix together, and season the birds well with the mixture.
6...	Allspice		
7...	Veal ...	A few thin slices	Season and put in the buttered mould.
8...	Forcemeat ...	... ...	Put a layer over the veal.
9...	... ...	... ...	Put in the birds, and fill up all the spaces with forcemeat.
10...	Truffles ...	If liked ...	Chop and add to fill the corners.
11...	Bacon or ham	Thin slices	Put over the top.
12...	Paste ...	... ...	Make a good paste to cover the pie.
13...	... ...	... ...	Wet the edges of the mould, put on the cover, and pinch the edges together.
14...	... ...	... ...	Decorate the top with leaves.
15...	Yolk of egg ...	1 ...	Brush over the top.
16...	... ...	... ...	Bake in a moderate oven 4 hours.
17...	Gravy ...	... ...	Make a good strong gravy from the bones.
18...	... ...	... ...	When the pie is cooked make a hole in the top, and pour in a little gravy. It must be strong enough to form a firm jelly when cold.
19...	... ...	... ...	Cover the hole with a leaf of paste.
20...	... ...	... ...	Serve cold.

NOTE.—Mushrooms can be added, if liked, and the fleshy parts of the birds can be larded. Poultry can be used for the pie as well as game.

16.—FORCEMEAT FOR GAME PIE.

Order.	Ingredients.	Quantities.	Method.
1...	Veal ...	6 oz. ...	Take off all skin and fat, and cut in dice.
2...	Butter ...	2 oz. ...	Melt in a saucepan.
3...	Chopped parsley	1 tea spoonful	Put into saucepan.
4...	Chopped thyme	½ tea spoonful	Add.
5...	Salt ...	½ tea spoonful	Add.
6...	Grated lemon peel	½ tea spoonful	Add.
7...	Nutmeg ...	1 pinch ...	Add.
8...	Cayenne ...	1 pinch ...	Add.
9...	Mace ...	1 pinch ...	Add.
10...	... ...	... ...	Put in the veal, and stew very gently for 12 or 15 minutes, then take out the veal.
11...	Bread crumbs	2 oz. ...	Put in the saucepan.
12...	... ...	... ...	Let them absorb all the gravy, and stir till quite dry.
13...	Yolk of egg ...	1 ...	Beat and add to the bread crumbs, while hot.
14...	... ...	... ...	Put aside the mixture to cool.
15...	Livers of birds	... ...	Boil separately or stew with the veal.
16...	Mushrooms ...	If liked ...	Chop and stew with the veal.
17...	... ...	... ...	Mince the veal very fine.
18...	... ...	... ...	Pound together the veal, livers and mushrooms.
19...	... ...	... ...	Add the bread when cold, and beat well.
20...	Butter ...	1½ oz. ...	Add and beat in.
21...	Bacon ...	2 oz. ...	Rasp and add.
22...	Yolks of eggs	2 ...	Beat up and add to the mixture.
23...	... ...	... ...	Take the forcemeat out of the mortar, and set it aside to cool.

17.—PASTE FOR GAME PIE.

Order.	Ingredients.	Quantities.	Method.
1...	Flour ...	1 lb. ...	Dry it well.
2...	Butter ...	½ lb. ...	Work into the flour.
3...	Salt ...	½ tea spoonful	Add.
4...	Yolks of eggs	2 ...	Beat up.
5...	Water ...	¼ pint ...	Mix with the beaten up eggs.
6...	... ..	... ...	Add gradually to the flour and butter, and work into a good paste.

18.—PIGEON PIE.

Order.	Ingredients.	Quantities.	Method.
1...	Paste ...	... ...	Lay a rim round the sides and edge of a pie-dish.
2...	Salt, pepper ...	... ...	Sprinkle over the bottom.
3...	Rump steak ...	1 lb. thin	Put in the dish.
4...	Pigeons ...	3 ...	Pick and draw, wash clean, cut off the feet and press the legs to the sides.
5...	Butter, salt, and pepper	... ...	Put in the inside of each pigeon.
6...	... ...	... ...	Lay them in the dish with their breasts upwards, and the necks and gizzards between them.
7...	Salt, pepper ...	... ...	Sprinkle over.
8...	Stock or water	1 wine glass	Pour over.
9...	Paste ...	... ...	Lay thin over the top, and with a brush wet it all over.
10...	Puff paste ...	½ inch thick	Put it at the top, cut it close to the dish.
11...	Beaten egg ...	1 yolk ...	Brush over the top.
12...	... ...	... ...	Ornament the top.
13...	... ...	... ...	Bake it.
14...	Good gravy ...	... ...	Pour in when done.

19.—LARK PIE.

Order.	Ingredients.	Quantities.	Method.
1...	Larks ...	12 ...	Pick and draw.
2...	Veal stuffing	... ...	Fill the inside of each bird.
3...	... ...	... ...	See the receipt for Pigeon Pie for the remaining operations.

20.—CHICKEN PIE.

Order.	Ingredients.	Quantities.	Method.
1...	Chickens ...	2 ...	Cut into joints, skin and take out the bones.
2...	Salt, cayenne, mace, and nutmeg	... ...	Mix together and sprinkle over the joints.
3...	Sausage meat, or forcemeat	1 lb. ...	Put a layer at the bottom of a pie dish.
4...	... ...	... ...	Put in the joints of chicken.
5...	... ...	... ...	Add another layer of sausage meat or forcemeat.
6...	Hard boiled eggs	2 or 3 ...	Cut in slices and place amongst the meat.
7...	Minced herbs	2 tea spoonsful	Add if liked.
8...	... ...	... ...	Fill the dish with alternate layers of chicken and forcemeat.
9...	Water or broth	¼ pint ...	Moisten with water, or with broth made by boiling down the bones, &c., of the chickens.
10...	Paste ...	... ...	Cover with paste and bake 2 hours.
11...	... ...	... ...	Glaze and serve hot or cold.

21.—RABBIT PIE.

This is made in the same way as chicken pie. A few chopped eschalots may be added, if liked. If the crust browns too quickly it should be covered with a sheet of white paper.

22.—VEAL AND HAM PIE.

Order.	Ingredients.	Quantities.	Method.
1...	Veal ...	1½ lb. ...	Cut in small slices.
2...	Ham ...	¾ lb. ...	Put a layer at the bottom of a pie dish.
3...	Pepper, salt, spice	... ...	Mix and sprinkle over the meat.
4...	Sweet herbs...	If liked ...	Chop fine and add.
5...	... ...	... ...	Put alternate layers of ham and veal until the dish is three parts full.
6...	Eggs ...	4 ...	Beat very slightly.
7...	Water ...	A tea cupful	Add to the eggs and pour the mixture into the dish.
8...	Paste ...	... ...	Cover with paste and bake 1 hour.
9...	... ...	... ...	Stand the dish on the top of the oven for 2 hours longer, that the meat may simmer gently and become very tender.
10...	... ...	... ...	Cover the paste with paper if it browns too quickly.
11...	... ...	... ...	Glaze and serve hot or cold.

23.—RUMP STEAK PIE.

Order.	Ingredients.	Quantities.	Method.
1...	Rump steak ...	2 lbs. ...	Take off the skin and nearly all the fat, and beat with the roller.
2...	... ...	... ...	Cut it in nice pieces.
3...	Salt, pepper, cayenne	... ...	Mix and sprinkle over the pieces of meat.
4...	... ...	... ...	Lay them in a pie dish.
5...	Mutton kidneys	2 or 3 if liked	Skin, cut in pieces and add.
6...	Mushrooms ...	1 dozen small	Add.
7...	Eschalots ...	A few	Chop and add, if liked.
8...	Water or stock	1 tea cupful	Add.
9...	Paste ...	... ...	Cover with paste, glaze and bake for 1½ hours.

NOTE.—Bearded oysters may be used in place of the kidneys, and their liquor added to the gravy. The eschalots should then be omitted.

24.—MUTTON PIE.

Order.	Ingredients.	Quantities.	Method.
1...	Small loin of mutton	2 lbs. ...	Take off all the fat, and divide the joint into neat cutlets.
2...	Mutton kidneys	2 or 3 ...	Skin, cut in pieces, and add.
3...	Salt, pepper, and cayenne	... ...	Mix together, and sprinkle over the cutlets.
4...	Sweet herbs...	3 tea spoonsful minced	
5...	Eschalots ...	2 or 3 minced	
6...	... ...	... ...	Put the cutlets and kidneys in a pie dish with all the seasoning that is left.
7...	Cold water ...	1 wine glass	Add a little to make the gravy.
8...	Paste ...	... ...	Cover the dish, make a hole in the centre, glaze and bake 2 hours.

25.—PORK PIE.

Order.	Ingredients.	Quantities.	Method.
1...	Pork ...	3 lbs. ...	Cut in small pieces quite free from bone and skin.
2...	Salt, pepper...	To taste	Mix together, omitting the sage if not liked, and sprinkle over the meat.
3...	Cayenne ...	A pinch...	
4...	Chopped sage	1 tea spoonful	
5...	Flour ...	1 lb. ...	Work part of the lard into the flour.
6...	Lard ...	5 oz. ...	
7...	Milk ...	½ tea cupful	Put on the fire, add the rest of the lard, and boil 10 minutes.
8...	Water ...	½ tea cupful	
9...	... ...	... ...	Pour this boiling on the flour and knead till quite smooth.
10...	... ...	... ...	Keep it warm all the time.
11...	... ...	... ...	Shape the raised mould with the hands round a warm jam pot.

PORK PIES—(*continued*).

Order.	Ingredients.	Quantities.	Method.
12...	... ...	... ...	Take out the jam pot and fill the pie with the meat.
13...	Water ...	A few spoonsful	Add.
14...	... ...	... ...	Put on the paste cover, close the edges and trim them.
15...	... ...	... ...	Bake in a slow oven.

26.—CORNISH MEAT PASTIES.

Order.	Ingredients.	Quantities.	Method.
1...	Good dripping paste	... ...	See receipt No. 5.
2...	... ...	... ...	Roll it out and cut in large rounds.
3...	Mutton or beef	1½ lb. ...	Cut in small pieces and put a layer on one-half of each round.
4...	Potatoes ...	1½ lb. ...	Wash and peel, cut in thin slices, and mix with the meat.
5...	Pepper, salt ...	... ...	Sprinkle over.
6...	... ...	... ...	Fold the paste over the meat, wet the edges and press them together.
7...	... ...	... ...	Bake and serve hot.

27.—SAUSAGE ROLLS.

Order.	Ingredients.	Quantities.	Method.
1...	Sausage meat	1½ lb. ...	Form into nicely shaped rolls.
2...	Puff paste ...	... ...	Fold each roll in paste.
3...	Yolk of egg ...	1 ..	Beat and wash the rolls over.
4...	... ...	... ...	Bake in a moderate oven.

28.—MEAT ROLLS.

Order.	Ingredients.	Quantities.	Method.
1...	Puff paste ...	A small quantity	Make as already described.
2...	Cold fowl or veal	1 lb. ...	Mince and pound.
3...	Cayenne, salt	... ...	Add.
4...	Butter ...	⅓ the weight	Add and pound to a smooth paste.
5...	Forcemeat ...	½ lb. ...	Make as described at page 272.
6...	... ...	... ...	Make the forcemeat into small rolls.
7...	Water ...	... ...	Use a little to moisten the pounded meat.
8...	... ...	... ...	Wrap each forcemeat roll round with pounded meat till a good size.
9...	... ...	... ...	Fold each roll in puff paste.
10...	... ...	... ...	Bake for 20 minutes.

29.—OYSTER PATTIES.

Order.	Ingredients.	Quantities.	Method.
1...	Puff paste ...	... ...	Prepare the patties as described at 30, page 287.
2...	Oysters ...	2 doz. ...	Trim and beard them; if large, cut them.
3...	Butter ...	1 oz. ...	Mix together very smooth over a slow fire, and simmer gently.
4...	Flour ...	1 tea spoonful	
5...	Salt ...	... ...	Add.
6...	Mace ...	... ...	
7...	Cayenne ...	... ...	
8...	Cream ...	2 or 3 tea spoonsful	Add gradually and boil.
9...	Liquor of oysters	... ...	Strain and add.
10...	... ...	... ...	Put in the oysters and keep at boiling point for 2 minutes.
11...	... ...	... ...	Put this mixture in the patties.
12...	... ...	... ...	Put on the covers and serve.

NOTE.—The white meat of cold fowls, turkeys, and pheasants, or veal minced and heated in Béchamel sauce can be used for patties; other kinds of cold roast game are heated in Sauce Espagnole or good brown gravy.

30.—SMALL VOLS-AU-VENT.

Order.	Ingredients.	Quantities.	Method.
1...	Puff paste ...	... ...	Make the paste very light, and roll out ½ inch thick.
2...	... ...	... ...	With one tin cut out the number required.
3...	... ...	... ...	Take a smaller tin, wet the edge and take out the paste from the centre of each patty.
4...	... ...	... ...	Cover with this paste and bake about 12 minutes.
5...	... ...	... ...	When done, remove the tops with a knife.
6...	... ...	... ...	Scoop out the crumb from the inside of the patties.
7...	... ...	... ...	Fill the patties with oysters, lobster, or chicken, dressed with white sauce.
8...	... ...	... ...	Put on the covers and serve hot.

31.—FRUIT TARTS.

Order.	Ingredients.	Quantities.	Method.
1...	Red currants and raspberries, or cherries, or gooseberries	... ...	Pick, clean, and put into a pie-dish with moist sugar.
2...	... ...	... ...	Wet the edge of the dish.
3...	... ...	... ...	Place a band of puff-paste round it, and wet that too.
4...	... ...	... ...	Cover the top with puff paste, pressing it round the edge with your thumbs.
5...	... ...	... ...	Cut off the over hanging paste close to the edge.
6...	... ...	... ...	Make nicks in the paste all round the edge with the blunt side of a knife.
7...	... ...	... ...	Ice with beaten white of egg, if liked, and ornament the top.

NOTE.—Inexperienced cooks should not ice their tarts, as it requires great skill in regulating the oven to prevent them burning when iced.

32.—RHUBARB TART.

Order.	Ingredients.	Quantities.	Method.
1...	Rhubarb stalks	... ...	Cut off the leaves, strip off the outside skin, and cut the sticks into ½ inch lengths.
2...	... ...	... ...	See preceding receipt for the remaining operations.

33.—CRANBERRY TART.

Order.	Ingredients.	Quantities.	Method.
1...	Cranberries ...	1 quart ...	Pick them well, and put them into a stewpan.
2...	Water ...	1 pint ...	Add.
3...	Moist sugar ...	1 lb. ...	Add.
4...	... ...	... ...	Stew gently until they are soft.
5...	... ...	... ...	Mash with a silver spoon.
6...	... ...	... ...	Turn into a pie dish to get cold.
7...	... ...	... ...	For remaining operations see receipt for *Fruit Tarts*.

34.—APPLE TART.

Order.	Ingredients.	Quantities.	Method.
1...	Butter ...	... ...	Rub a pie dish over.
2...	Cooking apples	... ...	Pare and cut into small pieces.
3...	... ...	... ...	Put them into a pie dish and fill it.
4...	Moist sugar ...	¼ lb. ...	Add.
5...	Cloves ...	3 or 4 ...	Add if liked.
6...	Grated lemon peel	1 lemon	Add.
7...	Water ...	1 wine glass ...	Add.
8...	... ...	... ...	Cover with paste as directed in receipt for *Fruit Tarts*.

35.—MINCE PIES.

Order.	Ingredients.	Quantities.	Method.
1...	... ...	... ...	Butter and lay a thin paste over your pattipans.
2...	... ...	... ...	Fill them with mincemeat.
3...	... ...	... ...	Lay on a covering of paste and trim nicely round the edge.

36.—MINCEMEAT.

Order.	Ingredients.	Quantities.	Method.
1...	Suet ...	3 lbs. ...	Chop fine.
2...	Stoned raisins	2 lbs. ...	Do.
3...	Currants ...	2 lbs. ...	Picked, washed, rubbed, and dried at the fire.
4...	Good apples...	50 ...	Pare, core, and chop fine.
5...	Powered sugar	½ lb. ...	
6...	Mace ...	¼ oz. ...	
7...	Cloves ...	¼ oz. ...	If liked.
8...	Grated nutmeg	2 ...	
9...	... ...	... ...	Put all together in an earthen pan.
10...	Brandy ...	½ pint ...	Add.
11...	... ...	... ...	Mix up well with a wooden spoon and it will keep good for months.
12...	Candied citron and orange	... ...	Add to each pie when you bake it, but do not put any in the mincemeat till you use it.

37.—TARTLETS.

Order.	Ingredients.	Quantities.	Method.
1...	Rich puff paste	... ...	Butter your patty pans and lay a thin layer of paste upon them.
2...	Preserve ...	... ...	Fill the hollow with any preserve you please.
3...	... ...	... ...	Trim the edges of the paste and bake lightly.
4...	... ...	... ...	Serve them hot or cold.

38.—JAM SANDWICHES.

Order.	Ingredients.	Quantities.	Method.
1...	Puff paste ...	... ...	Make as in receipt 2, and roll out thin.
2...	Butter ...	... ...	Rub on a tin.
3...	... ...	... ...	Lay half the paste on the tin.
4...	Preserve ...	... ...	Put a layer of any kind of preserve on the paste.
5...	... ...	... ...	Cover the preserve with the remainder of the paste.
6...	... ...	... ...	Press the edges together, then press slightly all over.
7...	... ...	... ...	Mark it in equal divisions.
8...	... ...	... ...	Bake 20 minutes in a moderate oven.
9...	... ...	... ...	Break in neat oblong sandwiches at the marks, and serve with powdered sugar on the top.

39.—APPLE TART, *German recipe.*

Order.	Ingredients.	Quantities.	Method.
1...	Apples ...	1 lb. ...	Peel, core, and cut them in slices, and put them in a saucepan.
2...	Pounded sugar	4 oz. ...	Add.
3...	Sherry ...	1 wine glass	Add.
4...	Water ...	2 wine glasses	Add and stew gently till nearly tender.
5...	Raisins ...	4 oz. ...	Stone, cut in quarters and add.
6...	Almonds ...	4 oz. ...	Chop fine and add.
7...	Lemon juice	If liked ...	Add.
8...	Candied peel	2 oz. ...	Add in small pieces.
9...	Nutmeg ...	... ...	Grate a little over.
10...	Lemon peel ...	If liked ...	Grate and add.
11...	... ...	... ...	Mix well.
12...	Puff paste ...	... ...	Line a shallow buttered dish.
13...	... ...	... ...	Put in the apple mixture.
14...	... ...	... ...	Cover with paste, close and trim the edges.
15...	White of egg	1 ...	Ice the top.
16...	... ...	... ...	Bake in a slow oven ¾ hour.

40.—FRENCH TART.

Order.	Ingredients.	Quantities.	Method.
1...	Puff paste ...	... ...	Make a rich puff paste, and roll it out very thin.
2...	... ...	... ...	Cut it in from 6 to 9 pieces of equal size.
3...	... ...	... ...	Bake them all divided from each other.
4...	... ...	... ...	When done, take them out, and let them get cold.
5...	Preserve ...	... ...	Spread a layer of a different kind on each piece of paste.
6...	... ...	... ...	Pile them up one above another.
7...	... ...	... ...	Trim the edges with a knife.
8...	White of egg	1 ...	Beat to a froth.
9...	Pounded sugar	2 oz. ...	Add gradully and beat in.
10...	Lemon juice	1 lemon...	Add and beat all together for ¼ hour.
11...	... ...	... ...	Garnish the tart with the whipped froth.
12...	Preserved fruits	... ...	Use to ornament the tart.
13...	... ...	... ...	Dry in a warm oven.

41.—WINDSOR PASTRY.

Order.	Ingredients.	Quantities.	Method.
1...	Eggs ...	2 ...	Weigh and set aside.
2...	Pounded sugar	Same weight of each as the eggs	
3...	Butter		
4...	Flour		
5...	... ...	... ...	Beat the butter to a cream.
6...	... ...	... ...	Dredge in the flour and sugar, and stir well.
7...	Salt ...	A pinch...	Add.
8...	... ...	... ...	Beat up the eggs and add.
9...	... ...	... ...	Beat the whole for 10 minutes.
10...	Butter ...	... ...	Rub over a shallow baking tin.

WINDSOR PASTRY—(*continued*).

Order.	Ingredients.	Quantities.	Method.
11...	... ...	... ...	Put in the paste, and bake for 20 minutes in a moderate oven.
12...	... ...	... ...	When done let it get cold.
13...	Compote of fruit	... ...	Put a layer of any nice compote on the pastry.
14...	Cream ...	½ pint ...	Pour over and serve.

42.—MILK PANCAKES.

Order.	Ingredients.	Quantities.	Method.
1...	Eggs ...	3 ...	Beat well.
2...	Milk ...	1 pint ...	Add to the eggs and stir.
3...	Salt ...	1 pinch ...	Add.
4...	Flour ...	... ...	Add enough to make a thick smooth batter.
5...	Boiling fat ...	... ...	Fry the pancakes.
6...	... ...	... ...	Turn skilfully.
7..	Lemon and sugar	... ...	Serve with the pancakes, which should be very hot.

43.—DAMPFNUDELN, *or Steamed Dumplings*

Order.	Ingredients.	Quantities.	Method.
1...	Flour ...	2½ pints...	Put in a basin and make a hole in the centre.
2...	Yeast ...	1 table spoonful	Mix a portion of the flour with these and let it stand.
3...	Warm milk ...	1 tea cupful	
4...	Eggs ...	3 ...	Beat up.
5...	Butter ...	3 oz. ...	Clarify and mix with the eggs.
6...	... ...	... ...	Work well into the dough.
7...	... ...	... ...	Form the dough into small dumplings and put them aside to rise.
8...	Milk ...	1 tea cupful	Warm in a deep earthen pan.
9...	Butter ...	1 oz. ...	Add to the milk.
10...	... ...	... ...	When hot put in the dumplings near together, but not touching.

DAMPFNUDELN, *or Steamed Dumplings—(continued).*

Order.	Ingredients.	Quantities.	Method.
11...	... ...	... ...	Put on a well fitting cover.
12...	... ...	... ...	Put hot coals on the cover.
13...	... ...	... ...	Steam for ½ hour.
14...	Powdered sugar	... ...	Sprinkle over and serve very hot with thin custard, or with stewed fruit.

44.—APPLE FRITTERS, *French receipt.*

Order.	Ingredients.	Quantities.	Method.
1...	Apples ...	8 ...	Peel, take out the core and cut into thin slices.
2...	Powdered sugar	¼ lb. ...	Pour over the apples and let them soak.
3...	Grated lemon peel	1 ...	
4...	Brandy ...	1 wine glass	

45.—BATTER *for above.*

Order.	Ingredients.	Quantities.	Method.
5...	Fine flour ...	2 table spoonsful	Put into a basin.
6...	Warm water	... ...	Pour in drop by drop, mixing with a wooden spoon.
7...	... ...	... ...	Make a hole in the middle of this thick paste.
8...	Brandy ...	1 table spoonful	Pour into the hole and mix it in the paste.
9...	Egg ...	1 ...	Beat the white and yolk separately, and mix it in the paste as you did the brandy.

BATTER *for above—(continued)*.

Order.	Ingredients.	Quantities.	Method.
10...	Salt ...	1 pinch ...	Add.
11...	... ...	... ...	Stir till you have a thick smooth batter.
12...	Butter or lard	... ...	Melt in a frying-pan over a gentle fire till it is a good colour.
13...	... ...	... ...	Take a slice of apple, dip it in the batter, then in the boiling fat, move the pan all the time.
14...	... ...	... ...	Turn the fritter with the skimmer and let it fry a nice brown.
15...	... ...	... ...	Make all the fritters in the same way, drain, and serve them up hot.

46.—FRIED PASTRY.

Order.	Ingredients.	Quantities.	Method.
1...	Flour ...	½ lb. ...	Sift and put on the paste board, and make a hole in the middle.
2...	Salt ...	A pinch...	Work the butter to a cream, with the other ingredients, and put all in the hole in the flour.
3...	Butter ...	¼ lb. ...	
4...	Brandy ...	1 spoonful	
5...	Orange flower water	1 spoonful	
6...	Cream ...	... ...	Use enough to make the whole into a good paste; work it well and let it stand 3 hours.
7...	... ...	... ...	Roll the paste out thin.
8...	... ...	... ...	Cut it in small pieces of different shapes.
9...	... ...	... ...	Fry them a nice brown in butter.
10...	Sifted sugar ...	... ...	Mix and sprinkle over them.
11...	Powdered cinnamon	... ...	
12...	... ...	... ...	Serve hot or cold.

SECTION XIV.—PUDDINGS.

1.—PUDDINGS.

When you boil your puddings take particular care that your cloth be clean, and remember to dip it in boiling water; flour it well and give it a shake before you put your pudding into it. If it be a bread pudding, tie it loose, but tie it tight if it be a batter pudding. If you boil it in a basin, butter the basin and boil the pudding in plenty of water. Turn it often and do not cover the pan; when it is done enough take it up in the basin and let it stand a few minutes to cool. Then untie the string, wrap the cloth round the basin, lay your dish over it, and turn the pudding out.

2.—BEEF-STEAK PUDDING.

Order.	Ingredients.	Quantities.	Method.
1...	Beef-steak ...	1½ lb. ...	Cut into small pieces and leave a very little fat.
2...	Flour ...	... ...	Sprinkle over each piece.
3...	Pepper and salt	... ...	Do.
4...	Suet paste ...	... ...	Line a pudding basin ½ inch thick, first buttering your basin.
5...	... ...	... ...	Fill with pieces of beef.
6...	... ...	... ...	Put a thick crust at the top and tie it up in a cloth.
7...	... ...	... ...	Put it in the saucepan when the water boils, and boil 3 hours.

3.—YORKSHIRE PUDDING.

Order.	Ingredients.	Quantities.	Method.
1...	Fine flour ...	4 table spoonsful	Beat up together for 15 minutes.
2...	Eggs ...	4 ...	
3...	Salt ...	1 pinch ...	
4...	Milk ...	1 pint ...	Add and mix well.
5...	Butter ...	... ...	Rub over a dripping pan.
6...	... ...	... ...	Either let it cook under a joint while it is roasting, or bake in the oven.
7...	... ...	... ...	When it is brown cut it into square pieces and serve.

4.—PLUM PUDDING.

Order.	Ingredients.	Quantities.	Method.
1...	Suet ...	1 lb. ...	Chop but not too fine.
2...	Currants ...	do. ...	Wash clean.
3...	Raisins ...	do. ...	Stone.
4...	Yolks of eggs	8 ...	Beat well.
5...	Whites of eggs	4 ...	Do.
6...	Nutmeg ...	½ ...	Grate.
7...	Bread crumbs	¾ lb. ...	
8...	Orange peel and citron	½ lb. ...	Chop.
9...	Brandy ...	1 wine glass	
10...	Milk ...	1 pint ...	
11...	... ...	... ...	Mix all the dry ingredients together, then add the milk, beaten eggs and brandy.
12...	... ...	... ...	When the ingredients are well blended, put the pudding into a mould, tie a floured cloth over and boil it 6 hours.

5.—BAKED PLUM PUDDING.

Order.	Ingredients.	Quantities.	Method.
1...	Flour ...	¾ lb. ...	Chop the suet fine, and mix all together.
2...	Beef suet ...	½ lb. ...	
3...	Sultanas ...	1 lb. ...	
4...	Salt ...	A pinch...	Add.
5...	Nutmeg ...	½ tea spoonful	Grate and add.
6...	Eggs ...	3 ...	Beat and add.
7...	Milk ...	A little ...	Add as required, to moisten the pudding.
8...	... ...	... ...	Stir well, and pour into a buttered pie dish.
9...	... ...	... ...	Bake 1½ hours.
10...	... ...	... ...	Turn it out of the dish before serving.

NOTE.—A little candied peel can be added if liked.

6.—BREAD PUDDING.

Order.	Ingredients.	Quantities.	Method.
1...	Pieces of bread	... ...	Take crumb or crust, cut it into very small pieces, and soak in boiling milk or water.
2...	Boiling milk or water	... ...	
3...	... ...	... ...	Drain and beat smooth.
4...	Moist sugar ...	3 oz. ...	Add and mix well together.
5...	Nutmeg ...	To taste	
6...	Grated lemon peel	1 lemon...	
7...	Raisins or currants	½ lb. ...	
8...	Eggs ...	3 ...	Beat well and add.
9...	... ...	... ...	Bake or boil in a buttered pie dish or basin.

7.—FRUIT PUDDINGS.

Order.	Ingredients.	Quantities.	Method.
1...	Suet paste ...	... ...	Line a well buttered basin.
2 ..	Apples, gooseberries, currants, &c., &c.	... ...	Fill the basin.
3...	Sugar ...	To taste	Add.
4...	... ...	... ...	Moisten the edges of the paste, and cover the top.
5...	... ...	... ...	Press it well together, and trim the edges.
6...	... ...	... ...	Tie up in a floured cloth.
7...	... ...	... ...	Put it into boiling water.
8...	... ...	... ...	See receipt for Puddings in general.

8.—BAKED APPLE PUDDING.

Order.	Ingredients.	Quantities.	Method.
1...	Large apples	6 ..	Peel and take out the core.
2...	Sugar and butter	... ..	Fill up the hollow centres.
3...	... ..	... ...	Place them in a pie dish.
4...	Batter ..	... ...	Cover with light batter and bake.

9.—APPLE DUMPLINGS.

Order.	Ingredients.	Quantities.	Method.
1...	Apples ...	... ...	Pare, take out the core and fill the hole with sugar.
2...	Good paste ...	... ...	Cover the apple.
3...	... ...	... ...	Tie in a cloth and boil ¾ hour.
4...	Melted butter	... ...	Pour over, if liked, when you serve them.

10.—GOOSEBERRY FOOL.

Order.	Ingredients.	Quantities.	Method.
1...	Green gooseberries	1 pint ...	Scald in water till soft.
2...	... ...	... ...	Put them into a sieve to drain, and when cold work them through with a wooden spoon.
3...	Sugar ...	½ lb. ...	Add and beat all together 15 minutes.
4...	Butter ...	¼ lb. ...	
5...	Beaten eggs...	4 ...	
6...	... ...	... ...	Pour into a pie dish and bake ½ hour.

NOTE.—4 oz. of Macaroni biscuits are a delicious addition to this dish.

11.—ROLY-POLY PUDDING.

Order.	Ingredients.	Quantities.	Method.
1...	Suet crust ...	... ...	Roll out rather thin.
2...	Any preserve	... ...	Spread over the paste, leaving a small margin of paste.
3...	... ...	... ...	Roll it round, and tie in a floured cloth.
4...	... ...	... ...	Put it in boiling water and boil 2 hours.

12.—BAKED ROLY-POLY PUDDING.

Order.	Ingredients.	Quantities.	Method.
1...	Good short crust	... ...	Roll out thin.
2...	Treacle ...	¼ pint ...	Put on a layer.
3...	Bread crumbs	¼ lb. ...	Add a layer on the treacle.
4...	Currants ...	½ lb. ...	Wash, dry, and add over the rest.
5 ..	... ...	... ...	Roll up the pudding and bake.

13.—BREAD AND BUTTER PUDDING.

Order.	Ingredients.	Quantities.	Method.
1...	Thin slices of bread and butter	... ...	Put into a deep pie dish and half fill it.
2...	Cold milk ...	1½ pint ...	Mix all together.
3...	Powdered sugar	4 table spoonsful	
4...	Beaten eggs...	3 ...	
5...	... ...	... ...	Pour into the dish over the bread and butter, and bake in a quick oven.
6...	Currants ...	½ lb. ...	Sprinkle over the top if liked.

14.—BREAD AND CHEESE PUDDING.

Order.	Ingredients.	Quantities.	Method.
1...	Bread crumbs	1 large cupful	Choose stale bread and crumble fine.
2...	Boiling milk...	½ pint ...	Pour over the crumbs and let them soak.
3...	... ...	... ...	Beat up the crumbs with a fork.
4...	Grated cheese	3 oz. ...	Mix with the crumbs.
5...	Pepper and salt	... ...	Add.
6...	Egg ...	1 ...	Beat up and add to the crumbs, etc.
7 ..	... ...	... ...	Put the mixture in a small pie dish.
8...	Butter ...	1 oz. ...	Clarify and pour over.
9...	... ...	... ...	Bake in a moderate oven and serve very hot.

15.—BREAD AND BUTTER SOUFFLÉ.

Order.	Ingredients.	Quantities.	Method.
1...	Bread, and	2 thin	Butter the slices of bread and put
2...	Butter	slices	one at the bottom of a pie dish.
3...	Jam ...	... ...	Put a layer on the slice of bread and butter.
4...	... ...	... ...	Put on the other slice of bread.
5...	Milk ...	1 pint ...	Put in a basin.
6...	Powdered sugar	2 oz. ...	Add.
7...	Eggs ...	2 ...	Beat and add to the milk.
8...	... ...	... ...	Pour the mixture over the bread and butter, and bake in a moderate oven.
9...	... ...	... ...	When the pudding has risen like a soufflé, serve at once very hot.

16.—BOMBAY PUDDING.

Order.	Ingredients.	Quantities.	Method.
1...	Stale bread ...	... ...	Cut in slices about ¼ inch thick without any crust.
2...	... ...	... ...	Put a round piece of bread at the bottom of a pudding basin, and line the sides of the basin with fingers of bread placed close together.
3...	Stewed fruit ...	1 quart ...	Stew the fruit, any summer fruit will do, with sugar, and pour it hot on to the bread, till the basin is full.
4...	... ...	... ...	Cover the fruit with large slices of bread, fitting the basin.
5...	... ...	... ...	Put a plate on the top with a weight to keep it down.
6...	... ...	... ...	When perfectly cold, turn the pudding on to a dish.
7...	Custard ...	1 pint ...	Pour over and serve.

NOTE.—This pudding should be made the day before it is eaten. Raspberries, currants, cherries, plums, damsons, and greengages are the best fruits to use.

17.—CARTHUSIAN DUMPLINGS.

Order.	Ingredients.	Quantities.	Method.
1...	Stale rolls ...	4 ...	Grate off all the crust and cut them in pieces about the size of an egg.
2...	Milk ...	½ pint ...	Mix and put the pieces of roll in to soak.
3...	Beaten eggs ...	2 ...	
4...	... ...	... ...	When well soaked drain for a few minutes.
5...	Grated crumbs	... ...	Roll all the pieces of bread in.
6...	Butter ...	¼ lb. ...	Heat in a frying pan.
7...	... ...	... ...	Fry the dumplings a light brown.
8...	... ...	... ...	Pile them on a hot dish.
9...	Powdered sugar	... ...	Mix and sprinkle over the dumplings.
10...	Powdered cinnamon	If liked ...	
11...	... ...	... ...	Serve with sweet sauce, or with stewed fruit or custard.

18.—GOLDEN FINGERS.

Order.	Ingredients.	Quantities.	Method.
1...	Stale Rolls ...	... ...	Cut them in slices the size of a finger.
2...	Milk ...	½ pint ...	Beat the egg and stir it in with the milk.
3...	Egg ...	1 ...	
4...	... ...	... ...	Put the fingers in to soak.
5...	Batter ...	... ...	Make a thick pancake batter.
6...	... ...	... ...	Roll the fingers in batter
7...	Grated crumbs	... ...	Sprinkle all over them.
8...	Butter ...	... ...	Fry the fingers a light brown.
9...	Powdered sugar	... ...	Sprinkle over and serve with stewed fruit.

19.—GERMAN BREAD PUDDING.

Order.	Ingredients.	Quantities.	Method.
1...	Milk rolls ...	3 ...	Grate off the crust.
2...	Milk ...	1 pint ...	Soak the rolls in milk, then squeeze the milk out.
3...	Eggs ...	3 ...	Beat up.
4...	Butter ...	1 oz. ...	Add.
5...	... ...	... ...	Beat up the rolls in the eggs, &c.
6...	Currants ...	¼ lb. ...	Wash, dry and add.
7...	Sugar ...	... ...	Add.
8...	Cinnamon or nutmeg	... ...	Add, and mix all well together.
9...	Butter ...	... ...	Butter a pudding mould.
10...	Candied peel	... ...	Put a nice slice at the bottom of the mould.
11...	Raisins ...	A few ...	Arrange in a pattern round the peel and on the sides of the mould.
12...	... ...	... ...	Put in the mixture, and cover the top of the mould.
13...	... ...	... ...	Boil or steam for 2 hours.
14...	... ...	... ...	Serve with sweet sauce.

20.—WINDBAGS, *German receipt.*

Order.	Ingredients.	Quantities.	Method.
1...	Butter ...	¼ lb. ...	Melt in a stewpan.
2...	Milk ...	2 pints ...	Add.
3...	Salt ...	A pinch...	Add.
4...	Sugar ...	If liked ...	Add to taste, and let the whole boil up.
5...	Flour ...	1 lb. ...	Add gradually, stirring all the time over the fire.
6...	... ...	... ...	When it begins to separate from the sides of the pan, take it off the fire and let it get cool.
7...	Eggs ...	8 ...	Beat up and mix with the batter.
8...	... ...	... ...	Divide the mixture in small portions with a spoon.

WINDBAGS, *German receipt—(continued)*.

Order.	Ingredients.	Quantities.	Method.
9...	Butter ...	... ...	Butter a baking tin and put the little heaps on.
10...	... ...	... ...	Bake a light brown.
11...	Powdered sugar	... ...	Sprinkle over and serve very hot.

21.—RICE PUDDING (1).

Order.	Ingredients.	Quantities.	Method.
1...	Rice ...	¼ lb. ...	Boil together and keep stirring that it may not burn.
2...	Milk ...	1 quart ...	
3...	... ...	... ...	When it begins to thicken, take it off and let it cool.
4...	Butter ...	2 oz. to ¼ lb.	Stir in.
5...	Sugar ...	... ...	Put in to taste.
6...	Nutmeg ...	... ...	Grate in.
7...	... ...	... ...	Put your pudding in a buttered pie dish and bake it.

22.—RICE PUDDING (2).

Order.	Ingredients.	Quantities.	Method.
1...	Rice ...	¼ lb. ...	Boil together and keep stirring.
2...	Milk ...	1 quart ...	
3...	Cinnamon ...	1 stick ..	
4...	... ...	... ...	When it is boiled thick put it into a basin.
5...	Butter ...	¼ lb. ...	Stir in.
6...	Sugar ...	... ...	Add to taste.
7...	Nutmeg ...	½ ...	Grate in.
8...	Vanilla, lemon or almond flavouring	... ...	Add to taste.
9...	Eggs ...	4 ...	When it is cold, beat up the eggs and add.
10...	... ...	... ...	Pour into a buttered dish and bake.

23.—RICE PUDDING (3).

Order.	Ingredients.	Quantities.	Method.
1...	Rice ...	¼ lb. ...	Tie in a cloth but give it room to swell.
2...	... ...	... ...	Boil 1 hour, then take it out and untie it.
3...	Butter ...	¼ lb. ...	Stir in with a spoon.
4...	Nutmeg	To taste	Add.
5...	Sugar		
6...	... ..	... ...	Tie it up again close and boil it another hour.
7...	... ...	... ...	Take it up and turn it into a dish.
8...	Melted butter	... ...	Pour over it.

24.—RICE MOULD.

Order.	Ingredients.	Quantities.	Method.
1...	Rice ...	¼ lb. ...	Wash and drain.
2...	Milk ...	1 pint ...	Put the rice into a saucepan, add the milk, and put over the fire, stirring all the time.
3...	Salt ...	1 pinch ...	Add gradually, still stirring.
4...	Powdered sugar	¼ lb. ...	
5...	Butter ...	2 oz. ...	
6...	Flavouring of lemon vanilla, or almond	Either ...	Add.
7...	... ...	... ...	When it is thick take it off the fire and let it cool.
8...	Yolks of eggs	4 ...	Beat and add to the rice.
9...	Whites of eggs	4 ...	Beat to a froth and add.
10...	... ...	... ...	Pour the rice thus prepared into a buttered mould, ¾ full.
11...	... ...	... ...	Bake ½ hour.
12...	... ...	... ...	Turn out and serve with custard or fruit.

25.—RICE MILK.

Order.	Ingredients.	Quantities.	Method.
1...	Rice ...	½ lb. ...	Let it boil in water till swollen.
2...	... ...	... ...	Pour off the water.
3...	Milk ...	... ...	Fill up gradually with milk.
4..	... ...	... ...	Let the rice simmer slowly, adding milk as required, until it is as smooth as arrowroot.
5...	Sugar ...	... ...	Sweeten to taste.
6...	Almond or vanilla flavouring	If liked ...	Add to taste.
7...	Powdered sugar and cinnamon	... ...	Sprinkle over before serving.

26.—RICE CROQUETTES.

Order.	Ingredients.	Quantities.	Method.
1...	Rice ...	¼ lb. ...	Put into a saucepan.
2...	Milk ...	... ...	Pour over till all is covered, and put the saucepan on the fire.
3...	Butter ...	2 oz. ...	Add when the rice is half boiled.
4...	Salt ...	1 pinch ...	Do.
5...	Powdered sugar	¼ lb. ...	
6...	... ...	... ...	Mix the whole with a wooden spoon.
7...	... ...	... ...	When the rice has absorbed all the milk, take the saucepan off the fire.
8...	Yolks of eggs	6 ...	Beat up.
9...	Lemon, vanilla, or almond flavouring	Either, to flavour	Add to the eggs, and mix well with the rice.
10...	Whites of eggs	3 ...	Beat to a froth, and mix it in with the rice.
11...	... ...	... ...	When it is well mixed, make it into balls with a spoon, and let them cool.

RICE CROQUETTES—(*continued*).

Order.	Ingredients.	Quantities.	Method.
12...	Bread crumbs	... ...	Dip in the balls of rice.
13...	Beaten egg ...	1 ...	Take the balls out of the crumbs, dip them in the egg, then in the crumbs again.
14...	Butter ...	¼ lb. ...	Melt in a frying pan.
15...	... ...	... ...	Put in the balls of rice, and fry them a nice brown, stirring them in the pan all the time.
16...	Sugar ...	... ...	Sprinkle over and serve.

27.—TAPIOCA PUDDING.

See receipts for Rice Puddings.

28.—VERMICELLI PUDDING.

Order.	Ingredients.	Quantities.	Method.
1...	Vermicelli ...	4 oz. ...	Boil till the vermicelli is soft, stirring frequently.
2...	Milk ...	1 quart ...	
3...	Cinnamon ...	1 stick ...	
4...	Flavouring ...	... ...	Add and stir well together, and let the mixture cool.
5...	Butter ...	2 oz. ...	
6...	Sugar ...	4 oz. ...	
7...	Beaten eggs...	4 ...	Beat very light and add.
8...	... ...	... ...	Bake in a buttered pie dish ¾ hour.

29.—SEMOLINA PUDDING.

Order.	Ingredients.	Quantities.	Method.
1...	Milk ...	1½ pints...	Boil.
2...	Semolina ...	1 tea cupful	Stir into the boiling milk, and continue stirring over the fire for 15 minutes.
3...	... ...	... ...	Put into a mould.
4...	... ...	... ...	Serve cold with baked fruit or preserve.

30.—SAGO AND MACARONI BISCUIT PUDDING.

Order.	Ingredients.	Quantities.	Method.
1...	Sago ...	2 oz. ...	Boil together till the sago is quite tender.
2...	Milk ...	1 pint ...	
3...	Beaten eggs...	4 or 5 ...	Add to the sago, beat all together.
4...	Macaroni biscuits	¼ lb. ...	
5...	Brandy (if liked)	1 wine glass	
6...	Sugar to taste	... ...	
7...	... ...	... ...	Put all into a buttered basin, and boil ¾ of an hour.
8...	Wine sauce ...	... ...	Serve with the pudding.

31.—MARMALADE PUDDING (1).

Order.	Ingredients.	Quantities.	Method.
1...	Bread crumbs	¾ lb. ...	Mix all together.
2...	Chopped suet	6 oz. ...	
3...	Flour ...	4 oz. ...	
4...	Sugar ...	¼ lb. ...	
5...	Orange marmalade	½ lb. ...	
6...	Eggs well beaten	3 ...	Add and stir into a thick batter.
7...	Milk ...	... ...	
8...	... ...	... ...	Boil in a buttered mould 3½ hours.

32.—MARMALADE PUDDING (2).

Order.	Ingredients.	Quantities.	Method.
1...	Beef suet ...	3 oz. ...	Chop fine.
2...	Bread crumbs	5 oz. ...	Add and mix.
3...	Powdered sugar	¼ lb. ...	Add.
4...	Beaten eggs...	3 ...	
5...	Milk or cream	¼ pint ...	
6...	... ...	... ...	Beat all together 15 minutes.
7...	... ...	... ...	Put a layer in a well-buttered mould or pie dish.

MARMALADE PUDDING (2)—(*continued*).

Order.	Ingredients.	Quantities.	Method.
8...	Orange marmalade	... ...	Put a layer on the top, then a layer of the mixture, and so on till the mould is full.
9...	Bread crumbs	... ...	Put a layer on the top.
10...	... ...	... ...	Bake it in a moderate oven 1¾ hours, turn out of the mould and serve.

33.—FIG PUDDING.

Order.	Ingredients.	Quantities.	Method.
1...	Bread crumbs	½ lb. ...	Mix all together.
2...	Chopped figs	½ lb. ...	
3...	Moist sugar ...	6 oz. ...	
4...	Chopped suet	¼ lb. ...	
5...	Flour ...	2 oz. ...	
6...	Beaten eggs...	2 ...	Stir into the dry ingredients, and mix well.
7...	Milk ...	1 wine glass	
8...	Grated nutmeg	... ...	
9...	... ...	... ...	Press into a buttered mould, tie a floured cloth over, and boil 3 hours.

34.—DATE PUDDING.

See preceding receipt, substituting dates for figs.

35.—LEMON PUDDING.

See receipt for Marmalade pudding, substituting the grated or chopped rind of 1 lemon for the marmalade.

36.—PRUNE PUDDING.

Order.	Ingredients.	Quantities.	Method.
1...	Milk ...	1 wine glass	Put into a basin.
2...	Yolks of eggs	4 ...	Beat up and add to the milk.
3...	Whites of eggs	2 ...	

PRUNE PUDDING—(*continued*).

Order.	Ingredients.	Quantities.	Method.
4...	Flour ...	4 table spoonsful	Add.
5...	Salt ...	1 pinch ...	
6...	Powdered ginger	2 tea spoonsful	
7...	Milk ...	1½ pints...	Add gradually.
8...	Prunes ...	1 lb. ...	Add.
9...	... ...	... ...	Boil 1 hour tied up in a clo h.
10...	Melted butter	... ...	Pour over when you serve.

NOTE.—Damsons are very nice cooked like this.

37.—AMBER PUDDING.

Order.	Ingredients.	Quantities.	Method.
1...	Flour ...	¼ lb. ...	Mix all together; put them in a buttered basin and boil.
2...	Bread crumbs	do. ...	
3...	Chopped suet	do. ...	
4...	Sugar ...	do. ...	
5...	Marmalade ...	do. ...	
6...	Beaten egg ...	1 ...	

38.—SPONGE SANDWICHES.

Order.	Ingredients.	Quantities.	Method.
1...	Sponge cakes	6 ...	Cut in half lengthways.
2...	Strawberry jam	... ...	Put a layer on the lower half of each sponge cake, and cover with the top half, and arrange them in a glass dish.
3...	Sherry ...	If liked ...	Pour over to saturate the cakes.
4...	Sweet almonds	... ...	Blanch, cut in slices, and stick into the top of the cakes.
5...	Custard ...	½ pint ...	Pour over and serve.

39.—CABINET PUDDING.

Order.	Ingredients.	Quantities.	Method.
1...	Butter ...	½ oz. ...	Butter the inside of a plain mould.
2...	Dried cherries	3 doz. ...	Arrange in a pattern all over the buttered mould.
3...	Angelica ...	Small slices	Arrange amongst the cherries, keeping to one pattern throughout.
4...	Sponge cakes	¼ lb. ...	Cut in slices and add.
5...	Ratifias ...	¼ lb. ...	Add.
6...	Lump sugar...	3 oz. ...	Add.
7...	Vanilla ...	... ...	Enough to give a good flavour.
8...	Thin cream ...	¾ pint ...	Heat on the fire.
9...	Yolks of eggs	6 ...	Beat well.
10...	Whites of eggs	2 ...	Beat and add.
11...	... ...	... ...	Pour the hot cream on to the eggs, beat, and let it stand till quite cool.
12...	Brandy or sherry	1 wine glassful	Add gradually to the cream and eggs.
13...	... ...	... ...	Pour the mixture slowly into the mould.
14...	... ...	... ...	Cover with buttered paper, and steam the pudding gently one hour.
15...	Wine sauce ...	... ...	Serve with the pudding.

40.—POTATO SOUFFLÉ.

Order.	Ingredients.	Quantities.	Method.
1...	Milk ...	½ pint ...	Boil, then take off the fire and let it cool.
2...	Potato flour ...	4 or 5 large spoonsful	Mix together in a large saucepan, stirring well with a wooden spoon.
3...	Powdered sugar	6 oz. ...	
4...	Butter ...	1½ oz. ...	
5...	Yolks of eggs	4 ...	
6...	Lemon, vanilla, or almond flavouring	Either ...	
7...	... ...	... ...	Add the warm milk by degrees, stirring the same way all the time.

POTATO SOUFFLÉ—(*continued*).

Order.	Ingredients.	Quantities.	Method.
8...	... ...	... ...	Stir and simmer till it thickens.
9...	... ...	... ...	Let it stand and cool.
10...	Yolks of eggs	4 ...	Beat and add gradually.
11...	Whites of eggs	6 ...	Beat up to a froth, then add to the rest.
12...	... ...	... ...	Pour this mixture into a pie dish and bake about 20 minutes.
13...	... ...	... ...	The soufflé ought to rise and brown, but not burn.
14...	Powdered sugar	... ...	Sprinkle over and serve.

41.—POTATO PUDDING.

Order.	Ingredients.	Quantities.	Method.
1...	Cold boiled potatoes	½ lb. ...	Pound in a mortar.
2...	Butter ...	¼ lb. ...	Add.
3...	Milk ...	¼ pint ...	Add and mix quite smooth.
4...	Eggs ...	3 ...	Beat up the yolks only.
5...	Sugar ...	To taste	Add.
6...	Lemon peel ...	1 lemon...	Grate very fine and add.
7...	Whites of eggs	3 ...	Beat to a froth and add.
8...	... ...	... ...	Mix well with the potatoes, put in a mould, and boil or bake.

42.—FRENCH GATEAU.

Order.	Ingredients.	Quantities.	Method.
1...	Whites of eggs	6 ...	Beat for 20 minutes.
2...	Powdered sugar	¼ lb. ...	Add gradually while beating.
3...	Flour ...	¼ lb. ...	Add.
4...	Butter ...	¼ lb. ...	Melt in a stewpan over a slow fire.

FRENCH GATEAU—(*continued*).

Order.	Ingredients.	Quantities.	Method.
5...	... ...	... ...	When the butter is melted and warm, mix it gradually with the whites of eggs stirring the same way all the time.
6...	Orange flower water	1 table spoonful	Add, still stirring.
7...	... ...	... ...	Mix the paste quite smooth.
8...	Butter ...	... ...	Rub over the inside of a mould.
9...	Powdered sugar	... ...	Sprinkle over the butter.
10...	... ...	... ...	Put in the paste till the mould is ¾ full.
11...	... ...	... ...	Bake in a moderate oven 1½ hour.

43.—BISCUIT PUDDING.

Order.	Ingredients.	Quantities.	Method.
1...	Milk ...	1½ pint ...	Boil and let it get cool.
2...	Stale milk roll	¼ lb. ...	Break in pieces.
3...	Sweet biscuits	¼ lb. ...	Add.
4...	Macaroons ...	A few ...	Add.
5...	Ratifias ...	A few ...	Add, together with any broken bits of sponge cake or pastry.
6...	... ...	... ...	Pour the milk over the broken bits of bread, biscuit, etc., and let them soak in it.
7...	Sugar ...	To taste	Add.
8...	... ...	... ...	Beat up all the ingredients over a slow fire, until they form a thick paste.
9...	... ...	... ...	Take them off the fire.
10...	Eggs ...	5 ...	Beat up and add.
11...	Butter ...	2 oz. ...	Add.
12...	Sultanas ...	¼ lb. ...	Add.
13...	Currants ...	¼ lb. ...	Wash, dry, and add.
14...	Nutmeg ...	... ...	Grate a little over.
15...	Brandy or rum	1 wine glassful	Add and mix well.
16...	... ...	... ...	Put the mixture in a buttered mould and bake.

44.—SWISS PASTRY.

Order.	Ingredients.	Quantities.	Method.
1...	Butter ...	¼ lb. ...	Melt on a slow fire.
2...	Eggs ...	4 ...	Beat the yolks and whites together.
3...	Powdered sugar	½ lb. ...	Add to the eggs.
4...	... ...	.. ..	Mix the eggs and sugar with the butter.
5...	Flour ...	1 lb. ...	Add gradually and mix well.
6...	... ...	... ...	Spread out the paste in strips 4 inches long.
7...	... ...	... ...	Roll up each piece the size of your thumb.
8...	Butter ...	... ...	Fry the rolls in butter.
9...	Powdered sugar	... ...	Sprinkle over, and serve piled on a folded napkin.

45.—ROMAN PUDDING.

Order.	Ingredients.	Quantities.	Method.
1...	Eggs ...	6 ...	Beat the yolks and whites separately.
2...	Powdered sugar	2 table spoonsful	Add a little to each.
3...	Potato flour ...	½ oz. ...	Mix together.
4...	Sugar ...	1 oz. ...	
5...	... ...	... ...	Beat the whites of eggs to a stiff froth.
6...	... ...	... ...	Add the yolks and continue beating.
7...	Lemon juice...	1 lemon...	Add the strained juice.
8...	Lemon peel ...	½ lemon...	Grate very fine and add.
9...	... ...	... ...	Pour the eggs from a height on to the potato flour, and stir well.
10...	Oil ...	... ...	Grease a pudding mould.
11...	... ...	... ...	Fill the mould about half full with the mixture.
12...	... ...	... ...	Bake in a moderate oven.
13...	... ...	... ...	When it rises to the top, take it out of the mould and serve.

46.—NEW HASTY PUDDING.

Order.	Ingredients.	Quantities.	Method.
1...	Eggs ...	3 ...	Beat up the yolks separately.
2...	Flour ...	... ...	Add until you have a thick batter.
3...	Milk ...	... ...	
4...	Whites of eggs	3 ...	Beat to a froth.
5...	Powdered sugar	1 oz. ...	Add.
6...	Lemon peel ...	1 ...	Grate fine and add.
7...	... ...	... ...	Mix the frothed whites with the batter, and stir quickly.
8...	Butter ...	... ...	Butter a pie dish, and put in the mixture.
9...	... ...	... ...	Bake in the oven.
10...	... ...	... ...	When it rises like a soufflé, serve at once, before it falls.

47.—DARIOLES, *French receipt.*

Order.	Ingredients.	Quantities.	Method.
1...	Butter ...	1 oz. ...	Melt on the fire.
2...	Flour ...	2 dessert spoonsful	Add by degrees.
3...	Powdered sugar	3 dessert spoonsful	Add.
4...	Lemon peel ...	½ lemon...	Grate fine and add.
5...	Candied violets or orange flowers	... ...	Chop and add.
6...	Yolks of eggs	4 ...	Beat and add.
7...	Salt ...	A pinch...	Add.
8...	Cream ...	¼ pint ...	Add and mix all well together.
9...	Butter ...	... ...	Butter a sufficient number of small moulds.
10...	... ...	... ...	Fill the moulds and bake in the oven.
11...	... ...	... ...	When done take them out of the moulds.
12...	Sugar ...	... ...	Sprinkle over and serve.

48.—BATTER PUDDING.

Order.	Ingredients.	Quantities.	Method.
1...	Yolks of eggs	3 ...	Beat in a basin.
2...	Flour ...	3 table spoonsful	Add gradually, and mix very smooth.
3...	New milk ...	... ...	Add to thin the batter, until it is the consistence of cream.
4...	Whites of eggs	3 ...	Beat up, and add to the batter.
5...	... ...	... ...	Pour into a buttered mould, and boil 1 hour.
6...	Fruit sauce ...	... ...	Serve with it.

NOTE.—Half a pound of cleaned and dried currants added to the batter will convert it into a black-cap pudding. For the fruit sauce boil a little sugar and water together for a few minutes, then add fresh fruit crushed with a spoon, or the expressed juice only, and boil again for 5 or 6 minutes.

49.—CUSTARD PUDDING, *baked.*

Order.	Ingredients.	Quantities.	Method.
1...	Milk ...	1½ pint ...	Put in a saucepan.
2...	Mace, cinnamon, lemon peel	A little of each	Add to flavour the milk, and boil up.
3...	Sugar ...	To taste	Add.
4...	... ...	... ...	Let the milk get cold.
5...	Yolks of eggs	3 ...	Beat and add to the strained milk.
6...	... ...	... ...	Pour into a pie dish, and bake in a slow oven.

50.—LEMON PUDDING, *baked.*

Order.	Ingredients.	Quantities.	Method.
1...	Bread crumbs	½ lb. ...	Grate fine.
2...	Beef suet ...	6 oz. ...	Chop fine and add.
3...	Sugar ...	¼ lb. ...	Add.
4...	Lemon ...	1 large, 1½ small	Add the grated rind and strained juice.

LEMON PUDDING, *baked—(continued)*.

Order.	Ingredients.	Quantities.	Method.
5...	Eggs ...	3 ...	Beat and add.
6...	Milk ...	A little ...	Add if required.
7...	... ...	... ..	Mix all well together, and put in a buttered pie dish.
8...	... ...	... ...	Bake one hour in a quick oven, if it browns too quickly, cover it with paper.
9...	... ...	... ...	When done, turn it out of the dish.
10...	Sifted sugar ..	... ...	Sprinkle over and serve.

51.—CREAM FRITTERS.

Order.	Ingredients.	Quantities.	Method.
1...	Flour ...	1 large spoonful	Put in a saucepan.
2...	Butter ...	1½ oz. ...	Melt and add.
3...	Powdered sugar	3 spoonsful	Add.
4...	Vanilla ...	... ...	Add enough to flavour.
5...	Salt ...	A pinch...	Add and mix well.
6...	Eggs ...	2 ...	Beat up and add, and stir quickly.
7...	Milk ...	¾ pint ...	Boil and add gradually, stirring well all the time over a slow fire.
8...	... ...	... ...	When thickened, let it simmer 5 minutes.
9...	Yolks of eggs	2 ...	Beat and add.
10...	Macaroons ...	A few ...	Crush and add.
11...	... ...	... ...	Stir over the fire a few minutes, but do not let the mixture boil.
12...	... ...	... ...	When it is a thick cream pour it on to a buttered dish.
13...	... ...	... ...	Let it stand till cold.
14...	... ...	... ...	Cut in small pieces, dip in batter, and fry a nice colour.
15...	Sifted sugar...	... ...	Sprinkle over before serving.

SECTION XV.—CREAMS AND MOULDS.

1.—BLANC MANGE, *French receipt.*

Order.	Ingredients.	Quantities.	Method.
1...	Bitter almonds	½ oz. ...	Steep in boiling water.
2...	Sweet ditto	¼ lb. ...	
3...	... ...	... ...	Skin and wipe in a clean cloth.
4...	... ...	... ...	Pound them in a mortar to a smooth paste.
5...	Cold water ...	1 spoonful	Add drop by drop to prevent them turning to oil.
6...	Powdered sugar	¼ lb. ...	Add gradually, stirring the same way all the time.
7...	Cream	¼ pint ...	
8...	Orange flour water	1 tea spoonful	
9...	Isinglass melted in water	1 oz. ...	
10...	... ...	... ...	When the whole is well mixed pour into a mould.
11...	... ...	... ...	Put the mould into a refrigerator or put pounded ice round it.
12...	... ...	... ...	When you want to turn it out, dip the mould into hot water.

2.—BLANC MANGE, *English receipt.*

Order.	Ingredients.	Quantities.	Method.
1...	New milk ...	1½ pint ...	Let them stand for an hour, then simmer gently until the isinglass is dissolved, stirring frequently.
2...	Sugar ...	2 oz. ...	
3...	Vanilla or lemon	To flavour	
4...	Isinglass ...	1 oz. ...	

BLANC MANGE, *English receipt—(continued)*.

Order.	Ingredients.	Quantities.	Method.
5 ..	... ...	... ...	Take off the scum.
6...	Cream ...	½ pint ...	Add gradually and stir in.
7...	... ...	... ...	Strain into a mould.
8...	... ...	... ...	Stir occasionally while cooling.
9...	Brandy or sherry	2 table spoonsful	Add if liked.
10...	... ...	... ...	Turn it out of the mould before serving.

3.—ARROWROOT BLANC MANGE.

Order.	Ingredients.	Quantities.	Method.
1...	Milk ...	1 quart ...	Mix together till quite smooth.
2...	Arrowroot ...	¼ lb. ...	
3...	Cinnamon ...	To taste	Add this or any other flavouring.
4...	Sugar ...	To taste	Add.
5...	... ...	... ...	Boil for 10 minutes stirring all the time.
6...	... ...	... ...	Pour into a mould and let it stand till cold.

4.—BAVARIAN CREAM.

Order.	Ingredients.	Quantities.	Method.
1...	Strawberries	1 quart ...	Pick and crush with a silver spoon.
2...	Sifted sugar...	½ lb. ...	Sprinkle over and let them stand a few hours.
3...	... ...	... ...	Rub them through a hair sieve.
4...	New milk ...	1 pint ...	Put in a saucepan.
5...	Isinglass ...	2 oz. ...	Add.
6...	Sugar ...	To taste	Add; put the saucepan on the fire to melt the isinglass.

BAVARIAN CREAM—(*continued*).

Order.	Ingredients.	Quantities.	Method.
7...	... ...	... ...	When quite dissolved strain the milk through muslin.
8...	Cream ...	1 pint ...	Add and stir till the mixture is nearly cold.
9...	... ...	... ...	Pour it on to the strawberries and mix them well together.
10...	Lemon juice	1 lemon ..	Strain and add, if liked, drop by drop.
11...	... ...	... ...	Pour into the mould, and let it cool in a refrigerator.

NOTE.—Good new milk may be used in place of cream if this is not obtainable. Apricot or other jam can be used in place of the fresh fruit.

5.—CARAMEL CREAM.

Order.	Ingredients.	Quantities.	Method.
1...	Sugar ...	2 oz. ...	Put both on the fire till the sugar is a light caramel brown.
2...	Water ...	1 table spoonful	
3...	... ...	... ...	Take the saucepan off the fire.
4...	Milk ...	¾ pint ...	Boil in another saucepan.
5...	Sugar ...	¼ lb. ...	
6...	... ...	... ...	Pour gradually on to the caramel, stirring all the time.
7...	Yolks of eggs	3 ...	Beat and add gradually to the cream, stirring the same way all the time.
8...	White of egg	1 ...	
9...	... ...	... ...	Pour into a basin or mould, which you place in a stewpan half full of boiling water.
10...	... ...	... ...	Let it set thus for about ½ hour.
11...	... ...	... ...	When it is of firm consistence it is done.

6.—CARAMEL MOULD.

See preceding receipt, add melted isinglass, and pour into a mould. Put the mould into a refrigerator, or put pounded ice round it. When you want to turn it out, dip it in hot water, put the dish upside down on the top, then turn the mould out upon it.

7.—COFFEE CREAM.

Order.	Ingredients.	Quantities.	Method.
1...	Milk or cream	1 pint ...	Boil 15 minutes in a saucepan.
2...	Essence of coffee or very strong coffee	3 spoonsful	Add when the milk boils.
3...	Powdered sugar	½ lb. ...	Add, stirring all the time.
4...	... ...	... ...	Take the saucepan off the fire.
5...	Yolks of eggs	4 or 5 ...	Beat up and pour gradually into the saucepan, stirring all the time.
6...	White of do.	1 ...	
7...	... ...	... ...	Put the saucepan on the fire again till the cream begins to thicken.
8...	... ...	... ...	Pour into a dish or custard cups, and place them in a stewpan half full of boiling water.
9...	... ...	... ...	Let the water boil till the cream is of the right consistence.
10...	... ...	... ...	Let it get cold before you serve.

8.—CHOCOLATE MOULD.

Order.	Ingredients.	Quantities.	Method.
1...	Cream or milk	1 pint ...	Boil, then take the saucepan off the fire.
2 ..	Yolks of eggs	6 ...	Beat up together in a basin.
3...	Powdered sugar	½ lb. ...	
4...	... ...	... ...	Mix the whole together gradually with a spoon.
5...	... ...	... ...	Put back the saucepan on a gentle fire and stir all the time till the cream thickens, then take it off the fire again.
6...	Chocolate ...	¼ lb. ...	Melt in another saucepan over the fire.
7 ..	Water ...	¼ pint ...	
8...	Isinglass ...	1 oz. ...	Melt in another saucepan.
9...	Water ...	¼ pint ...	
10...	... ...	... ...	When the isinglass is melted pour it gradually into the chocolate.

CHOCOLATE MOULD—(*continued*).

Order.	Ingredients.	Quantities.	Method.
11...	... ...	... ...	Add the cream, &c., gradually, stirring all the time.
12...	... ...	... ...	Pour into a mould.
13...	... ...	... ...	Place the mould in a refrigerator or put pounded ice round it.
14...	... ...	... ...	When you wish to turn it out, dip the mould into hot water, put the dish upside down on the top of it and turn it out quickly.

9.—ECONOMICAL CREAM.

Order.	Ingredients.	Quantities.	Method.
1...	Potato flour	1 large spoonful	Put in a basin.
2...	Yolks of eggs	3 ...	Mix with the flour.
3...	Boiled milk ...	1 pint ...	Add gradually stirring all the time, and mix thoroughly.
4...	Powdered sugar	¼ lb. ...	Add in the same way.
5...	Orange flower water	To taste	Add.
6...	... ...	... ...	Put in a mould, place this on the fire and stir continually for 5 minutes.
7...	... ...	... ...	Take the dish off the fire.
8...	... ...	... ...	Let it get cool before serving.

10.—WHIPPED CREAM, *à la Chantilly*.

Order.	Ingredients.	Quantities.	Method.
1...	Thick cream	1½ pint ...	Put in a cool place or surround with ice.
2...	Gum dragon	A pinch	Powder fine and add.
3...	Powdered sugar	¼ lb. ...	Add.

WHIPPED CREAM, *à la Chantilly*—(*continued*).

Order.	Ingredients.	Quantities.	Method.
4...	Flavouring ...	If liked ...	Vanilla, lemon, or orange.
5...	... ...	... ...	Whip until the cream is frothed.
6...	... ...	... ...	Put on a hair sieve for the milk to drain off.
7...	White of egg	1 ...	Beat to a froth, if the cream is not firm enough, and add.

NOTE.—This cream is used for meringues, trifles, and for ornamenting compotes of fruit.

11.—VANILLA CREAM.

Order.	Ingredients.	Quantities.	Method.
1...	Milk ...	1½ pint ...	Boil in a saucepan.
2...	Sugar ...	6 oz. ...	Add.
3...	Vanilla ...	1 stick ...	Add and boil together ¼ hour.
4...	... ...	... ...	Take the milk off the fire, and take out the vanilla.
5...	Yolks of eggs	5 ...	Beat up together in basin.
6...	Whites of eggs	2 ...	
7...	... ...	... ...	Add the boiled milk gradually, stirring all the time.
8...	... ...	... ...	Put into a mould and put this in a saucepan half-full of boiling water.
9...	... ...	... ...	Leave it on the fire about ½ hour.
10...	... ...	... ...	Turn the cream out when it is cold.

12.—STONE CREAM.

Order.	Ingredients.	Quantities.	Method.
1...	Boiling water	½ cupful...	Steep the isinglass in the water until dissolved.
2...	Isinglass ...	¼ oz. ...	
3...	Milk ...	½ pint ...	Put in a saucepan.
4...	Cream ...	½ pint ...	Add.
5...	Sugar ...	To taste	Add.

STONE CREAM—(*continued*).

Order.	Ingredients.	Quantities.	Method.
6...	... ...	... ...	Add the strained isinglass.
7...	... ...	... ...	Put it on the fire, and when it begins to boil pour into a basin.
8...	... ...	... ...	Stir till it is nearly cold.
9...	Preserve ...	Any good kind	Place at the bottom of a glass dish.
10...	... ...	... ...	Pour the cream over and let it stand till cold.
11...	Sweet almonds	... ...	Blanch and cut in slices, and stick over the top of the cream.

13.—LEMON CREAM.

Order.	Ingredients.	Quantities.	Method.
1...	Cream ...	1½ pint ...	Put in an enamelled saucepan.
2...	Lemon peel ...	1 lemon...	Add.
3...	Gelatine ...	2 oz. ...	Add.
4...	... ...	... ...	Boil gently for 10 minutes and strain.
5...	Sugar ...	¼ lb. ...	Add.
6...	Yolks of eggs	2 ...	Beat and add.
7...	... ...	... ...	Put the basin containing the mixture in a saucepan half full of boiling water.
8...	... ...	... ...	Stir constantly, and do not let it boil.
9...	... ...	... ...	Take it off the fire, and stir till the cream is nearly cold.
10...	Lemons ...	2 ...	Strain the juice through a sieve, and mix with the cream.
11...	... ...	... ...	Stir quickly, and pour into an oiled mould.
12...	... ...	... ...	When cold, turn it out in the usual way.

14.—WINE CREAM.

Order.	Ingredients.	Quantities.	Method.
1...	White wine ...	1 pint ...	Put in a saucepan.
2...	Sugar ...	6 oz. ...	Add.
3...	Lemon peel or cinnamon	... ...	Add to flavour, and boil gently.
4...	Yolks of eggs	7 or 8 ...	Beat up in a basin.
5...	... ...	... ...	Pour the wine gradually on to the eggs, and stir well.
6...	... ...	... ...	Strain the mixture into a mould, and set as usual in a saucepan of boiling water.
7...	... ...	... ...	Serve cold.

15.—FRUIT CREAM.

Order.	Ingredients.	Quantities.	Method.
1...	Fresh fruit ...	1 lb. ...	Choose strawberries, raspberries, or currants; pick them.
2...	... ...	... ...	Crush, and strain the juice through a sieve.
3...	Powdered sugar	¼ lb. ...	Add to the juice.
4...	... ...	... ...	Boil the juice in a saucepan.
5...	Yolks of eggs	4 ...	Beat up.
6...	... ...	... ...	Take the saucepan off the fire.
7...	... ...	... ...	Pour the eggs gradually in, and stir all the time near the fire, but do not let it boil.
8...	... ...	... ...	Pour it into a dish to cool.
9...	Whites of eggs	4 ...	Beat to a froth, and add to the mixture.

16.—COCOA-NUT CREAM.

Order.	Ingredients.	Quantities.	Method.
1...	Cocoa-nut ...	1 ...	Saw it in two, and pour out the milk.
2...	... ...	... ...	Cut the nut in small pieces, free from shell and skin.
3...	Syrup ...	1 pint ...	Make a thin syrup of sugar and water.

COCOA-NUT CREAM—(*continued*).

Order.	Ingredients.	Quantities.	Method.
4...	... ...	... ...	Throw in the pieces of nut, and let them boil 3 hours.
5...	Cinnamon, vanilla or lemon	... ...	Add to flavour the cocoa-nut, if liked.
6...	... ...	... ...	Take the saucepan off the fire.
7...	Yolks of eggs	2 or 3 ...	Beat and add gradually, stirring well.
8...	... ...	... ...	Pour into a glass dish, and let it get cool.
9...	Crystallized fruits	... ...	Garnish with slices of small crystallized citrons.

17.—MONT BLANC.

Order.	Ingredients.	Quantities.	Method.
1...	Whites of eggs	6 ...	Beat to a stiff froth.
2...	Powdered sugar	... ...	Add about ½ oz. to each egg.
3...	Currants ...	½ lb. ...	Clean and add gradually.
4...	... ...	... ...	Put the mixture in the oven to set, but do not let it brown.
5...	Maraschino ...	4 table spoonsful	Put in a glass dish.
6...	... ...	... ...	Pile the frothed eggs on this, and serve.

NOTE.—Whites of eggs left over from creams can be utilised in this manner.

18.—ORANGE SPONGE.

Order.	Ingredients.	Quantities.	Method.
1...	Gelatine ...	3 oz. ...	Melt together and strain.
2...	Water ...	¾ pint ...	
3...	Powdered sugar	½ lb. ...	Add.
4...	Oranges ...	3 ...	Squeeze the juice into a cup.
5...	Lemon ...	1 ...	Squeeze into the orange juice.
6...	... ...	... ...	Strain and add them to the melted gelatine.

ORANGE CREAM—(*continued*).

Order.	Ingredients.	Quantities.	Method.
7...	... ...	... ...	Whip the mixture until it is the consistence of cream.
8...	... ...	... ...	Pour it into a mould, and let it get quite cold.
9...	... ...	... ...	Turn it out, and decorate with preserved cherries.

19.—ITALIAN SPONGE.

Order.	Ingredients.	Quantities.	Method.
1...	Yolks of eggs	12 ...	Put in a saucepan on a moderate fire.
2...	Madeira ...	4 wine glasses	Add.
3...	Powdered sugar	6 oz. ...	Add.
4...	Cinnamon ...	A pinch...	Add in powder.
5...	... ...	... ...	Stir quickly on the fire with a chocolate mill, until the froth fills the saucepan.
6...	... ...	... ...	Pour quickly into small cups, and serve at once.

20.—CHARLOTTE RUSSE.

Order.	Ingredients.	Quantities.	Method.
1...	Sponge biscuits	½ lb. ...	Line the inside of a buttered mould, and arrange them at the bottom.
2...	Yolks of eggs	5 ...	Beat and put in a saucepan.
3...	Milk ...	1 pint ...	Add.
4...	Sugar ...	To taste	Add.
5...	Vanilla ...	To taste	Add.
6...	... ...	... ...	Stir on the fire till it boils.
7...	Gelatine ...	1 oz. ...	Melt in a little hot water.
8...	... ...	... ...	Add to the contents of the saucepan.
9...	Cream ...	1 pint ...	Whip to a froth.
10...	... ...	... ...	Mix it lightly with the eggs, &c.
11...	... ...	... ...	Put into the mould, and set it on ice until wanted.
12...	... ...	... ...	Turn out of the mould before serving.

SECTION XVI.—JELLIES.

1.—CALF'S FOOT JELLY.

Order.	Ingredients.	Quantities.	Method.
1...	Calf's feet ...	4 ...	Boil in a gallon of water till it is reduced to a quart.
2...	... ...	... ...	When it is cold, skim off all the fat.
3...	... ...	... ...	Leave what settling there may be at the bottom and put the jelly into a saucepan.
4...	Sherry or Marsala	1 bottle ...	Add.
5...	Lump sugar ...	¾ lb. ...	
6...	Lemon juice...	5 lemons	
7...	Whites of eggs	6 or 8 ...	Beat up with a whisk, then put them into the saucepan, stir all well together till it boils, and let it boil a few minutes.
8...	... ...	... ...	Pour through a large flannel bag, and repeat this till it runs clear.
9...	Lemon peel ...	... ...	Put into a basin after you have cut it as thin as possible.
10...	... ...	... ...	Let the jelly run into the basin and the lemon peel will give it an amber colour and a fine flavour.
11...	... ...	... ...	Fill your glasses or mould.

2.—ORANGE JELLY.

Order.	Ingredients.	Quantities.	Method.
1...	Peel of Seville oranges	2 ...	Pare very thin, and put in a saucepan.
2...	Peel of China do.	2 ...	
3...	Peel of lemons	2 ...	
4...	Juice of 3 of each	... ...	Squeeze and strain on to the peel.

ORANGE JELLY—(*continued*).

Order.	Ingredients.	Quantities.	Method.
5...	Loaf sugar ...	¼ lb. ...	Add to the juice.
6...	Water ...	¼ pint ...	
7...	... ...	... ...	Boil till it almost candies.
8...	Isinglass jelly made with 2 oz. of isinglass	1 quart ...	Add and boil it up at once.
9...	... ...	... ...	Strain off the jelly and let it stand to settle before it is put in the mould.

3.—ISINGLASS JELLY.

Order.	Ingredients.	Quantities.	Method.
1...	Gelatine (Nelson's)	1 packet	Dissolve in ½ pint of cold water.
2...	Hot water ...	1 pint ...	Add.
3...	Lemon peel ...	5 lemons	
4...	Stick of cinnamon	1 small ...	
5...	Cloves ...	6 ...	
6...	Lemon juice...	5 lemons	
7...	Sherry ...	½ pint ...	
8...	Powdered lump sugar	¼ lb. ...	
9...	Whites of eggs	5 ...	When done clarify with the shells and whites, and strain as usual.

4.—FRUIT JELLY.

Order.	Ingredients.	Quantities.	Method.
1...	Juice of oranges, strawberries, cherries, pine-apples, &c., &c.	... ...	Omit the sherry from isinglass jelly, and add the juice you choose, with sufficient sugar to sweeten it.
2...	... ...	... ...	The jelly takes its name from its flavouring.

5.—BLACK-CURRANT JELLY.

Order.	Ingredients.	Quantities.	Method.
1...	Currants ...	10 quarts	Strip off the stalks and put them into an earthen pan.
2...	Water ...	1 quart ...	Add and set them in a cool oven for 2 hours, with a paper tied over them.
3...	... ...	... ...	Squeeze through a hair sieve or very fine cloth into a preserving pan.
4...	Loaf sugar ...	1½ lbs. to each quart of juice	Add and stir gently till the sugar melts.
5...	... ...	... ...	When it boils skim it well.
6...	... ...	... ...	Let it boil pretty quickly over a clear fire for ½ hour, then put it into pots.
7...	Brandy paper	... ...	Put over the pots.

6.—RED-CURRANT JELLY.

Order.	Ingredients.	Quantities.	Method.
1...	Currants ...	10 quarts	See preceding receipt and follow it exactly, substituting red currants for black.

7.—FRUIT IN JELLY.

Order.	Ingredients.	Quantities.	Method.
1...	Clear stiff calf's foot jelly	½ pint ...	Pour into a mould and let it stand till it is nearly set and stiff.
2...	Fine ripe peaches	3 ...	Lay in the jelly.
3...	Bunch of grapes	1 ...	Do. with the stalk upwards.

FRUIT IN JELLY—(*continued*).

Order.	Ingredients.	Quantities.	Method.
4...	... ...	... ...	Let it stand till the next day, then set your mould to the brim in hot water.
5...	... ...	... ...	As soon as you perceive the jelly gives way from the mould, lay your dish over and turn it carefully out.

8.—APRICOT JELLY.

Order.	Ingredients.	Quantities.	Method.
1...	Apricots ...	... ...	Remove the stones and take off any stained parts of the skin.
2...	Sugar ...	... ...	Take the same weight as the fruit.
3...	... ...	... ...	Put in the preserving pan.
4...	... ...	... ...	Boil for 15 minutes, stirring all the time and skimming.
5...	... ...	... ...	Strain through a sieve into glass jars.
6...	... ...	... ...	Crack some of the stones and put the kernels on the top of each jar of jelly.

9.—MEDLAR JELLY.

Order.	Ingredients.	Quantities.	Method.
1...	Medlars ...	... ...	Choose them ripe and fit for eating, and put them in the preserving pan.
2...	Cold water ...	... ...	Pour over till they are covered.
3...	... ...	... ...	Boil for 20 minutes.
4...	... ...	... ...	Strain them through a sieve, but without pressing them.
5...	... ...	... ...	Weigh the juice and put it back in the pan.
6...	Sugar ...	Weight of the juice	Add.
7...	Lemons ...	... ...	Add the rind and strained juice of 1 lemon to every 100 medlars.
8...	... ...	... ...	When the jelly is clear and done, take out the lemon peel and pour into small glass jars.

NOTE.—Medlar Jelly is a delicious preserve, with the colour and flavour of guava jelly.

10.—APPLE JELLY.

Order.	Ingredients.	Quantities.	Method.
1...	Apples ...	... ...	Pippins are the best to choose.
2...	... ...	... ...	Wipe them, cut off the stalks, and divide them in two.
3...	Cold water ...	... ...	Mix in a basin and throw the apples in as you cut them.
4...	Lemon juice	Small quantity	
5...	... ...	... ...	Drain them and put them in the preserving pan.
6...	Water ...	... ...	Add just enough to float them.
7...	Lemon juice	... ...	Add the juice of 2 lemons to every 50 apples.
8...	... ...	... ...	When the apples are soft strain the juice through a sieve without pressing.
9...	Crushed sugar	... ...	Weigh the juice and add the same weight of sugar.
10...	... ...	... ...	Boil in the pan for 15 minutes.
11...	Candied peel	Small quantity	Cut in very fine slices and add.
12...	... ...	... ...	Pour the jelly into glass jars.

NOTE.—A compote of apples can be made with the remainder of the fruit.

11.—QUINCE JELLY.

Order.	Ingredients.	Quantities.	Method.
1...	Quinces ...	... ...	Choose them very ripe; wipe them, cut them in quarters, and remove the stalks and cores.
2...	Cold water ...	... ...	Throw them in at once.
3...	... ...	... ...	Put them into the preserving pan.
4...	Water ...	... ...	Add enough to cover them.
5...	... ...	... ...	When done strain the juice through a sieve.
6...	Sugar ...	... ...	Boil the juice with an equal weight of sugar; quinces take longer to boil than apples.
7...	... ...	... ...	Keep in small glass jars.

12.—WHITE WINE JELLY.

Order.	Ingredients.	Quantities.	Method.
1...	Isinglass ...	1½ oz. ...	Melt in a little water.
2...	Sugar ...	¾ lb. ...	Add.
3...	White wine ...	1½ pint ...	Add.
4...	Madeira ...	¾ pint ...	Add.
5...	... ...	... ...	Boil and strain through muslin into a mould.

13.—PORT WINE JELLY.

Order.	Ingredients.	Quantities.	Method.
1...	Calf's feet ...	4 ...	Boil in water to a jelly and let it cool.
2...	Lemon juice	3 lemons	Strain and add.
3...	Sugar ...	To taste	Add.
4...	Port wine ...	1 bottle ...	Add.
5...	... ...	... ...	Boil with the calf's foot jelly.
6...	Whites of eggs	6 ...	Beat and add, stir well and let all boil together.
7...	... ...	... ...	Strain through a flannel bag.

14.—ANOTHER WINE JELLY.

Order.	Ingredients.	Quantities.	Method.
1...	Isinglass ...	1 oz. ...	Melt in the wine on the fire.
2...	Sherry ...	½ pint ...	
3...	Sherry ...	Remainder of bottle	Put in a saucepan.
4...	Lemon peel ...	1 lemon	Cut thin and add.
5...	Nutmeg ...	A little ...	Grate in.
6...	Sugar ...	To taste	Add.
7...	Melted isinglass	... ...	Add, boil, and strain into a mould.

15.—PUNCH JELLY.

Order.	Ingredients.	Quantities.	Method.
1...	Calf's feet ...	4 ...	Boil and prepare as usual.
2...	Wine ...	1 pint ...	Add to the clarified jelly.
3...	Lemon juice	3 lemons	Strain and add.
4...	Whites of eggs	4 ...	Beat and add.
5...	... ...	... ...	Let it boil gently for 1 hour, stirring frequently.
6...	... ...	... ...	Strain through a flannel bag.
7...	Water ...	½ pint ...	Melt the sugar in the water.
8...	Sugar ..	1½ lb. ...	
9...	Arack ...	1 pint ...	Add and mix with the jel'y.
10...	... ...	... ...	Pour into a mould and let it get cold.

16.—JELLY FOR COLD MEATS.

Order.	Ingredients.	Quantities.	Method.
1...	Veal ...	2 lbs. ...	Cut in pieces and put in a saucepan.
2...	Calf's feet ...	4 ...	Cut in half and add.
3...	Shin of beef...	2 lbs. ...	Add, free from bone.
4...	Water ...	... ...	Add hot or cold water to cover the meat.
5...	Salt ...	To taste	Add.
6...	... ...	... ...	Let it boil, then skim.
7...	Cold water ...	1 tumbler-ful	Pour into the saucepan.
8...	Sweet herbs...	A bunch	Add.
9...	Onions ...	4 ...	Stick one with 4 cloves and add.
10...	Carrots ...	4 ...	Cut in slices and add.
11...	Leeks and celery	2 of each	Tie together and add.
12...	... ...	... ...	Simmer gently for 8 hours.
13...	... ...	... ...	Strain the jelly and let it cool.
14...	... ...	... ...	When cold take off the fat.
15...	... ...	... ...	Put the jelly in a saucepan on the fire.
16...	White wine ...	⅓ pint ...	Add.
17...	Lemon juice	1 lemon	Strain and add.

JELLY FOR COLD MEATS—(*continued*).

Order.	Ingredients.	Quantities.	Method.
18...	Salt ...	... ...	Add if needed.
19...	... ...	... ...	Skim carefully as the scum rises.
20...	Whites of eggs	2 ...	Beat up with a little water.
21...	... ...	... ...	Stir the boiling jelly vigorously with one hand, and pour in the whites of egg quickly with the other.
22...	Vinegar and water	... ...	Dip a clean white cloth in, and fasten it by the corners over a basin.
23...	Cold water ...	A little ...	Add when the jelly boils up again.
24...	... ...	... ...	When the whites of eggs are well incorporated pour the jelly slowly through the cloth.
25...	... ...	... ...	Strain 2 or 3 times, if necessary, until the jelly is quite clear.
26...	... ...	... ...	Let it get cold and serve it cut in blocks with boned turkey, or other cold meats.

17.—ASPIC FOR POULTRY.

This is made in the same way as the preceding, with the addition of a little more lemon juice. While the jelly is still liquid, truffles, mushrooms fried in butter, and preserved gherkins are arranged in layers in it, the jelly being allowed to get firm between the layers.

18.—TO CLARIFY JELLY.

Simmer the calfs' feet gently for several hours, strain the liquor through a sieve and let it get cold. When cold take off the fat and put the jelly back on the fire, adding to it the strained juice of one lemon; take off the scum when the jelly begins to boil. Beat up the whites of two or three eggs in a basin with a little water, take the jelly off the fire, stir it quickly with one hand and with the other pour in the beaten whites of egg very suddenly. Put the saucepan back on the fire at once and the moment it begins to boil pour in a glass of cold water and let it boil up again. Strain it at once through the jelly bag, and repeat this two or three times if necessary. If the jelly is not required immediately let it simmer gently on a slow fire, until it is sufficiently reduced without boiling, then pour it into an earthen jar and keep it in a cool place. It will keep good for some time.

SECTION XVII.—CAKES AND BISCUITS.

1.—RICH CAKE.

Order.	Ingredients.	Quantities.	Method.
1...	Currants ...	3½ lbs. ...	Wash, rub, and put near the fire to dry.
2...	Flour ...	2 lbs. ...	Dry and sift.
3...	Butter ...	3 lbs. ...	
4...	Jordan almonds	1 lb. ...	Blanch and beat to a paste.
5...	Eggs ...	2 ...	Leave out ½ the whites.
6...	Sugar ...	1½ lbs. ...	Collect all your ingredients round you.
7...	Mace ...	⅛ oz. ...	
8...	Cinnamon ...	do. ...	
9...	Nutmegs ...	1½ ...	
10...	Ginger ...	⅛ oz. ...	
11...	French brandy	½ pint ...	
12...	Orange, lemon, or citron peel	To taste	
13...	... ...	... ...	Work your butter to a cream.
14...	... ...	... ...	Put in your sugar and work them well together.
15...	... ...	... ...	Work in your almonds.
16...	... ...	... ...	Add your eggs well beaten.
17...	... ...	... ...	Add your brandy and spices.
18...	... ...	... ...	Shake in your flour by degrees.
19...	... ...	... ...	Put in your currants and peel.
20...	... ...	... ...	Mix well together all the time.
21...	... ...	... ...	Put it in a buttered tin.
22...	... ...	... ...	Set in a quick oven and 4 hours will bake it.

2.—CITRON CAKE.

Order.	Ingredients.	Quantities.	Method.
1...	Lemons ...	1 large or 2 small	Rub the peel off the lemon with the sugar, and put it into a basin with a little drop of boiling water to dissolve it.
2...	Lump sugar...	2 oz. ...	
3...	Butter ...	3 oz. ...	Rub the butter lightly into the flour and mix the citron with it.
4...	Self raising flour or best Genoese flour, if the latter it will require 1 spoonful of baking powder	1 lb. ...	
5...	Eggs ...	2 ...	Reserve the whites, beat up the yolks.
6...	Milk ...	¼ pint ...	Add to the dissolved sugar, mixing all well together.
7...	... ...	... ...	Butter your mould and tie paper round to give the cake room to rise.
8...	... ...	... ...	Mix the eggs with the flour.
9...	... ...	... ...	Beat up the reserved whites and stir them in *very* lightly.
10...	... ...	... ...	Put your cake in the mould and set it in the oven immediately.
11...	... ...	... ...	Bake from 1 to 1½ hours.

3.—POUND CAKE.

Order.	Ingredients.	Quantities.	Method.
1...	Butter ...	1 lb. ...	Beat to a cream.
2...	Yolks of eggs	6 yolks ...	Beat well alone first, then beat up with the butter.
3...	Whites of eggs	3 ...	
4...	Flour ...	1 lb. ...	Beat in, adding it by degrees.
5...	Sugar ...	1 lb. ...	do.
6...	Carraways ...	1 tea spoonful	Add if liked.
7...	.. ...	... ...	Beat all well for 1 hour.
8...	... ...	... ...	Put in a buttered tin and bake 1 hour in a quick oven.

4.—PLUM CAKE.

Order.	Ingredients.	Quantities.	Method.
1...	Flour ...	1½ lbs. ...	Collect all your ingredients together.
2...	Butter ...	do. ...	
3...	Currants ...	¾ lb. ...	
4...	Stoned raisins	½ lb. ...	
5...	Sugar ...	1¼ lbs. ...	
6...	Yolks of eggs	14 ...	
7...	Whites of eggs	7 ...	
8...	Chopped lemon peel	1 lemon...	
9...	Candied orange	3 oz. ...	
10...	Candied lemon	do. ...	
11...	Grated nutmeg	½ nutmeg	
12...	Brandy ...	1 wineglass	
13...	... ...	... ...	Work the butter to a cream.
14...	... ...	... ...	Beat in your sugar.
15...	... ...	... ...	Whisk your eggs ½ hour, then add them to your butter and cream.
16...	... ...	... ...	Add your flour and spices.
17...	... ...	... ...	Beat all together 1½ hours.
18...	... ...	... ...	Mix in your brandy and peel and put your cake into a buttered tin.
19...	... ...	... ...	Bake 2½ hours.

5.—PLAIN PLUM CAKE.

Order.	Ingredients.	Quantities.	Method.
1...	Butter ...	8 oz. ...	Mix together.
2...	Flour ...	2 lbs. ...	
3...	Yeast ...	3 table spoonsful	Add, and let it rise 1½ hours.
4...	Yolks of eggs	4 ...	Beat separately and stir into the dough.
5...	Whites of eggs	4 ...	
6...	Sugar ...	1 lb. ...	Stir in.
7...	Milk ...	... ...	Add enough to make it a proper thickness.

PLAIN PLUM CAKE—(*continued*).

Order.	Ingredients.	Quantities.	Method.
8...	Sherry or Marsala	1 wine glass	Add.
9...	Ginger ...	1 teaspoon	
10...	Grated lemon peel	1 lemon...	
11...	Currants or a few carraways	1 lb. ...	Add last, put into a buttered tin and bake.

6.—ICING FOR CAKES (1).

Order.	Ingredients.	Quantities.	Method.
1...	Sugar ...	1 lb. ...	Let it be the best loaf sugar pounded and sifted fine.
2...	Whites of eggs	4 ...	Mix with the sugar and whisk for 2 or 3 hours till it looks white and thick, then brush it all over the top and sides of your cake.
3...	... ...	... ...	Set it at a distance before a clear fire, and keep turning it continually that it may not turn colour, but a cool oven is best, where 1 hour will harden it.

7.—ICING FOR CAKES (2).

Order.	Ingredients.	Quantities.	Method.
1...	Whites of eggs	3 ...	Beat to a froth.
2...	Jordan almonds	1 lb. ...	Pound very fine and mix very lightly with the eggs.
3...	Loaf sugar ...	1 lb. ...	Sift very fine and add it by degrees.
4...	... ...	... ...	Lay it on your cake and proceed as in preceding receipt.

8.—RICE CAKE.

Order.	Ingredients.	Quantities.	Method.
1...	Ground rice ...	¼ lb. ...	Mix together.
2...	Flour ...	do. ...	
3...	Sifted sugar ...	½ lb. ...	
4...	Whites of eggs	4 ...	Beat and add.
5..	... ...	... ...	Stir till it begins to look white.
6...	Yolks of eggs	4 ...	Add and stir all well together.
7...	... ...	... ...	Line a tin with buttered paper and bake.

9.—SPONGE CAKE.

Order.	Ingredients.	Quantities.	Method.
1...	Powdered sugar	½ lb. ...	Break the eggs over the sugar and beat all together for full half an hour.
2...	Eggs ...	5 ...	
3...	Flour ...	... ...	Take the weight of 2½ eggs.
4...	Lemon peel ...	1 lemon...	Grate into the flour.
5...	... ...	... ...	Add the beaten eggs to the flour.
6...	... ...	... ...	Beat all up and pour into a tin.
7...	... ...	... ...	Put it instantly into a slow oven.

10.—LEMON CAKE.

Order.	Ingredients.	Quantities.	Method.
1...	Yolks of eggs	10 ...	Beat up well together till they froth.
2...	Whites of eggs	5 ...	
3...	Powdered sugar	1 lb. ...	Add and beat for ½ hour or more.
4...	Flour ...	½ lb. ...	Add.
5...	Grated lemon peel	2 lemons	Add.
6...	Lemon pulp ...	1 do. ...	
7...	... ...	... ...	Butter your tin and bake in a quick oven.
8...	... ...	... ...	Do not close the oven door at once for fear it should scorch.

11.—FRANKFORT CAKE.

Order.	Ingredients.	Quantities.	Method.
1...	Flour ...	2 lbs. ...	Dry and put in a pan.
2...	Warm milk ...	1 pint ...	Mix with the flour and put it in a warm place to rise.
3...	Yeast ...	4 table spoonsful	
4...	Butter ...	½ lb. ...	Beat to a cream.
5...	Eggs ...	8 ...	Beat and add.
6...	Sugar ...	6 oz. ...	Add.
7...	Lemon peel ...	1 lemon...	Grate fine and add.
8...	Nutmeg ...	Half ...	Grate over.
9...	Salt ...	A pinch...	Add and mix all to a paste.
10...	... ...	... ...	Work the dough and paste together, and beat for ½ hour.
11...	... ...	... ...	Put in a buttered tin, and let it rise.
12...	... ...	... ...	Bake 1½ hour in a moderate oven.

12.—PLAIN DOUGH CAKE.

Order.	Ingredients.	Quantities.	Method.
1...	Flour ...	1½ lb. ...	Mix in the usual way, and put the covered dough in a warm place to rise.
2...	Warm milk ...	1½ pint ...	
3...	Yeast ...	3 table spoonsful.	
4...	Sugar ...	¼ lb. ...	Mix with the dough, and let it rise.
5...	Salt ...	A pinch...	
6...	Butter ...	¼ lb. ...	
7...	Sultana raisins	½ lb. ...	
8...	... ...	... ...	Bake in a buttered tin.

13.—CINNAMON CAKE.

Order.	Ingredients.	Quantities.	Method.
1...	Flour ...	1½ lb. ...	Work together to a stiff paste, and roll out half an inch thick.
2...	Butter ...	10 oz. ...	
3...	Milk ...	1 pint ...	
4...	Eggs ...	2 ...	
5...	Salt ...	A pinch...	
6...	Yeast ...	1 table spoonful	
7...	... ...	... ...	Mark it out in squares or diamonds, but do not cut through.
8...	Sifted sugar ...	4 oz. ...	Mix and sprinkle all over the cake.
9...	Powdered cinnamon	Small spoonful	
10...	... ...	... ...	Put it on a floured tin near the fire to rise.
11...	... ...	... ...	When risen bake in the usual way.

14.—POTATO CAKE.

Order.	Ingredients.	Quantities.	Method.
1...	Potatoes ...	½ lb. ...	Cold boiled potatoes grated fine.
2...	Sweet almonds	½ lb. ...	Blanch, pound, and add.
3...	Sugar ...	¼ lb. ...	Add.
4...	Yolks of eggs	5 ...	Beat and add.
5...	Whites of eggs	5 ...	Beat to a froth and add.
6...	... ...	... ...	Mix all together to a paste.
7...	... ...	... ...	Butter a mould.
8...	Grated biscuit	... ...	Sprinkle over the mould.
9...	... ...	... ...	Put in the paste and bake 1 hour in a hot oven.

15.—ALMOND CAKE.

Order.	Ingredients.	Quantities.	Method.
1...	Flour ...	½ lb. ...	Beat the butter to a cream and work in the flour and sugar by degrees.
2...	Butter ...	½ lb. ...	
3...	Sugar ...	½ lb. ...	

ALMOND CAKE—(*continued*).

Order.	Ingredients.	Quantities.	Method.
4...	Candied peel	2 oz. ...	Cut in slices and add.
5...	Eggs ...	3 ...	Beat and add.
6...	... ...	... ...	Put the paste in a shallow buttered tin.
7...	White of egg	1 ...	Beat and brush over.
8...	Sweet almonds	A handful	Blanch, cut in slices, and strew over.
9...	Sifted sugar...	... ...	Sprinkle a little over with the almonds.
10...	... ...	... ...	Bake 15 minutes in a warm oven.

16.—LEMON BUNS.

Order.	Ingredients.	Quantities.	Method.
1...	Eggs ...	3 ...	Beat in a basin.
2...	Sifted sugar...	½ lb. ...	Add and beat together ½ hour.
3...	Flour ...	1 lb. ...	Add and work in by degrees.
4...	Lemon peel ...	1 lemon...	Grate fine and add.
5...	Sweet almonds	1 oz. ...	Blanch, pound, and add if liked.
6...	... ...	... ...	Divide in equal portions and bake on a buttered tin.

17—ALMOND BUNS.

Order.	Ingredients.	Quantities.	Method.
1...	Butter ...	½ lb. ...	Beat with a wooden spoon.
2...	Flour ...	1 lb. ...	Work in by degrees.
3...	Yolks of eggs	2 ...	Work all together with the flour to form a paste, and divide into buns.
4...	Whole egg ...	1 ...	
5...	Yeast ...	3 table spoonsful	
6...	Milk ...	½ pint ...	
7...	Sweet almonds	2 or 3 oz.	
8...	Sugar ...	2 oz. ...	

ALMOND BUNS—(*continued*).

Order.	Ingredients.	Quantities.	Method.
9...	... ...	... ...	Bake on buttered tins.
10...	Pounded almonds	... ...	Mix and sprinkle over the buns while hot.
11...	Sugar ...	... ...	

18.—RICE BUNS.

Order.	Ingredients.	Quantities.	Method.
1...	Rice ...	½ lb. ...	Boil in milk until smooth and thick.
2...	Flour ...	¼ lb. ...	Mix with the rice.
3...	Butter ...	¼ lb. ...	Work into the rice and flour.
4...	Eggs ...	5 ...	Beat and add.
5...	Sugar ...	To taste	Add.
6...	Nutmeg ...	To taste	Add.
7...	Yeast ...	1 table spoonful	Add and let the paste rise.
8...	... ...	... ...	Divide in equal portions.
9...	... ...	... ...	Bake on a buttered tin.

19.—MILK CAKES.

Order.	Ingredients.	Quantities.	Method.
1...	Flour ...	½ lb. ...	Mix all together to a paste, roll it out and cut into small rounds or other shapes.
2...	Eggs ...	2 ...	
3...	Cinnamon ...	Small spoonful	
4...	Milk ...	1 tea cupful	
5...	Candied peel	1 oz. cut small	
6...	Butter ...	1 oz. ...	Bake in hot butter.
7...	Sifted sugar ...	... ...	Sprinkle over while hot.

20.—GINGERBREAD.

Order.	Ingredients.	Quantities.	Method.
1...	Flour ...	1¼ lb. ...	Put in a large basin.
2...	Butter ...	4 oz. ...	Melt in a saucepan.
3...	Moist sugar ...	2 oz. ...	Add.
4..	Treacle ...	1 lb. ...	Add, melt all together, and stir well.
5...	Ground ginger	¼ oz. ...	Add to the flour.
6...	Candied peel	3 oz. ...	Cut and add to the flour.
7...	... ...	... ...	Pour the melted butter and treacle on to the flour, and stir well.
8...	Carraway seeds	4 oz. ...	Add, if liked.
9...	Soda ...	1 small tea spoonful	Mix and add to the gingerbread, stir in well, but quickly.
10...	Cream of tartar	½ tea spoonful	
11 ..	Hot water ...	½ tea cupful	
12...	... ...	... ...	Put it in a shallow buttered baking tin, and into the oven at once.

21.—GINGERBREAD NUTS.

Order.	Ingredients.	Quantities.	Method.
1...	Flour ...	1½ lb. ...	Mix all together and work in the butter very smooth.
2...	Sugar ...	½ lb. ...	
3...	Butter ..	½ lb. ...	
4...	Ginger grated	1 oz. ...	
5...	Grated nutmeg	½ ...	
6 ..	Treacle ...	½ lb. ...	Warm together.
7...	Cream ...	3 table spoonsful	
8...	... ...	... ...	Make all into a dough.
9...	... ...	... ...	Roll it out and divide it into thin cakes with a teacup, or small glass, or roll them round like nuts, and bake them in a slack oven on buttered tin plates.

22.—MADELEINES.

Order.	Ingredients.	Quantities.	Method.
1...	Eggs ...	3 ...	Weigh them in their shells.
2...	Flour ...	Weight of the eggs	Break the eggs and mix the other ingredients with them in a basin.
3...	Butter ...	Same weight	
4...	Powdered sugar	Same weight	
5...	Lemon peel ...	1 lemon...	Grate very fine and add.
6...	... ...	... ...	Stir with a wooden spoon.
7...	... ...	... ...	Divide in portions and put in small buttered moulds
8...	... ...	... ...	Bake in the oven.
9...	... ...	... ...	Turn out of the moulds and serve cold.

23.—BRIOCHE.

Order.	Ingredients.	Quantities.	Method.
1...	Flour ...	1 lb. ...	Put on the pastry board and make a hole in the middle.
2...	Yeast ...	1 table spoonful	Put in the hole.
3...	Warm water	... ...	Add gradually until you have worked in all the flour and have a soft paste.
4...	... ...	... ...	Knead into a ball, put it into a floured pan, cover with a cloth and put it in a warm place to rise.
5...	Flour ...	2 lbs. ...	Put on a board and make a hole in the middle.
6...	Salt and sugar	½ oz. of each	Melt in a little water and pour into the hole.
7...	Butter ...	1½ lb. ...	Work soft with the hand and put in the hole.
8...	Eggs ...	4 ...	Beat and add.
9...	... ...	... ...	Knead the paste well.
10...	Eggs ...	7 ...	Beat up one by one and add to the paste, kneading thoroughly until it is smooth and soft.

BRIOCHE—(*continued*).

Order.	Ingredients.	Quantities.	Method.
11...	Dough ...	... ...	When the dough first made has risen to twice its size, mix it with the paste.
12...	... ...	... ...	Mix them well and knead.
13...	... ...	... ...	Form the mixture into a large ball.
14...	Flour ...	... ...	Sprinkle over, cover the paste, and let it stand 4 hours in a warm place.
15...	... ...	... ...	Roll it out and fold it again four or five times.
16...	... ...	... ...	Make it into a ball again, flour it and let it stand 2 hours.
17...	... ...	... ...	Roll it out and fold as before.
18...	... ...	... ...	Put it in a cold place to get firm.
19...	... ...	... ...	Form it into small loaves.
20...	Egg ...	1 ...	Beat up with a little water and brush over the loaves.
21...	... ...	... ...	Bake on a tin in a very hot oven for ½ hour.
22...	... ...	... ...	Serve hot or cold.

24.—KRINGELN, *German receipt.*

Order.	Ingredients.	Quantities.	Method.
1...	Flour ...	½ lb. ...	Mix all together to a smooth paste, and roll it out thin.
2...	Butter ...	4 oz. ...	
3...	Sugar ...	5 oz. ...	
4...	Cinnamon or nutmeg	To taste	
5...	White of egg	1 ...	
6...	Yolks of eggs	2 ...	
7...	Lemon juice...	½ lemon...	
8...	... ...	... ...	Form into rings or other shapes.
9...	White of egg	1 ...	Brush over; bake in a moderate oven.

25.—BRETZELN, *German receipt.*

Order.	Ingredients.	Quantities.	Method.
1...	Flour ...	5 oz. ...	Mix well together, roll the paste out, and cut it in narrow strips.
2...	Butter ...	2 oz. ...	
3...	Sugar ...	2 oz. ...	
4...	Yolks of eggs	2 ...	
5...	Cream ...	2 table spoonsful	
6...	... ...	... ...	Form the strips into figures of 8 about 4 inches long.
7...	White of egg	1 ...	Brush over them.
8...	Sweet almonds	1 oz. ...	Blanch and chop, and strew over them.
9...	... ...	... ...	Bake a light brown.

26.—SMALL LEMON CAKES.

Order.	Ingredients.	Quantities.	Method.
1...	White of egg	1 ...	Beat to a froth.
2...	Sifted sugar ...	5 oz. ...	Add and beat in.
3...	Lemon juice...	1 tea spoonful	Add.
4...	Lemon peel ...	A pinch...	Grate very fine and add.
5...	... ...	... ...	Put in small heaps on waxed paper, and bake in a slow oven.

27.—SMALL CHOCOLATE CAKES.

Order.	Ingredients.	Quantities.	Method.
1...	Whites of eggs	2 ...	Beat to a froth.
2...	Sifted sugar ...	6 oz. ...	Add.
3...	Chocolate ...	1 oz. ...	Add in very fine powder.
4...	... ...	... ...	Put in small heaps on paper, and bake in a slow oven.

28.—CRISP SWEET BISCUITS.

Order.	Ingredients.	Quantities.	Method.
1...	Flour ...	1 lb. ...	Mix together and stir for half an hour.
2...	Sifted sugar ...	1 lb. ...	
3...	Lemon peel ...	1 grated fine	
4...	Eggs ...	6 ...	
5...	... ...	... ...	Divide in portions, and bake on a buttered tin.

29.—SMALL CREAM CAKES.

Order.	Ingredients.	Quantities.	Method.
1...	Yolks of eggs	3 ...	Beat up.
2...	Cream ...	6 table spoonsful	Add to the eggs.
3...	Sifted sugar ...	1 table spoonful	Add.
4...	Butter ...	½ oz. ...	Add.
5...	Flour ...	. . ...	Work in enough to form a light paste.
6...	... ...	... ...	Roll it out, and cut in small rounds.
7...	Butter ...	2 oz. ...	Fry or bake in hot butter, till lightly browned.
8...	Sifted sugar ...	... ...	Sprinkle over while hot.

30.—ALMOND BISCUITS.

Order.	Ingredients.	Quantities	Method.
1...	Flour ...	1 lb. ...	Sift and dry, and put on the paste board and make a hole in the centre.
2...	Butter ...	¼ lb. ...	Beat to a cream and add.
3...	Sifted sugar	½ lb. ...	Add.

ALMOND BISCUITS—(*continued*).

Order.	Ingredients.	Quantities.	Method.
4...	Sweet almonds	¼ lb. ...	Blanch, pound, and add.
5...	Lemon peel ..	½ lemon	Grate fine and add.
6...	Eggs ...	4 ...	Beat and add.
7...	... ...	... ...	Mix well to a stiff paste, adding a little water if needed.
8...	... ...	... ...	Roll out thin and cut in small cakes with the pastry cutter.
9...	Sweet almonds	1 oz. ...	Chop fine.
10...	Sifted sugar...	1 oz. ...	Add.
11...	White of egg	1 ...	Beat and mix with the almonds and sugar to a paste.
12...	... ...	... ...	Sprinkle the mixture over the cakes.
13...	Sugar ...	... ...	Sprinkle over.
14...	... ...	... ...	Bake on buttered tins in a slow oven.

31.—ANISEED BISCUITS.

Order.	Ingredients.	Quantities.	Method.
1...	Butter ...	½ oz. ...	Warm and put in a basin.
2...	Sifted sugar...	4 table spoonsful	Add.
3...	Aniseed ...	1 tea spoonful	Bruise and add.
4...	Eggs ...	2 ...	Beat and add.
5...	Flour ...	... ...	Work in as much as is needed to make a firm paste.
6...	... ...	... ...	Roll it out thin and cut in rounds.
7...	Yolk of egg ...	1 ...	Beat up with a little water and brush over.
8...	... ...	... ...	Bake in a slow oven on a buttered tin.

32.—LITTLE CAKES.

Order.	Ingredients.	Quantities.	Method.
1...	Butter ...	½ lb. ...	Beat to a cream.
2...	Flour ...	1 lb. ...	Add, mix together and make into small cakes.
3...	Sugar ...	½ lb. ...	

33.—MACAROONS.

Order.	Ingredients.	Quantities.	Method.
1...	Sweet almonds	1 lb. ...	Blanch and pound.
2...	Sugar ...	1 lb. ...	Add.
3...	Rose water ...	... ...	Add a little to keep the almonds from oiling.
4...	Whites of eggs	7 ...	Beat to a froth, put them in and beat all well together.
5...	... ...	... ...	Drop them on wafer paper.
6...	Powdered sugar	... ...	Sprinkle over them and put them into the oven.

34.—CHEESECAKES.

Order.	Ingredients.	Quantities.	Method.
1...	Good curd ...	½ pint ...	Mix all well together and bake in patty tins lined with a good puff paste.
2...	Eggs ...	4 ...	
3...	Rich cream ...	3 table spoonsful	
4...	Grated nutmeg	¼ ...	
5...	Ratafia ...	1 tea spoonful	
6...	Sugar ...	¼ lb. ...	

35.—LEMON CHEESECAKES.

Order.	Ingredients.	Quantities.	Method.
1...	Butter ...	¼ lb. ...	Just warm it.
2...	Loaf sugar ...	¼ lb. ...	Stir into the butter.
3...	Grated lemon peel and the juice of 1 strained	2 lemons	Stir in when the sugar is dissolved.
4...	... ...	... ...	Mix all well together and pour into patty pans lined with puff paste.
5...	Blanched almonds	If liked ...	Put a few on the top of each.

36.—TIPSY CAKE.

Order.	Ingredients.	Quantities.	Method.
1...	Stale sponge cakes or 1 large round stale sponge cake.	8 ...	Put into a glass dish.
2...	Sherry, Marsala, or any other white sweet wine	... ...	Pour over till the cake is thoroughly soaked.
3...	Sweet almonds	¼ lb. ...	Blanch, peel, cut into thin slices and stick all over the cake.

37.—CUSTARD FOR TIPSY CAKE.

Order.	Ingredients.	Quantities.	Method.
1...	Milk ...	1½ pint ...	Put in an enamelled saucepan.
2...	Sugar ...	¼ lb. ...	Add.
3...	Lemon peel ...	1 lemon	Add; let the milk boil a few minutes, then take out the peel.

CUSTARD FOR TIPSY CAKE—(*continued*).

Order.	Ingredients.	Quantities.	Method.
4...	Arrowroot ...	3 table spoonsful	Mix smooth together in a basin.
5...	Cold milk ...	A few spoonsful	
6...	... ...	... ...	Pour it gradually to the boiling milk.
7...	... ...	... ...	Boil for about 5 minutes, stirring all the time.
8...	... ...	... ...	Take the saucepan off the fire and stir the custard till it is cold.
9...	... ...	... ...	When cold pour it over the cake.

38.—PETITS CHOUX.

Order.	Ingredients.	Quantities.	Method.
1...	Water ...	½ pint ...	Put in a saucepan.
2...	Salt ...	A pinch...	Add.
3...	Sugar ...	1 oz. ...	Add.
4...	Butter ...	1 oz. ...	Add.
5...	Lemon peel ...	1 lemon	Grate and add; boil up.
6...	... ...	... ...	When the water boils take the saucepan off the fire.
7...	Flour ...	... ...	Add gradually enough to make a thin paste stirring well all the time in the saucepan.
8...	Eggs ...	3 ...	Break and beat separately, adding them to the paste one at a time.
9...	... ...	... ...	Work the paste until it drops from the spoon.
10...	White of egg	1 ...	Beat to a froth; add and let the paste stand 1 or 2 hours.
11...	... ...	... ...	Divide the paste into balls the size of an egg and put them on a buttered tin.
12...	Yolk of egg ...	1 ...	Beat up and brush over the balls.
13...	Sweet almonds	2 oz. ...	Blanch and chop fine, and strew over the balls.

PETITS CHOUX—(*continued*).

Order.	Ingredients.	Quantities.	Method.
14...	... ...	... ...	Let them stand 15 minutes.
15...	... ...	... ...	Put them in a slow oven and watch them carefully, as they are soon done.
16...	... ...	... ..	When they are swollen, hollow, and a light brown colour, take them out.
17...	... ...	... ...	Make a little hole in the side,
18...	Whipped cream	... ...	Put a spoonful in each ball,
19...	Preserve ...	... ...	Use in place of whipped cream, if preferred.

39.—BABA.

Order.	Ingredients.	Quantities.	Method.
1...	Yeast ...	½ oz. ...	Mix together.
2...	Warm water	¼ pint ...	
3...	Flour ...	1 lb. ...	Mix ¼ lb. with the yeast, and put it aside.
4...	... ...	... ...	Make a hole in the rest of the flour.
5...	Salt ...	A pinch...	Put into the flour, and knead all well together.
6...	Sugar ...	½ oz. ...	
7...	Butter ...	½ lb. ...	
8...	Eggs ...	3 ...	
9...	Eggs ...	4 ...	Beat up one by one, and add.
10...	... ...	... ...	When well mixed, add the yeast mixed with flour.
11...	Rum ...	1 wine glassful	Add.
12...	Sultana raisins	2 oz. ...	Add.
13...	Currants ...	2 oz. ...	Clean, dry, and add.
14...	Candied peel	1 oz. ...	Cut in thin slices and add.
15...	Powdered saffron	A pinch...	Add.

BABA—(*continued*).

Order.	Ingredients.	Quantities.	Method.
16...	Powdered sugar	1 oz. ...	Add.
17...	Warm milk ...	... ...	Add a little if the paste is too firm; it should be slack.
18...	... ...	... ...	Put the mixture in a buttered mould, and let it stand near the fire 5 or 6 hours in cold weather, but a shorter time in summer.
19...	... ...	... ...	When well risen, bake in a very moderate oven 1½ hour.
20...	... ...	... ...	When brown it is done.
21...	... ...	... ...	Serve hot or cold on a folded napkin.

40.—SAVARIN.

Order.	Ingredients.	Quantities.	Method.
1...	Flour ...	1 lb. ...	Put in a basin, and make a hole in the centre.
2 ..	Yeast ...	½ oz. ...	Put in the hole, and work part of
3...	Warm milk ...	¼ pint ...	the flour into it.
4...	... ...	... ...	Cover the basin, and let it stand in a warm place, till it has risen.
5...	Warm milk ...	1½ pint ...	Add.
6...	Eggs ...	2 ...	Beat and add, and mix well with a wooden spoon, stirring in all the flour by degrees.
7...	Eggs ...	2 ...	Add one at a time.
8...	Butter ...	10 oz. ...	Beat with the hand, then add.
9...	Salt ...	A pinch...	Add.
10...	Sifted sugar ...	¼ lb. ...	Add.
11...	Candied peel	2 oz. ...	Slice thin, and add.
12...	Warm milk ...	Small quantity	Add and mix thoroughly.
13...	Eggs ...	5 ...	Beat and add one by one.
14...	Butter ...	... ...	Butter a circular mould, shaped like a ring.

SAVARIN—(*continued*).

Order.	Ingredients.	Quantities.	Method.
15...	Sweet almonds	A handful	Blanch, peel, and chop fine, and sprinkle in the mould.
16...	... ...	... ...	Fill the mould three parts full, and let it stand in a warm place.
17...	... ...	... ...	When the paste has risen and fills the mould, put it in the oven.
18...	... ...	... ...	Let it bake ½ an hour, turn it out, and let it stand 20 minutes to cool.
19...	Sugar and water	... ...	Make a thick syrup.
20...	Maraschino ...	1 wine glassful	Add to the syrup; any other liqueur will do as well.
21...	... ...	... ...	Brush the syrup several times over the cake, till it is quite saturated.

41.—KING CHARLES' CAKE.

Order.	Ingredients.	Quantities.	Method.
1...	Sweet almonds	½ lb. ...	Blanch and pound in a mortar.
2...	White of egg	1 ...	Add to moisten the almonds.
3...	Orange flower water	2 large spoonsful	Add to the almonds.
4...	Sifted sugar...	½ lb. ...	Work in by degrees.
5...	Salt ...	A pinch	Add.
6...	Lemon peel ...	1 lemon...	Grate and add.
7...	Yolks of eggs	4 ...	Beat and add, and mix well.
8...	Whites of eggs	4 ...	Beat to a stiff froth and add.
9...	Puff paste ...	... ...	Line a shallow tart dish.
10...	... ...	... ...	Pour the mixture in, but see that does not run over the edge.
11...	... ...	... ...	Bake in a cool oven.
12...	White paper	... ...	Cover the cake when it begins to brown.
13...	... ...	... ...	Serve hot as soon as it has risen.

42.—MERINGUES.

Order.	Ingredients.	Quantities.	Method.
1...	Whites of eggs	8 ...	Beat to a stiff froth.
2...	Sifted sugar...	½ lb. ...	Mix in quickly.
3...	Waxed paper	... ...	Put spoonsful of the mixture on the paper in little oval heaps and see that they do not touch.
4...	... ...	... ...	Bake in a slow oven and if they begin to brown leave the door open.
5...	... ...	... ...	Detach them from the paper at once and leave them at the door of the oven.
6...	Whipped cream	... ...	Before serving fill one oval with cream and put another on it enclosing the cream between the two.

43.—GIMBLETTES.

Order.	Ingredients.	Quantities.	Method.
1...	Flour ...	1 lb. ...	Mix together to a smooth paste and let it stand for 2 hours.
2...	Sifted sugar...	10 oz. ...	
3...	Water ...	... ...	
4...	... ...	... ...	Roll it out and cut it into all kinds of shapes.
5...	Hot water ...	... ...	Have this ready on the fire.
6...	... ...	... ...	When it nearly boils throw in the cakes.
7...	... ...	... ...	Stir them in the water with the skimmer.
8...	... ...	... ...	When the cakes rise take them out and let them drain.
9...	... ...	... ...	Put them in the oven on a buttered tin.
10...	... ...	... ...	When nearly done take them out.
11...	White of egg	1 ...	Beat to a froth.
12...	... ...	... ...	Roll the cakes in the white of egg and put them back in the oven to brown.
13...	... ...	... ...	Serve cold.

44.—DARIOLES, *à la Duchesse.*

Order.	Ingredients.	Quantities.	Method.
1...	Flour ...	1 oz. ...	Beat up the egg and mix with the flour.
2...	Egg ...	1 ...	
3...	Yolks of eggs	6 ...	Beat and add.
4...	Sugar ...	¼ lb. ...	Add.
5...	Macaroons ...	6 ...	Crush and add.
6...	Salt ...	A pinch...	Add and mix well together.
7...	Egg ...	1 ...	Beat up and add the yolk and white.
8...	Cream ...	1 pint ...	Add.
9...	Orange flowers	... ...	Add a few crystallized.
10...	Candied peel	1 oz. ...	Cut small and add.
11...	Angelica ...	1 oz. ...	Cut and add.
12...	Preserved cherries	A few ...	Add and mix all well together.
13...	... ...	... ...	Line some small buttered moulds with puff paste.
14...	... ...	... ...	Fill them with the mixture.
15...	... ...	... ...	Bake in the oven.
16...	Sugar ...	... ...	Sift over them and serve very hot.

45.—GENOESE CAKES.

Order.	Ingredients.	Quantities.	Method.
1...	Flour ...	¼ lb. ...	Mix together in a basin.
2...	Sugar ...	10 oz. ...	
3...	Salt ...	A pinch...	Add.
4...	Orange flower water	1 table spoonful	Add.
5...	Brandy ...	1 small glass	Add and mix all together.
6...	Eggs ...	6 ...	Break and beat one by one, and add to the mixture.
7...	Butter ...	¼ lb. ...	Melt and add to the paste.
8...	... ...	... ...	When it is well mixed, and forms a smooth paste, pour it on to a buttered tin.

GENOESE CAKES—(*continued*).

Order.	Ingredients.	Quantities.	Method.
9...	... ...	... ...	Spread it out ½ inch thick.
10...	... ...	... ...	Bake in the oven.
11...	... ...	... ...	When it has risen to 1 inch thickness, take it out.
12...	... ...	... ...	Turn the paste, and put it back in the oven to dry the under part.
13...	... ...	... ...	Cut the paste in lozenges or fingers.

46.—CROQUIGNOLES.

Order.	Ingredients.	Quantities.	Method.
1...	Flour ...	½ lb. ...	Put in a basin.
2...	Powdered sugar	1 lb. ...	Add.
3...	Candied orange blossoms	1 large pinch	Beat to a powder and add.
4...	Butter ...	1 oz. ...	Add.
5...	Salt ...	A pinch...	Add.
6...	Whites of eggs	4 ...	Beat and add.
7...	... ...	... ...	Mix all to a thick paste.
8...	... ...	... ...	Drop in very small heaps on to a buttered tin.
9...	White of egg	1 ...	Beat to a froth, and brush over.
10...	... ...	... ...	Bake in a slow oven.
11...	... ...	... ...	Serve cold.

47.—MILANESE ROLLS.

Order.	Ingredients.	Quantities.	Method.
1...	Flour ...	¾ lb. ...	Dry and sift.
2...	Powdered sugar	¾ lb. ...	Add.
3...	Yolks of eggs	3 ...	Beat and add.
4...	Whites of eggs	2 ...	Beat to a froth, and add.

MILANESE ROLLS—(*continued*).

Order.	Ingredients.	Quantities.	Method.
5...	Salt ...	A pinch...	Add.
6...	Lemon peel ...	1 lemon...	Chop fine, and add.
7...	... ...	... ...	Mix well together, without adding any water.
8...	... ...	... ...	Divide into equal portions, and shape like rolls.
9...	... ...	... ...	Bake for 10 or 15 minutes in a slow oven on buttered tins.
10...	... ...	... ...	Serve cold.

NOTE.—The paste can be made into all kinds of shapes, and, if liked, sprinkled with browned slices of almond, with pieces of angelica or preserved cherries, and brushed over with yolk of egg, before baking.

48.—CROQUETS.

Order.	Ingredients.	Quantities.	Method.
1...	Eggs ...	5 ...	Break into a basin.
2...	Sifted sugar ...	1 lb. ...	Add.
3...	Sweet almonds	12 oz. ...	Blanch, cut in slices, and add.
4...	Flour ...	1 lb. ...	Add gradually, and mix well.
5...	Essence of lemon	A few drops	Add, if liked.
6...	... ...	... ...	Stir till the mixture is quite smooth.
7...	... ...	... ...	Divide it in fingers.
8...	Yolk of egg ...	1 ...	Brush over them.
9...	... ...	... ...	Bake in a slow oven on a buttered tin.
10...	... ...	... ...	Serve cold.

SECTION XVIII.—COMPOTES OF FRUIT.

1.—APRICOT COMPOTE.

Order.	Ingredients.	Quantities.	Method.
1...	Apricots ...	6 or 8 ...	Choose them not too ripe.
2...	... ...	... ...	Cut them in two and take out the stones.
3...	Sugar ...	¼ lb. ...	Boil in the fryingpan.
4...	Water ...	½ pint ...	
5...	... ...	... ...	Put in the apricots.
6...	... ...	... ...	Let them boil and skim.
7...	... ...	... ...	When the fruit is tender, put it into a deep dessert dish.
8...	... ...	... ...	Reduce the syrup, pour over, and serve cold.

2.—APPLE MARMALADE.

Order.	Ingredients.	Quantities.	Method.
1...	Apples ...	12 ...	Peel, take out the core, and chop into an earthen jar half full of water.
2...	Powdered sugar	½ lb. ...	Add.
3...	Vanilla, lemon or cinnamon flavouring	... ...	
4...	Butter ...	2 oz. ...	

APPLE MARMALADE—(*continued*).

Order.	Ingredients.	Quantities.	Method.
5...	... ...	... ...	Cover the earthen jar and put it in the oven.
6...	... ...	... ...	Let it bake 20 minutes.
7...	... ...	... ...	Pass the apples through a cullender.
8...	... ...	... ...	Put them into a stewpan and stir till all the water is evaporated.
9...	... ...	... ...	Dress on a dessert dish and sprinkle sugar over, and serve cold.

3.—APPLES, *au beurre.*

Order.	Ingredients.	Quantities.	Method.
1...	Small apples	12 ...	Peel and take out the core, without cutting the fruit.
2...	Slices of toast (crumb)	... ...	Cut into slices proportioned to the size of the apples, and butter them.
3...	Butter ...	1½ oz. ...	Melt in a pie-dish.
4...	... ...	... ...	Put in the toast.
5...	... ...	... ...	Put the apples on the toast.
6...	Sugar ...	... ...	Put into each core-hole.
7...	Butter ...	... ...	Put a little lump on the top of the sugar, and add more of both as needed.
8...	... ...	... ...	Put the dish in the oven to bake.

4.—APPLES, *au beurre et aux confitures.*

Order.	Ingredients.	Quantities.	Method.
1...	Apples ...	12 ...	Peel and take out the core.
2...	Sugar ...	3 oz. ...	Melt in the frying pan over a slow fire, and stir to prevent burning.
3...	... ...	... ...	Put in the apples and three parts cook them.

APPLES, *au beurre et aux confitures*—(*continued*).

Order.	Ingredients.	Quantities.	Method.
4...	Apricot or any other preserve	... ...	Put both at the bottom of a pie-dish.
5...	Butter ...	... ...	
6...	Fresh butter...	... ...	Put into the core-hole of each apple.
7...	Sugar ...	... ...	Do.
8...	... ...	... ...	Fill up the spaces between the apples with preserve.
9...	Powdered sugar	... ...	Sprinkle over all.
10...	... ...	... ..	Bake.
11 ..	Preserved cherries	... ...	Put one (if liked) on each apple.
12...	... ...	... ...	Serve hot on the same dish.

5.—APPLES, *à l'Anglaise.*

Order.	Ingredients.	Quantities.	Method.
1...	Fine apples ...	3 or 4 ...	Peel and cut into quarters.
2...	Crushed sugar	¼ lb. ...	Put into a stewpan on the fire.
3...	Water ...	2 or 3 spoonsful	Pour over the sugar to help it to melt, and stir with a spoon to prevent it sticking to the bottom.
4...	... ...	... ...	When the sugar is melted, put in the quarters of apple.
5...	Butter ...	2 oz. ...	Put to melt in the frying pan.
6...	Slices of bread	... ...	Fry in the butter.
7...	... ...	... ...	Arrange the fried bread under the apples on a dish.
8...	... ...	... ...	Pour the syrup over and serve hot.

6.—APPLE CHARLOTTE (1).

Order.	Ingredients.	Quantities.	Method.
1...	Apples ...	8 ...	Peel, core, and cut in slices.
2...	... ...	... ...	Put them into a stewpan with a little water.

APPLE CHARLOTTE (1)—(*continued*).

Order.	Ingredients.	Quantities.	Method.
3...	Sugar ...	3 oz. ...	
4...	Lemon juice or vanilla flavouring, or cinnamon	... ...	Add.
5...	... ...	... ...	Cover the stewpan and let it simmer 20 minutes.
6...	Powdered sugar	2 oz. ...	Add towards the end.
7...	Apricot jam	If liked ...	
8...	... ...	... ...	Let it get cold.
9...	Butter ...	... ...	Butter a plain mould and line it with slices (crumb) of a stale loaf fried in clarified butter.
10...	... ...	... ...	Join the slices neatly.
11...	... ...	... ...	Fill the mould with the apple and apricot jam.
12...	... ...	... ...	Cover the top with slices of bread fried in butter, and on the top put a plate with a weight on it.
13...	... ...	... ...	Bake in a quick oven ¾ to 1 hour.
14...	... ...	... ...	Drain the butter out, turn out carefully and serve hot.

7.—APPLE CHARLOTTE (2.)

Order.	Ingredients.	Quantities.	Method.
1...	Butter ...	½ oz. ...	Melt over a slow fire.
2...	... ...		Butter a plain mould with it.
3...	Spong cakes	6 ...	Cut in slices and put close together all round the mould.
4...	Apple marmalade	... ...	Fill the middle.
5...	... ...	... ...	With the spoon make a small hole in the middle of the marmalade.
6...	Red currant jelly	... ...	Put into this hole.

APPLE CHARLOTTE (2)—*continued*).

Order.	Ingredients.	Quantities.	Method.
7...	... ...	... ...	Put the mould in the oven and bake ¾ hour.
8...	... ...	... ...	Turn out the Charlotte Russe on to a dessert dish.
9...	... ...	... ...	Serve cold.

8.—APPLES WITH RICE.

Order.	Ingredients.	Quantities.	Method.
1...	Apples ...	12 ...	Peel and core them, without dividing.
2...	Sugar ...	¼ lb. ...	Put on the fire to make a syrup.
3...	Lemon juice...	1 lemon...	
4...	... ...	... ...	Put in the apples to stew.
5...	Rice ...	¼ lb. ...	Put in a saucepan.
6...	Milk ...	... ...	Add and let the rice swell.
7...	Sugar ...	To taste	Add.
8...	Lemon peel ...	1 lemon ..	Pare thin and add.
9...	Milk ...	... ...	Add as required.
10...	... ...	... ...	When the rice is tender, take out the lemon peel.
11...	... ...	... ...	Put the rice on a dish, and place the apples on it.
12...	... ...	... ...	Bake a light brown.
13...	Preserve ...	... ...	Put a little on each apple before serving.

9.—APPLES, *en croustade.*

Order.	Ingredients.	Quantities.	Method.
1...	Puff paste ...	... ...	Line a shallow tart dish.
2...	Flour ...	... ...	Fill the tart.
3...	Yolk of egg ...	1 ...	Brush over the paste, and bake it in the oven.
4...	... ...	... ...	When done, turn out the flour, and put the paste on a dish.

APPLES, *en croustade—(continued)*.

Order.	Ingredients.	Quantities.	Method.
5...	... ...	... ...	Fill the tart with a layer of apple marmalade.
6...	Apples ...	6 ...	Peel and core, without dividing.
7...	... ...	... ...	Stew whole in sugar and water syrup.
8...	... ...	... ...	Put them on the marmalade, and press them down a little.
9...	Apricot jam ...	... ...	Put a little on each apple.
10...	Preserved cherries	... ...	Put on the apricot jam.
11...	... ...	... ...	Serve cold.

10.—APPLE MERINGUES.

Order.	Ingredients.	Quantities.	Method.
1...	Apples ...	10 oz. ...	Peel, cut in quarters, core them, and cut in thin slices.
2...	Butter ...	6 oz. ...	Melt in a stewpan.
3...	Sugar ...	6 oz. ...	Add.
4...	Lemon peel ...	1 lemon...	Add to flavour.
5...	... ...	... ...	Put in the apples, and let them simmer till tender.
6...	... ...	... ...	Pile them on a dish.
7...	Whites of eggs	4 ...	Beat to a froth.
8...	Powdered sugar	3 oz. ...	Add and beat in.
9...	... ...	... ...	Spread an even layer of the beaten froth over the apples.
10...	Sifted sugar ...	... ...	Sprinkle over.
11...	... ...	... ...	Put in a slow oven.
12...	... ...	... ...	Serve directly the eggs rise.

11.—APPLE SUÉDOISE.

Order.	Ingredients.	Quantities.	Method.
1...	Apples ...	10 or 11	Pare and core, but do not divide.
2...	Syrup ...	1 pint ...	Make a light syrup, and stew the apples in it.
3...	... ...	... ...	See that they do not break.
4...	... ...	... ...	When done, drain, and arrange in a pyramid on a dish.
5...	Apricot jam ...	... ...	Put a little in each apple.
6...	Apple marmalade	... ...	Fill in all the spaces between the apples.
7...	Whites of eggs	2 ...	Beat to a froth.
8...	Sifted sugar ...	2 table spoonsful	Add.
9...	... ...	... ...	Put the icing over the apples.
10...	Sifted sugar ...	... ...	Sprinkle over.
11...	Sweet almonds	1 oz. ...	Blanch, cut in strips, and stick all over the surface.
12...	... ...	... ...	Put in a moderate oven till the apples are quite hot.
13...	... ...	... ...	See that the almonds do not brown too much.

12.—CHERRY COMPOTE.

Order.	Ingredients.	Quantities.	Method.
1...	Cherries ...	1 quart ...	Cut off the stalks.
2...	Sugar and water	4 oz. to 1 pint	Put in a stewpan and skim when it boils.
3...	Raspberry juice	2 wine glasses-full	Add.
4...	... ...	... ...	Put in the cherries, and when done pile them on a glass dish.
5...	... ...	... ...	Reduce the syrup and pour over them.

13.—STRAWBERRY COMPOTE.

Order.	Ingredients.	Quantities.	Method.
1...	Strawberries	1 quart ...	Pick and arrange in a dish.
2...	Powdered sugar	... ...	Sprinkle over and let them stand.
3...	Red currant jelly	1 small pot	Melt and pour boiling over the fruit.
4...	... ...	... ...	Serve cold.

14.—GOOSEBERRY COMPOTE.

Order.	Ingredients.	Quantities.	Method.
1...	Gooseberries	1 quart ...	Choose them green, pick them, and put them in a stewpan.
2...	Hot water ...	1½ pint ...	Add and leave them on the fire till the gooseberries rise to the top.
3...	Cold water ...	... ...	Mix; take the fruit out of the hot water and put them into the cold to recover their colour.
4...	Vinegar ...	... ...	
5...	Sugar, water	4 oz. to 1 pint	Melt for the syrup; stew and serve the fruit like other compotes.

15.—CHESTNUT COMPOTE.

Order.	Ingredients.	Quantities.	Method.
1...	Chestnuts ...	50 ...	Peel and throw into boiling water.
2...	... ...	... ...	Boil them till they are tender.
3...	... ...	... ...	Crush them in a mortar.
4...	Water ...	¾ pint ...	Mix and put in the chestnuts as they are crushed.
5...	Lemon juice	1 lemon...	
6...	... ...	... ...	Take them out and let them drain.
7...	... ...	... ...	Put the water and lemon juice on the fire.
8...	Sugar ...	¾ lb. ...	Add.
9...	Lemon peel ...	1 lemon...	Add, and when the syrup has thickened put in the chestnuts.
10...	... ...	... ...	Simmer gently till they are done.

16.—PINE APPLE COMPOTE.

Order.	Ingredients.	Quantities.	Method.
1...	Pineapple ...	1 ...	Cut off the top and pare the remainder.
2...	... ...	... ...	Cut it in slices and divide these in half.
3...	Sugar, water	... ...	Make a syrup in the usual way.
4...	... ...	... ...	Put in the fruit and let it simmer very gently one hour.
5...	... ...	... ...	Pour it into a basin and leave it till next day.
6...	... ...	... ...	Drain the slices of pine apple and arrange them on a dish.
7...	.. ...	... ...	Strain the syrup and reduce it.
8...	... ...	... ...	Pour it over the fruit.
9...	... ...	... ...	Put the cut off top in the centre of the dish.
10...	Dried cherries	... ...	Use to decorate the dish before serving.
11...	Angelica ...	... ...	

17.—COMPOTE OF CARROTS.

Order.	Ingredients.	Quantities.	Method.
1...	Carrots ...	¾ lb. ...	Cut in inch-long very fine slices.
2...	Boiling water	... ...	Throw them in to blanch, then let them drain.
3...	... ...	... ...	Put them in a stewpan.
4 ..	Boiling water	... ...	Add till the carrots are covered.
5...	Sugar ...	1 lb. ...	Add.
6...	Chopped lemon peel	1 lemon...	Add when the water is reduced one-half.
7...	Lemon juice...	2 lemons	Strain and add.
8...	... ...	... ...	Simmer till the syrup thickens, but do not let it turn colour.
9..	... ...	... ...	Pour it into a dish.
10..	... ...	... ...	Stir frequently while it cools or the carrots will sink in a compact mass.

18.—ORANGE SALAD.

Order.	Ingredients.	Quantities.	Method.
1...	Oranges ...	6 ...	Choose them very ripe, peel them, and cut them in slices.
2...	... ...	... ...	Put them in a deep glass dish.
3...	Powdered sugar	3 or 4 oz.	Sprinkle thickly over, and let them stand an hour.
4...	Brandy or sherry	1 glassful	Pour over, stir a little, and serve.

19.—ORANGE COMPOTE.

Order.	Ingredients.	Quantities.	Method.
1...	Oranges ...	6 ...	Mark the skin in narrow stripes.
2...	... ...	... ...	Take off each alternate stripe with a sharp knife.
3...	... ...	... ...	Prick them all over.
4...	Cold water ...	... ...	Put them in and leave them some hours.
5...	... ...	... ...	Boil in the water until tender.
6...	Sugar, water	... ...	Make a syrup, and boil the oranges for a few minutes.
7...	... ...	... ...	Arrange them on a dish, and pour the reduced syrup over them.

NOTE.—Orange compote is also made of the peeled quarters of oranges gently boiled in syrup. Care must be taken not to break the skin dividing the quarters.

20.—PEAR COMPOTE, *à l'eau.*

Order.	Ingredients.	Quantities.	Method.
1...	Pears ...	8 ...	Peel, take out the core, pips, and half the stalk.
2...	Sugar ...	½ lb. ...	Melt and boil in an enamelled stew-
3...	Water ...	½ pint ...	pan.

PEAR COMPOTE, *à l'eau*—(*continued*).

Order.	Ingredients.	Quantities.	Method.
4...	... ...	... ...	Skim.
5...	... ...	... ...	Put in the pears.
6...	Lemon ...	1 slice ...	Put in to keep the pears white.
7...	Cinnamon ...	Small piece	Add.
8...	... ...	... ...	When the pears are tender put them in a dessert dish, pour the syrup over, and serve hot or cold.

NOTE.—A glass of brandy added to the sugar improves the flavour of the pears.

21.—PEAR COMPOTE, *au vin*.

Order.	Ingredients.	Quantities.	Method.
1...	Pears ...	6 or 8 ...	Leave them whole or divide them as preferred.
2...	... ...	... ...	Peel and take out the core and pips, and cut off half the stalk.
3...	... ...	... ...	Put the pears into an enamelled stewpan.
4...	Water ...	¼ pint ...	Pour over.
5...	Cinnamon ...	Small piece	Add.
6...	Cloves ...	2 ...	
7...	Sugar ...	½ lb. ...	
8...	... ...	... ...	Put the stewpan on the fire and let the sugar melt, leaving the cover on the pan.
9...	Claret ...	1 wine glass	Add when the pears are half done.
10...	... ...	... ...	When the pears are red and tender, stand them on a dessert dish.
11...	... ...	... ...	Take the cinnamon and cloves out of the syrup, reduce it, and pour it over the pears, and serve hot or cold as preferred.

22.—PRUNE COMPOTE.

Order.	Ingredients.	Quantities.	Method.
1...	Prunes ...	1 lb. ...	Put into a deep dish.
2...	... ...	... ...	Wash well in cold water.
3...	... ...	... ...	Drain and put them in a stewpan.
4...	Cold water ...	1 wine glass	Pour over.
5...	Claret ...	do. ...	
6...	Sugar ...	¼ lb. ...	Add.
7...	Cinnamon ...	Small piece	
8...	... ...	... ...	Let them stew 1 hour.
9...	... ...	... ...	Serve hot or cold as preferred.

23.—MACÉDOINE OF FRUIT.

Order.	Ingredients.	Quantities.	Method.
1...	Sugar ...	1 lb. ...	Make a thick syrup and strain it.
2...	Water ...	½ pint ...	
3...	Lemon juice	1 lemon...	Add to the syrup.
4...	Strawberries	... ...	Red and white ones.
5...	Raspberries ...	... ...	Take also in both colours.
6...	Currants ...	... ..	Also red and white.
7...	... ...	... ...	Pick the fruit carefully and let it simmer a few minutes in the syrup.
8...	... ...	... ...	Take it out with a skimmer and put it to drain.
9...	Isinglass ...	1 oz. ...	Dissolve in water and add to the syrup.
10...	... ...	... ...	Let it get cool.
11...	... ...	... ...	Oil a mould and drain it.
12...	... ...	... ...	Stand it on pounded ice.
13...	... ...	... ...	Pour in a little of the jelly and let it get firm.

MACÉDOINE OF FRUIT—(*continued*).

Order.	Ingredients.	Quantities.	Method.
14...	... ...	... ...	Arrange some of the fruit on the jelly, alternating the colours.
15...	... ...	... ...	Pour in some more jelly.
16...	... ...	... ...	Continue putting in alternate layers of fruit and jelly till the mould is full, finishing with jelly.
17...	... ...	... ...	Let it set on ice or in a refrigerator.
18...	... ...	... ...	Dip the mould in hot water before turning the jelly out.

NOTE.—Macédoines of stone fruit are made in the same way; peaches, apricots, plums, &c., are cut in slices, boiled in the syrup, and arranged in the jelly in the manner already described.

24.—GOOSEBERRY FOOL.

Order.	Ingredients.	Quantities.	Method.
1...	Green gooseberries	1 lb. ...	Pick carefully and put in a saucepan.
2...	Water ...	½ pint ...	Add.
3...	Sugar ...	10 oz. ...	Add, and boil the gooseberries until quite tender.
4...	... ...	... ...	Rub through a hair sieve.
5...	Cream ...	1 pint ...	Grate the lemon peel very fine and add with the cream and nutmeg, and mix well.
6...	Grated nutmeg	A little ...	
7...	Lemon peel ..	½ lemon	
8...	... ...	... ...	Serve cold in a glass dish.

NOTE.—Good new milk may be substituted for the cream if this cannot be obtained.

SECTION XIX.—PRESERVES.

1.—APRICOT PRESERVE.

Order.	Ingredients.	Quantities.	Method.
1...	Apricots ...	Very ripe	Peel, cut in half, and take out the stones.
2...	Sugar ...	1½ lb. to 2 lbs. of fruit	In large pieces.
3...	... ...	... ...	Put a layer of fruit in a large earthen pan.
4...	... ...	... ...	Put a layer of sugar on the fruit, and repeat alternate layers till all is used.
5...	Powdered sugar	... ...	Put a thick layer over the last layer of fruit.
6...	... ...	... ...	Let it stand 24 hours.
7...	Stones ...	... ...	Break them, and throw the kernels into hot water.
8...	Cold water ...	... ...	Take them out, and pour cold water over them.
9...	... ...	... ...	Skin, and cut them in thin slices.
10...	... ...	... ...	Put the apricots in the preserving pan.
11...	... ...	... ...	Boil for ¾ hour, stirring all the time.
12...	... ...	... ...	Towards the end put in the kernels, and stir well.
13...	... ...	... ...	When the preserve hangs in a thread from the spoon, it is done.
14...	... ...	... ...	Pour into the jam pots, and let it stand uncovered 24 hours.
15...	Brandy ...	... ...	Cover the preserve with white paper dipped in brandy.
16...	... ...	... ...	Tie a second paper over the top of the pots.

2.—APRICOTS, *preserved whole.*

Order.	Ingredients.	Quantities.	Method.
1...	Apricots ...	... ...	Choose them large and not too ripe.
2...	... ...	... ...	Open them just enough to remove the stones.
3...	... ...	... ...	Weigh them.
4...	Sugar ...	... ...	Allow 1 full pound of sugar to each pound of fruit.
5...	... ...	... ...	Put the sugar in the pan.
6...	Water ...	... ...	Put in about ½ pint to each pound of sugar.
7...	... ...	... ...	Boil till it becomes a syrup.
8...	... ...	... ...	Put in the apricots a few at a time, as there is room in the pan.
9...	... ...	... ...	Boil rather quickly, and turn them when done on one side.
10...	... ...	... ...	When sufficiently boiled they become transparent.
11...	... ...	... ...	Take them out carefully, and put them in jars.
12...	... ...	... ...	When all are done, drain the syrup from them into the pan.
13...	... ...	... ...	Boil and reduce the syrup, and strain it into the jars.
14...	Kernels ...	... ...	Blanch and peel the kernels, and add a few to each jar.
15...	... ...	... ...	The apricots will swell as they become cool, and the syrup will form a jelly round them.

NOTE.—Peaches are preserved in the same way as apricots.

3.—CHERRY JAM.

Order.	Ingredients.	Quantities.	Method.
1...	Cherries ...	6 lbs. ...	Choose them large and ripe.
2...	... ...	... ...	Cut off the stalks, pick out the stones with a needle, breaking the skin as little as possible.
3...	Red currants	1 lb. ...	String, crush, and strain the juice into a basin.

CHERRY JAM—(*continued*).

Order.	Ingredients.	Quantities.	Method.
4...	Raspberries ...	½ lb. ...	Crush and strain in the same way.
5...	... ...	... ...	Mix the two, and strain again into the preserving pan.
6...	... ...	... ...	Add the cherries.
7...	Sugar ...	... ...	Allow ¾ lb. to each pound of fruit and juice.
8...	... ...	... ...	Boil ½ hour, stirring frequently.
9...	... ...	... ...	Take off the scum as it rises.
10...	... ...	... ...	When done, pour into pots.
11...	... ...	... ...	Let it stand till next day.
12...	Paper ...	... ...	Cut in rounds to fit the pots.
13...	Brandy ...	... ...	Dip the papers in and lay on the jam.
14...	... ...	... ...	Tie a second piece of paper over the pots.

4.—RED CURRANT JAM.

Order.	Ingredients.	Quantities.	Method.
1...	Currants ...	4 lbs. ...	String and put in the preserving pan.
2...	Sugar ...	4 lbs. ...	Crush small and add.
3...	... ...	... ...	Boil up, and then let the fruit boil fast for 7 or 8 minutes.
4...	... ...	... ...	Cover and tie down when cold.

NOTE.—Raspberries are sometimes added to improve the flavour.

5.—CURRANT JELLY, *French receipt.*

Order.	Ingredients.	Quantities.	Method.
1...	Red currants	Very ripe	String them into a basin.
2...	White currants	½ the quantity	String and add.
3...	Raspberries ...	¼ the quantity	Pick and add.
4...	... ...	... ...	Crush the fruit by degrees through a sieve, into a basin.

CURRANT JELLY, *French receipt—(continued)*.

Order.	Ingredients.	Quantities.	Method.
5...	... ...	... ...	Put the pulp that remains in the preserving pan.
6...	Water ...	A few drops	Add and let the fruit swell on the fire.
7...	... ...	... ...	Strain it through a linen cloth, and add to the other juice.
8...	... ...	... ...	Weigh all the juice.
9...	Sugar ...	1 lb. to 1 lb.	Add to the juice the same weight.
10...	... ...	... ...	Let it stand 2 hours.
11...	... ...	... ...	Let it boil up, then skim.
12...	... ...	... ...	Boil 20 minutes longer on a moderate fire.
13...	... ...	... ...	When done pour it into pots. It should be a clear thin jelly.
14...	... ...	... ...	Cover with paper in the usual way, and keep in a dry place.

6.—BLACK CURRANT JELLY.

This is made in the same way, when it forms a clear dark jelly, or it can be made in the usual way, without straining the fruit.

7.—WHITE CURRANT JELLY.

This is made in the same way, entirely of white currants, and flavoured with a little lemon peel.

8.—GOOSEBERRY JAM.

Order.	Ingredients.	Quantities.	Method.
1...	Gooseberries	6 lbs. ...	Cut off the tops and stalks, and boil them for 6 or 7 minutes.
2...	Sugar ...	4½ lbs. ...	Crush and add.
3...	... ...	... ...	Boil for ¾ hour, stirring and taking off the scum.
4...	... ...	... ...	Pour into pots and tie down when cold.

9.—GRAPE JELLY.

Order.	Ingredients.	Quantities.	Method.
1...	Black grapes	... ...	Take off the stalks and throw them into the preserving pan.
2...	... ...	... ...	Boil a few minutes.
3...	... ...	... ...	Put them on a sieve, and crush them with a spoon.
4...	... ...	... ...	Boil the strained juice, and stir until it is reduced one-half.
5...	... ...	... ...	Take off the scum.
6 ..	... ...	... ...	It is done when it jellies in cooling.
7...	... ...	... ...	Pour it into the pots.
8...	... ...	... ...	Put the pots in a very cool oven for 24 hours.
9...	... ...	... ...	Cover and tie down in the usual way.

NOTE.—A few ripe pears, peeled and cut in quarters, are an improvement to this preserve; they are added after No. 4 in the above receipt. Sugar, at the rate of one-third the weight of the reduced preserve, may be added; this will make it keep better, and the jelly will then need less boiling.

10.—GREENGAGE JAM.

Order.	Ingredients.	Quantities.	Method.
1...	Greengages ...	... ...	Cut them in half and take out the stones.
2...	... ...	... ...	Weigh the fruit and put it in the preserving pan.
3...	Sugar ...	... ...	Add ½ lb. to each pound of fruit.
4...	... ...	... ...	Let them boil very slowly at first, then more quickly.
5...	... ...	... ...	Skim carefully and stir all the time.
6...	... ...	... ...	Boil for ¾ hour, stirring frequently.
7...	... ...	... ...	Pour into the pots, and cover and tie down as usual.

NOTE.—Plum jam is made in the same way.

11.—MULBERRY JAM.

Order.	Ingredients.	Quantities.	Method.
1...	Mulberries ...	... ...	Choose them ripe and sound.
2...	... ...	... ...	Put them in the preserving pan and simmer gently to bring out the juice.
3...	... ...	... ...	Throw them on to a hair sieve.
4...	Sugar ...	... ...	To every quart of juice that drops through, allow 3 lbs. of sugar.
5...	... ...	... ...	Put the sugar and juice on the fire and boil up.
6...	... ...	... ...	Skim, throw in the mulberries, and let them boil ½ hour.
7...	... ...	... ...	Pour all into a basin and leave it till next day.
8...	... ...	... ...	Boil up again in the preserving pan, and see that the mulberries are not crushed.
9...	... ...	... ...	Pour into the pots and tie down as usual.

12.—ORANGE MARMALADE.

Order.	Ingredients.	Quantities.	Method.
1...	Seville oranges	... ...	Choose them very ripe.
2...	... ...	... ...	Put them in the preserving pan.
3...	Water ...	... ...	Add enough to cover them.
4...	... ...	... ...	Let them boil till perfectly tender.
5...	... ...	... ...	Change the water 2 or 3 times.
6...	... ...	... ...	Drain them, take off the peel, and remove the pips.
7...	... ...	... ...	Weigh the pulp and put it back in the pan.
8...	Sugar ...	1½ lbs. to each pound of pulp	Add to the pulp.
9...	Water ...	1 pint ...	The last water the oranges were boiled in.
10...	... ...	... ...	Boil all together for 20 minutes.

ORANGE MARMALADE—(*continued*).

Order.	Ingredients.	Quantities.	Method.
11...	... ...	... ...	Cut the peel in thin slices and add.
12...	... ...	... ...	Boil for 10 minutes more.
13...	... ...	... ...	Pour into the pots and tie down when cold.

13.—RASPBERRY JELLY.

Order.	Ingredients.	Quantities.	Method.
1...	Raspberries ...	4 lbs. ...	Put together on a damp cloth over a basin.
2...	Red currants	1 lb. ...	
3...	... ...	... ...	Strain the juice through, by twisting the cloth tightly.
4...	Sugar ...	... ...	Allow ¾ lb. to each pound of juice.
5...	... ...	... ...	Put it in the preserving pan.
6...	... ...	... ...	Boil up and skim.
7...	... ...	... ...	Add the juice from the fruit.
8...	... ...	... ...	Boil 15 or 20 minutes.
9...	... ...	... ...	When done, strain through a jelly bag into the pots.
10...	... ...	... ...	Let them stand till cold, then cover and tie down in the usual way.

14.—RHUBARB JAM.

Order.	Ingredients.	Quantities.	Method.
1...	Rhubarb ...	... ...	Wash, wipe, peel, and cut it in small pieces.
2...	Sugar ...	... ...	The weight of the rhubarb. Put it all in the preserving pan.
3...	Lemon peel ...	1 lemon to 2 lbs. of rhubarb	Chop very fine and add.
4...	... ...	... ...	Boil slowly at first, then more quickly.
5...	... ...	... ...	Boil for ¾ hour, and stir frequently.
6...	... ...	... ...	Pour into pots, and tie down as usual.

NOTE.—Rhubarb jam can also be flavoured with almonds, sweet and bitter, mixed at the rate of one part of bitter, to three parts of sweet almonds.

15.—STRAWBERRY JAM (1).

Order.	Ingredients.	Quantities.	Method.
1...	Strawberries	6 lbs. ...	Pick and weigh.
2...	Sugar ...	6 lbs. ...	Boil alone until it candies on the finger.
3...	... ...	... ...	Throw in the strawberries.
4...	... ...	... ...	Let them boil up 3 times, and skim well.
5...	... ...	... ...	Pour into the pots.
6...	... ...	... ...	Let them stand till cold, then cover, and tie down in the usual way.

16.—STRAWBERRY JAM (2).

Order.	Ingredients.	Quantities.	Method.
1...	Strawberries	... ...	Pick and weigh.
2...	Sugar ...	... ...	Allow ½ lb. to each pound of fruit.
3...	... ...	... ...	Lay the fruit and sugar in alternate layers in a large earthen pan.
4...	... ...	... ...	Let them stand 24 hours.
5...	... ...	... ...	Boil in the preserving pan, and take off the scum as it rises.
6...	... ...	... ...	When done pour into the pots; let it cool, and then tie down as usual.

17.—TOMATOES, *preserved.*

Order.	Ingredients.	Quantities.	Method.
1...	Tomatoes ...	... ...	Choose them large and very ripe.
2...	... ...	... ...	Weigh them, then peel them and put them in the pan.
3...	Hot water ...	... ...	Pour over till they are covered.
4...	... ...	... ...	Boil 10 minutes, then put them on a sieve to drain.

TOMATOES, *preserved—(continued)*.

Order.	Ingredients.	Quantities.	Method.
5...	... ...	... ...	Take out the seeds, and put the pulp back in the pan.
6...	Sugar ...	... ...	Add half the weight of the tomatoes.
7...	Lemon peel ...	To taste	Add.
8...	... ...	... ...	Boil for ¼ hour and skim well.
9...	... ...	... ...	Take out the lemon peel.
10...	... ...	... ...	Pour into pots and tie down.

NOTE.—This makes a clear jelly of a rich red colour and pleasant taste.

18.—VEGETABLE MARROW PRESERVE.

Order.	Ingredients.	Quantities.	Method.
1...	Vegetable marrows	... ...	Cut them in half, peel them, and take out the seeds.
2...	... ...	... ...	Cut them in small pieces, and let them drain.
3...	Sugar ...	... ...	Take the same weight as the marrows.
4...	... ...	... ...	Put the marrow and sugar in a large earthen pan in alternate layers.
5...	Lemons ...	3 or 4 ...	Pour the strained juice over.
6...	... ...	... ...	Let it stand 2 days in a cool place.
7...	... ...	... ...	Put it in the preserving pan, and boil for ¾ hour.
8...	... ...	... ...	Put it back in the earthenware pan and let it stand a week.
9...	... ...	... ...	Drain off the syrup, put it on the fire, and reduce it.
10...	... ...	... ...	Skim well.
11...	Lemon peel ...	To taste	Grate the peel, mix with the ginger, and add to the syrup.
12...	Powdered ginger	... ...	
13...	... ...	... ...	Pour the boiling syrup over the marrow, put it in pots, and tie down when cold.

NOTE.—Cucumbers, pumpkins, and melons can be preserved in the same manner.

19.—TO PRESERVE NUTS AND WALNUTS.

Order.	Ingredients.	Quantities.	Method.
1...	Nuts ...	... ..	Put them in a large jar or earthen pan.
2...	Cold water ...	... ...	Make the water slightly salt only, and pour over them.
3...	Salt ...	... ...	
4...	... ...	... ...	Leave them for a week, but change the water 2 or 3 times.
5...	... ...	... ...	Take them out and keep them for use in a large jar.

20.—TO BOIL SUGAR FOR SYRUPS.

Order.	Ingredients.	Quantities.	Method.
1...	Sugar ...	... ...	The best and finest white sugar.
2...	... ...	... ...	Break it, and put it in a copper-lined preserving pan.
3...	Water ...	½-pint to each pound of of sugar	Pour over and stir with the skimmer while it boils, to prevent it from sticking to the pan and burning.

21.—TO CLARIFY SUGAR.

Order.	Ingredients.	Quantities.	Method.
1...	White of egg	... ...	Beat lightly to a froth.
2...	Cold water ...	... ...	Add drop by drop, beating all the time.
3...	... ...	... ...	Mix ¾ of this with the sugar on a brisk fire.
4...	... ...	... ...	Take off all the scum as it rises.
5...	Cold water ...	A few drops	Pour on to the boiling sugar if it rises too much.
6...	... ...	... ...	Add the remainder of the frothed white of egg.
7...	... ...	... ...	Skim again until the sugar is perfectly clear.

22.—CRYSTALLIZED CHESTNUTS, *marrons glacés.*

Order.	Ingredients.	Quantities.	Method.
1...	Chestnuts ...	... ...	Choose them large, and of good quality.
2...	... ...	... ...	Cut the skin with the point of a knife, but do not injure the fruit inside.
3...	Water ...	... ...	Throw them into cold water.
4...	... ...	... ...	Boil fast on a quick fire, and when tender take them off the fire, but keep them hot.
5...	Syrup ...	... ...	Have this ready and hot in the preserving pan.
6...	... ...	... ...	Peel the chestnuts, and throw them hot into the syrup.
7...	... ...	... ...	Take care not to break or injure them.
8...	... ...	... ...	Leave them till next day.
9...	... ...	... ...	Drain off the syrup, boil it up, and pour it over the chestnuts.
10...	... ...	... ...	Do this 4 days following.
11...	... ...	... ...	On the last day reduce and clarify the syrup.
12...	Vanilla ...	1 stick ...	Add to flavour the syrup, and take it out again.
13...	... ...	... ...	Dip the chestnuts in, and let the sugar crystallize on them.

23.—CRYSTALLIZED CURRANTS.

Order.	Ingredients.	Quantities.	Method.
1...	Ripe currants	... ...	Choose fine bunches.
2...	Whites of eggs	2 ...	Beat to a froth.
3...	Water ...	1 wine glassful	Add and beat well.
4...	... ...	... ...	Dip in the bunches of currants, and lay them on a sheet of white paper.

CRYSTALLIZED CURRANTS—(*continued*).

Order.	Ingredients.	Quantities.	Method.
5...	Sifted sugar ...	... ...	Sprinkle over, and roll the currants in the sugar till they are thickly coated over.
6...	... ...	... ...	Let them dry on the paper, and the sugar will crystallize round each currant.

24.—CRYSTALLIZED ORANGES.

Order.	Ingredients.	Quantities.	Method.
1...	Oranges ...	... ...	Peel them, and take off as much of the white skin as possible, without breaking it.
2...	... ...	... ...	Divide them in quarters.
3...	... ...	... ...	Pass a needle and cotton through the thick white centre of each quarter, and tie it in a loop.
4...	... ...	... ...	Hang them all by the loops on wire hooks shaped like an S, and hang the hooks by the upper part on a string stretched from wall to wall.
5...	Sugar ...	... ...	Boil on a quick fire until it bubbles and has slightly turned colour, but see that it does not go beyond this point.
6...	... ...	... ...	Take each hook by the top, and dip the orange in the boiling sugar.
7...	... ...	... ...	Take it out immediately, and hang it up on the string.
8...	... ...	... ...	Dip in each quarter separately, till all are done.
9...	... ...	... ...	Let them hang till dry.
10...	... ...	... ...	Serve at dessert.

25.—CANDIED ORANGE FLOWERS.

Order.	Ingredients.	Quantities.	Method.
1...	Orangeflowers	Fresh ones	Take off the petals.
2...	Boiling water	... ...	Throw them in for a moment to blanch them.
3...	Syrup ...	... ...	Have a thick clear syrup ready.
4...	... ...	... ...	Drain the petals from the water and throw them into the syrup.
5...	... ...	... ...	Boil until the sugar candies.
6...	... ...	... ...	Take the pan off the fire and stir till the sugar dries in a powder.
7...	... ...	... ...	Divide the petals from the sugar with the hand, and put them in the oven to dry on sheets of white paper.
8...	... ...	... ...	The oven must be cool, or the flowers will curl up.
9...	... ...	... ...	Keep in boxes in a dry place.

NOTE.—Violets and rose petals can be candied in the same manner.

26.—ORANGE FLOWER SOUFFLÉS.

Order.	Ingredients.	Quantities.	Method.
1...	Orangeflowers	... ...	Take off the petals and chop them.
3...	Whites of eggs	2... ...	Mix together to form a paste.
3...	Sifted sugar ...	2 table spoonsful	
4...	... ...	... ...	Add the orange flowers.
5...	... ..	... ...	Make some very small paper soufflé cases.
6...	... ...	... ...	Put in small portions of the paste with a silver knife.
7...	... ...	... ...	Put them on a tin and bake in a moderate oven.
8...	... ...	... ...	When they have risen and are a good colour, take them out.
9...	... ...	... ...	Let them get cold, and then pack in boxes to be used as wanted.

27.—NOUGAT.

Order.	Ingredients.	Quantities.	Method.
1...	Sweet almonds	½ lb. ...	Throw into boiling water and peel.
2...	... ...	... ...	Wash and dry them thoroughly.
3...	... ...	... ...	Cut in slices lenthways, and put them in the oven to keep hot.
4...	Pistachio nuts	3 oz. ...	Peel, cut in pieces, and put in the oven.
5...	Sugar ...	¼ lb. ...	Put in a copper pan on the fire with a little water.
6...	... ...	... ...	Boil till it is a thick, clear syrup.
7...	... ...	... ...	Put in the hot almonds and pistachios, and stir constantly.
8...	... ...	... ...	Boil till the sugar is a good caramel or dark yellow colour.
9...	... ...	... ...	Oil and drain a tin mould.
10...	... ...	... ...	Put a layer of the hot almonds at the bottom, and press them down with a spoon dipped in oil of sweet almonds.
11...	... ...	... ...	Add another layer and work quickly, as the sugar hardens immediately.
12...	... ...	... ...	Keep the almonds hot all the time and fill the mould.
13...	... ...	... ...	Turn it out as soon as it has set by tapping on the end of the mould.

NOTE.—Nougat is sometimes spread in a thick layer on rice paper, and cut into square or oblong blocks before it is allowed to become cold.

28.—MORELLA CHERRIES, *preserved in brandy.*

Order.	Ingredients.	Quantities.	Method.
1...	Early cherries	... ...	Choose fine ones and prick them all over with a needle.
2...	... ...	... ...	Cut the stalks short.
3...	... ...	... ...	Throw them into a wide-mouthed glass bottle.
4...	Best brandy ...	... ...	Pour over till they are covered.

MORELLA CHERRIES, *preserved in brandy—(continued)*.

Order.	Ingredients.	Quantities.	Method.
5...	Cinnamon ...	Tie up in a little bag.	Add if liked.
6...	Cloves ...		
7...	Coriander ...		
8...	... ...	... ...	Cover the bottle closely so that the brandy cannot evaporate.
9...	... ...	... ...	Leave them for a month.
10...	Powdered sugar	½ lb. to 1½ pint of brandy	Add and close again.
11...	... ...	... ...	When any cherries are taken out put in a little more brandy and sugar.

29.—PLUMS, *preserved in brandy*.

Order.	Ingredients.	Quantities.	Method.
1...	Greengages or other good plums	100 ...	Choose them very fresh, sound, and fine.
2...	... ...	... ...	Wipe them, and prick them all over with a needle to the stone.
3...	... ...	... ...	Cut off half the stalk, and throw the fruit into cold water.
4...	Sugar ...	4 lbs. ...	Boil to a syrup.
5...	Water ..	1¾ pint ...	
6...	... ...	... ...	Drain the water from the plums, and put them in an earthen pan.
7...	... ...	... ...	Pour the boiling syrup over.
8...	... ...	... ...	Put a plate and weight on the plums to keep them down, and cover with a cloth.
9...	... ...	... ...	Leave them till next day.
10...	... ...	... ...	Pour off the syrup, and boil it for 10 minutes.
11...	... ...	... ...	Keep the plums covered.

PLUMS, *preserved in brandy—(continued)*.

Order.	Ingredients.	Quantities.	Method.
12...	... ...	... ...	Pour the boiling syrup over the plums again, cover them, and leave them till next day.
13...	... ...	... ...	Put the plums and syrup on a brisk fire.
14...	... ...	... ...	The plums will first sink, when they rise take them out with a skimmer.
15...	... ...	... ...	Put them on a sieve to drain.
16...	... ...	... ...	Reduce the syrup.
17...	... ...	... ...	Put the plums in wide-mouthed bottles.
18...	... ...	... ...	Pour the syrup over them, warm, but not boiling.
19...	... ...	... ...	Cork the bottles next day.
20...	... ...	... ...	Leave them 3 or 4 days.
21...	Brandy ...	... ...	Fill up the bottles, and close them hermetically.

NOTE.—Apricots, peaches, and pears, can be preserved in the same manner. Apricots should be of medium size, not too ripe, and smooth skinned; peaches and pears must be carefully peeled.

30.—FRUIT, *preserved in bottles.*

Order.	Ingredients.	Quantities.	Method.
1...	Plums, green-gages, or apricots, &c.	... ...	Choose fruit that is not too ripe.
2...	... ...	... ...	Prick it all over with a needle.
3...	... ...	... ...	Put it in a preserving pan.
4...	Water ...	... ...	Pour over till covered.
5...	... ...	... ...	Put it on the fire for a moment, and stir carefully.
6...	... ...	... ...	Take the pan off the fire.
7...	... ...	... ...	Drain the fruit on a sieve.
8...	Cold water ...	... ...	Pour over to give the fruit firmness.
9...	... ...	... ...	Put it in wide-mouthed bottles, and half fill them.

FRUIT, *preserved in bottles—(continued)*.

Order.	Ingredients.	Quantities.	Method.
10...	Almonds ...	A few if liked	Blanch, slice, and add.
11...	Sugar ...	... ...	Break and weigh.
12...	Filtered water	1¾ pint to 1 lb. of sugar	Pour over, and let the sugar melt thoroughly.
13...	... ...	... ...	Pour over the fruit, and fill the bottles ¾ full.
14...	... ...	... ...	Close them, and make them air-tight, and tie down with wire.
15...	... ...	... ...	Stand the bottles in a large saucepan.
16...	... ...	... ...	Pack them with straw.
17...	Water ...	... ...	Add to within 2½ inches of the wires.
18...	... ...	... ...	Put the saucepan on the fire, and leave it till next day.
19...	... ...	... ...	Take out the bottles, and wipe them dry.
20...	... ...	... ...	Cover the corks with resin.
21...	... ...	... ...	Keep them in a moderately warm place.

31.—TO PRESERVE MUSHROOMS.

Order.	Ingredients.	Quantities.	Method.
1...	Mushrooms ...	... ...	Peel them, cut off part of the stalks, and if they are large cut them in pieces.
2...	Boiling water	... ...	Put them in for 2 or 3 minutes to blanch them.
3...	... ...	... ...	Drain them.
4...	... ...	... ...	Thread them on fine twine, but do not let them touch.
5...	... ...	... ...	Dry in the air, but not in the sun, or in a cool oven.
6...	... ...	... ...	When dry tie them up in bags, or put them in boxes.
7...	... ...	... ...	Soak them in cold water for half-an-hour before using them.

SECTION XX.—SAVOURY DISHES.

1.—ANCHOVY TOAST.

Order.	Ingredients.	Quantities.	Method.
1...	Anchovies ...	... ...	Bone, wash and scrape them well.
2...	... ...	... ...	Chop, pound and press them through a sieve.
3...	Butter ...	... ...	Mix an equal quantity with the anchovies.
4...	Cayenne ...	To taste	Add.
5...	Slices of bread	... ...	Fry in butter.
6...	... ...	... ...	Spread the paste on the toast, heat before the fire, and serve very hot.

2.—BREAD PATTIES.

Order.	Ingredients.	Quantities.	Method.
...1	French rolls...	3 ...	Grate off the crust, cut the rolls in two, and hollow them in the centre.
2...	Milk ...	½ pint ...	Pour over them, and let them soak till quite moist, but do not let them break.
3...	... ...	... ...	Let them drain.
4...	Yolk of egg ...	1 ...	Beat and brush over the patties.
5...	... ...	... ...	Roll them in the grated crust.
6...	Butter ...	3 oz. ...	Melt in a frying pan.
7...	... ...	... ...	Fry the patties a nice brown.
8...	... ...	... ...	Let them drain, but keep them hot.
9...	Stewed mushrooms or oysters	... ...	Fill the patties and serve them very hot.
10...	... ...	... ...	Any remains of poultry or game can be minced, heated in gravy, and served in bread patties.

3.—CHEESE PATTIES, *German receipt.*

Order.	Ingredients.	Quantities.	Method.
1...	Flour ...	¾ lb. ...	Mix to a paste and line the buttered patty pans, and partially bake.
2...	Eggs ...	2 ...	
3...	Salt ...	A pinch...	
4...	Hot milk ...	¼ pint ...	
5...	Butter ...	3 oz. ...	Melt in a stewpan.
6...	Parmesan cheese ...	3 oz. ...	Grate and add.
7...	Pepper and salt	To taste	Add.
8...	Cream ...	2 table-spoonsful	Add and mix all well together.
9...	... ...	... ...	Fill the patties with the mixture.
10...	... ...	... ...	Bake for a few minutes and serve very hot.

4.—TOASTED CHEESE.

Order.	Ingredients.	Quantities.	Method.
1...	Cheese ...	6 or 8 oz.	Choose Cheddar or Gloucester.
2...	... ...	... ...	Cut in pieces and put it in a small saucepan.
3...	Butter ...	1 oz. ...	Add.
4...	Pepper and salt	To taste	Add.
5...	Mustard ...	A little ...	Add ; stir all well over the fire.
6...	... ...	... ...	When melted and free from lumps it is done.
7...	Buttered toast	... ...	Have some hot slices ready on a dish.
8...	... ...	... ...	Put a layer of cheese on each slice, and serve at once very hot.

NOTE.—Another way is to lay slices of cheese on buttered toast and then let them toast together ; a little mustard and pepper are spread on the cheese.

5.—CHEESE STRAWS.

Order.	Ingredients.	Quantities.	Method.
1...	Flour ...	¼ lb. ...	Mix together.
2...	Butter ...	¼ lb. ...	
3...	Grated Par-mesan	¼ lb. ...	

CHEESE STRAWS—(*continued*).

Order.	Ingredients.	Quantities.	Method.
4...	Salt ...	To taste	Add.
5...	Cayenne and pepper	A pinch	Add.
6...	Egg ...	1 ...	Beat and add.
7...	... ...	... ...	Mix all to a paste, and roll out ½ inch thick.
8...	... ...	... ...	Cut the paste in thin strips 3 or 4 inches long.
9...	... ...	... ...	Bake in the oven and serve very hot.

6.—RAMEQUINS.

Order.	Ingredients.	Quantities.	Method.
1...	Parmesan cheese	6 oz. ...	Cut in thin slices and put in a stew-pan.
2...	Butter ...	2 oz. ...	Add.
3...	... ...	... ...	Shake the pan until they are melted and mixed.
4...	Whites of eggs	3 ...	Beat to a froth and add.
5...	... ...	... ...	Beat all well together.
6...	... ...	... ...	Fill small paper cases with the mixture.
7...	... ...	... ...	Bake in a moderate oven and serve hot.

7.—EGGS WITH CHEESE, *Fondu.*

Order.	Ingredients.	Quantities.	Method.
1...	Butter ...	2 oz. ...	Put in a baking dish.
2...	Cheddar cheese	4 or 5 slices	Add and let them melt.
3...	Eggs ...	3 or 4 ...	Break into the dish.

EGGS WITH CHEESE—(*continued*).

Order.	Ingredients.	Quantities.	Method.
4...	... ...	... ...	Let the whites set in the oven or before the fire.
5...	Grated cheese	3 oz. ...	Sprinkle over.
6...	Pepper ...	To taste	Add.
7...	... ...	... ...	Brown before the fire and serve very hot in the dish.

8.—FORCEMEAT PIE.

Order.	Ingredients.	Quantities.	Method.
1...	Paste ...	... ...	Make as for a raised pie.
2...	Flour ...	... ...	Fill the inside to the top. A filling of shreds of white paper may be used instead.
3...	... ...	... ...	Put on the cover and bake.
4...	Quenelles ...	20 ...	Poach in water.
5...	Mushrooms ...	20 ...	Fry in butter.
6...	Artichokes ...	3 or 4 ...	Take the lower part of the leaves only, boil them in water and stew in flour and butter.
7...	White sauce	½ pint ...	Put the above ingredients in and boil gently a few minutes.
8...	Yolks of eggs	2 ...	Beat and add.
9...	Good gravy ...	A few spoonsful	Add and mix well.
10...	... ...	... ...	Take the cover off the pie, remove the flour or paper.
11...	... ...	... ...	Put in the forcemeat.
12...	... ...	... ...	Place the cover on the top and serve very hot.

9.—FORCEMEAT TURNOVERS.

Order.	Ingredients.	Quantities.	Method.
1...	Puff paste ...	... ...	Cut in rounds about 5 inches across.
2...	Cold fowl ...	½ lb. ...	Take out the bones and chop the meat.
3...	Gravy ...	... ...	Add a little.
4...	Mushrooms ...	3 or 4 ...	Add.
5...	Sausage meat	½ lb. ...	Add.
6...	... ...	... ...	Mix well to make a forcemeat.
7...	... ...	... ...	Any remains of cold game or rabbit, &c., can be used.
8...	... ..	... ...	Put some of the forcemeat on one-half of each round.
9...	... ...	... ...	Fold the paste over and close the edges.
10...	... ...	... ...	Bake, or fry in butter and serve hot.

10.—GNOCCHI, *Italian receipt.*

Order.	Ingredients.	Quantities.	Method.
1...	Butter ...	1 oz. ...	Boil together.
2...	Water ...	2 wine glasses	
3...	Salt, pepper ...	A pinch of each	Add.
4...	Flour ...	5 oz. ...	Add gradually, stirring all the time.
5...	Parmesan cheese	3 oz. ...	Grate and add.
6...	... ...	... ...	Stir for a minute over the fire, then take it off.
7...	Eggs ...	3 ...	Beat and add, stirring well.
8...	... ...	... ...	Divide the mixture into small balls.
9...	Boiling milk...	¾ pint ...	Poach the balls in milk.
10...	... ...	... ...	Put them on a sieve to drain.
11...	Butter ...	1 oz. ...	Put in a stewpan.
12...	Flour ...	2 oz. ...	Add and stir in.

GNOCCHI, *Italian receipt—(continued)*.

Order.	Ingredients.	Quantities.	Method.
13...	Milk ...	1½ pint ...	Add, stir well and simmer for ¼ hour, or till it thickens.
14...	... ...	... ...	Put a layer of gnocchi in a small baking dish.
15...	Parmesan ...	Grate fine	Sprinkle a layer over.
16...	... ...	... ...	Pour over a layer of the boiled milk and flour.
17...	... ...	... ...	Continue the layers until the dish is full.
18...	... ...	... ...	Strew grated cheese over the top.
19...	... ...	... ...	Brown in the oven and serve hot.

11.—MACCARONI, *Italian way.*

Order.	Ingredients.	Quantities.	Method.
1...	Maccaroni ...	½ lb. ...	Boil in plenty of water.
2...	Salt, pepper ...	To taste	Add.
3...	... ...	... ...	Let it boil gently for 20 minutes.
4...	... ...	... ...	Drain off all the water.
5...	... ...	... ...	Put the maccaroni in a stewpan.
6...	Stock or milk	½ pint ...	Add, and let it simmer till all the stock is absorbed.
7...	Gruyère cheese	3 oz. ...	Grate.
8...	Parmesan ...	3 oz. ...	Grate and mix with the other.
9...	... ...	... ...	Add half the cheese to the maccaroni and stir well.
10...	... ...	... ...	When it is well mixed add the remainder of the cheese.
11...	Butter ...	1 oz. ...	Add, stir well, and serve very hot.
12...	... ...	... ...	If the cheese oils, add a little stock and stir over the fire.

12.—MACCARONI, *au gratin.*

Order.	Ingredients.	Quantities.	Method.
1...	Maccaroni ...	½ lb. ...	Boil as in previous recipe.
2...	Butter ...	... ...	Butter a baking dish.
3...	... ...	... ...	Put in the maccaro

MACCARONI, *au gratin*—(*continued*).

Order.	Ingredients.	Quantities.	Method.
4...	Parmesan ...	6 oz. ...	Grate and sprinkle over.
5...	Bread crumbs	1 table-spoonful	Sprinkle over the top.
6...	Butter ...	1 oz. ...	Melt and pour over.
7...	... ...	... ...	Brown before the fire and serve very hot.

13.—MACCARONI CHEESE.

Order.	Ingredients.	Quantities.	Method.
1...	Maccaroni ...	½ lb. ...	Boil in milk till tender.
2...	... ...	... ...	Put it in a baking dish.
3...	Grated cheese	6 oz. ...	Sprinkle over.
4...	Egg ...	1... ...	Beat and pour over.
5...	Butter ...	1½ oz. ...	Put in small pieces over the top.
6...	... ...	... ...	Bake in the oven or brown before the fire.

14.—MACCARONI, *with tomato sauce.*

Order.	Ingredients.	Quantities.	Method.
1...	Maccaroni ...	½ lb. ...	Boil in water.
2...	Butter ...	½ oz. ...	Add.
3...	Salt ...	A pinch...	Add.
4...	Onion ...	1 stuck with cloves	Add; boil till tender.
5...	... ...	... ...	Drain all the water off.
6...	... ...	... ...	Put the maccaroni in a stewpan.
7...	Butter ...	1 oz. ...	Add.
8...	Gruyère ...	3 oz. ...	Grate and add.
9...	Parmesan ...	3 oz. ...	Grate and add.

MACCARONI, *with tomato sauce—(continued)*.

Order.	Ingredients.	Quantities.	Method.
10...	Whole pepper	A little ...	Add.
11...	Cream ...	2 tablespoonsful	Add and stir all together.
12...	... ...	... ...	When the cheese forms threads put the maccaroni on a hot dish, and take away the onion.
13...	... ...	... ...	Pour thick tomato sauce over and serve.

15.—MACCARONI, *en timbale.*

Order.	Ingredients.	Quantities.	Method.
1...	Butter ...	... ...	Rub over the inside of a mould.
2...	Puff paste ...	... ...	Line the mould.
3...	Maccaroni ...	... ...	Fill with maccaroni dressed in the Italian way.
4...	... ..	... ...	Cover with paste.
5...	Buttered paper	... ...	Put over the top.
6...	... ...	... ...	Bake in a hot oven for 1 hour.
7...	... ...	... ..	Turn it out on to a dish and serve very hot.

16.—NOUILLES, *au jambon.*

Order.	Ingredients.	Quantities.	Method.
1...	Flour... ...	1 lb. ...	Put on the pastry board, and make a hole in the centre.
2...	Eggs	3	Break, beat and add.
3...	Butter ...	½ oz. ...	Add.
4...	... ...	... ...	Knead all together to a smooth paste.
5...	... ...		Cut the paste in 8 pieces.
6...	... ...	... ..	Flatten them with the roller till they are no thicker than a shilling.
7...	Flour... ...	... ...	Dredge over them.
8...	... ...	... ...	Hang the pieces of paste over the back of a chair on a clean cloth to dry a little.

NOUILLES, *au jambon—(continued)*.

Order.	Ingredients.	Quantities.	Method.
9...	... ...	... ...	Roll them up and cut them in very small pieces.
10...	... ...	... ...	Unroll them, separate them, and let them dry 1 hour.
11...	Salt and water	... ...	Boil in a saucepan.
12...	... ...	... ...	Throw in the nouilles, and stir with the other hand that they may not stick together.
13...	... ...	... ...	Let them boil fast ½ hour.
14...	... ...	... ...	Take them out and let them drain.
15...	Butter or lard	2 oz. ...	Heat in a stewpan.
16...	Lean ham ...	3 or 4 oz.	Cut in small squares, and brown in the butter.
17...	Stock... ...	1 wine glass	Add as required.
18...	Salt, pepper...	... ...	Add.
19...	... ...	... ...	Add the hot nouilles, and brown them with the bacon.
20...	... ...	... ...	Serve hot piled on a dish.

17.—PILAU.

Order.	Ingredients.	Quantities.	Method.
1...	Rice ...	1 pint ...	Wash carefully in warm water, and put it in a stewpan.
2...	Stock ...	3 pints ...	Add and put the stewpan on a quick fire, and cover closely.
3...	Powdered saffron	½ tea spoonful	Dissolve in a little stock, and put into the pan, when the rice begins to boil.
4...	... ...	... ...	Boil quickly, and keep the stewpan closely covered.
5...	... ...	... ...	The rice will swell, harden, and then become a firm mass.
6...	... ...	... ...	Let it boil for about 1 hour.
7...	... ...	... ...	Serve hot.

18.—RICE, *Turkish way.*

Order.	Ingredients.	Quantities.	Method.
1...	Onions ...	3 large ones	Cut in pieces, and brown in 2 oz. of butter.
2...	Carrot ...	1 ...	Cut in slices, and brown also.
3...	Boiling water	1 wine glass	Add to moisten.
4...	Parsley ...	A small bunch	Add.
5...	Salt, pepper	A little of each	Add.
6...	Nutmeg		
7...	Cloves		
8...	Saffron		
9...	... ...	... ...	Let it simmer gently 1 hour, then strain.
10...	Rice ...	½ lb. ...	Wash well.
11...	Stock ...	1 pint ...	Add to the rice, and put them on the fire to swell.
12...	... ...	... ...	Add more stock if required, until the rice is half boiled, and the stock absorbed.
13...	... ...	... ...	Add the strained sauce.
14...	Butter ...	1 oz. ...	Add.
15...	Pepper ...	A little ...	Add.
16...	Pimento ...	A little ...	Pound very fine and add.
17...	Butter ...	... ...	Rub the inside of a stewpan.
18...	... ...	... ...	Put in the rice.
19...	... ...	... ...	Let it thicken on a slow fire, and serve hot.

19.—RIOSSO, *Italian receipt.*

Order.	Ingredients.	Quantities.	Method.
1...	Rice ...	6 oz. ...	Wash, and boil for five minutes.
2...	... ...	... ...	Throw it into cold water and then let it drain.
3...	Lean ham ...	3 to 4 oz.	Cut in small pieces.
4...	Butter ...	2 oz. ...	Melt in a stewpan.
5...	... ...	... ...	Put in the ham and let it brown all over.
6...	Stock ...	1 pint ...	Add.

RIOSSO, *Italian receipt—(continued)*.

Order.	Ingredients.	Quantities.	Method.
7...	Pepper ...	A good pinch	Add.
8...	... ...	... ...	Put in the rice and let all stew for 20 minutes.
9...	... ...	... ...	Stir frequently to prevent it from sticking.
10...	... ...	... ...	Serve very hot piled on a dish.
11...	Sausages ...	1 lb. ...	Fry and serve with it if liked.

20.—SAVOURY PIE.

Order.	Ingredients.	Quantities.	Method.
1...	Puff paste ...	... ...	Make a good puff paste, roll it out very thin, and line a buttered mould with it.
2...	Ham ...	1 large slice	Put in a stewpan and leave it on the fire till nearly cooked.
3...	... ...	... ...	Cut it up in very small pieces.
4...	Cold roast fowl	... ...	Cut up any portions of the white meat and add.
5...	Pickled gherkins	2 or 3 ...	Cut small and add.
6...	Anchovies ...	2 ...	Wash, cut in fillets and add.
7...	Truffles ...	2 or 3 ...	Add.
8...	Boiled carrot	1 ...	Cut in slices and add.
9...	Mushrooms ...	A few ...	Add.
10...	Butter ...	2 oz. ...	Melt in a stewpan.
11...	... ...	... ...	Put in all the prepared ingredients.
12...	Flour ...	... ...	Dredge over.
13...	Good stock ...	¼ pint ...	Add and let all simmer for ½ hour.
14...	Pepper ...	A pinch...	Add.
15...	Lemon juice...	1 lemon...	Strain and add.
16...	... ...	... ...	Put all into the pie.
17...	... ...	... ...	Put on a cover of puff paste.
18...	Paper ...	... ..	Cover the top with buttered paper.
19...	... ...	... ...	Bake in a moderate oven ¾ hour.
20...	... ...	... ...	Turn it out of the mould and serve hot.

21.—SAVOURY SOUFFLÉS.

Order.	Ingredients.	Quantities.	Method.
1...	Butter ...	½ lb. ...	Beat to a cream.
2...	Yolk of egg ...	1	Break into the butter and stir till it is well mixed in.
3...	Warm milk ...	1 table spoonful	Add.
4...	Flour ...	1 table spoonful	Add and stir in well.
5...	... ...	... ...	Repeat Nos. 2, 3 and 4 until you have mixed in 6 yolks of eggs, 6 spoonsful of milk, and 6 spoonsful of flour.
6...	Salt	To taste	Add.
7...	Sour cream ...	3 table spoonsful	Use if liked instead of 3 spoonsful of warm milk.
8...	Whites of egg	6	Beat to a froth, and add gradually to the rest.
9...	Butter ...	... ...	Butter some soufflé moulds.
10...	... ...	... ...	Put in a spoonful of the mixture.
11...	Crayfish, quenelles, or calf's brains	... ...	Boil separately, and put a crayfish, a quenelle, or a small portion of brain in each mould.
12...	... ...	... ...	Cover with another spoonful of the paste.
13...	Yolk of egg ...	... ...	Beat, and brush over the top.
14...	... ...	... ...	Bake in the oven and serve hot.

22.—TALMOUSES.

Order.	Ingredients.	Quantities.	Method.
1...	Butter ...	¼ lb. ...	Melt on the fire, then take it off.
2...	Sifted flour ...	2 oz. ...	Add and work in.
3...	Soft cheese ...	½ lb. ...	Any good fresh cheese may be used; beat in with the butter.

TALMOUSES—(*continued*).

Order.	Ingredients.	Quantities.	Method.
4...	Fromage de Brie	¼ lb. ...	Add and mix well.
5...	Salt ...	To taste	Add and work all to a smooth paste.
6...	Eggs ...	4 ...	Beat and add to the mixture.
7...	... ...	... ...	Roll out the paste, and cut in fingers.
8...	... ...	... ..	Bake in a hot oven.

23.—FRIED ARTICHOKES.

Order.	Ingredients.	Quantities.	Method.
1...	Artichokes ...	6 ...	Boil till nearly tender.
2...	... ...	... ...	Pull out the leaves, and cut off the stalks, leaving the centres only.
3...	Eggs ...	2 ...	Beat well.
4...	... ...	... ...	Dip the artichokes in the egg.
5...	Pepper, salt ...	To taste	Sprinkle over them.
6...	Butter ...	3 oz. ...	Melt in a frying pan.
7...	... ...	... ...	Fry the artichokes a nice brown.
8...	Melted butter	... ...	Serve separately.

24.—SCOTCH OYSTERS.

Order.	Ingredients.	Quantities.	Method.
1...	Leg of veal ...	1 lb. ...	Chop and pound in a mortar.
2...	Beef suet ...	½ lb. ...	Shred and add to it.
3...	... ...	... ...	Pound both together to a paste.
4...	Bread crumbs	3 oz. ...	Add.
5...	Eggs ...	2 ...	Beat and add.
6...	Mace ..	A little of each	Add to season, mix well.
7...	Nutmeg ...		
8...	Pepper, salt ..		

SCOTCH OYSTERS—(*continued*).

Order.	Ingredients.	Quantities.	Method.
9...	... ...	... ...	Make into little flat cakes.
10...	... ...	... ...	Fry them in butter or bake them.
11...	Good gravy ...	½ pint ...	Put in a small saucepan.
12...	Mushrooms ...	2 or 3 ...	Add either, and thicken with a little flour and butter.
13...	Oysters ...	... ...	
14...	... ...	... ...	Pour over the cakes, and serve very hot.

25.—STEWED OYSTERS.

Order.	Ingredients.	Quantities.	Method
1...	Oysters ...	2 doz. ...	Put them in a stewpan.
2...	Bread crumbs	3 oz. ...	Add.
3...	Liquor ...	⅓ pint ...	Add the strained liquor from the oysters.
4...	Mace ...	A little ...	Add and boil all together for a short time, but see that the oysters do not harden.
5...	Pepper ...	To taste	
6...	Butter ...	2 oz. ...	
7...	Vinegar ...	1 table spoonful	
8...	Fried sippets	... ...	Garnish the dish, and serve very hot.

26.—BRAIN CAKES.

Order.	Ingredients.	Quantities.	Method.
1...	Brains ...	... ...	Skin and boil them, and chop them small.
2...	Bread crumbs	4 oz. ...	
3...	Pepper, salt ...	... ...	Mix with the brains.
4...	Sweet herbs...	... ...	Chop the herbs; add to the brains and mix.
5...	Yolks of eggs	3 ...	
6...	... ...	... ...	Beat and mix with the rest. Make the mixture into small cakes.
7...	Butter ..	3 oz. ...	Melt in a frying pan.
8...	... ...	... ...	Fry the cakes a nice brown and serve very hot.

NOTE.—The last four receipts are taken from a Cookery Book of the last Century.

SECTION XXI.—PICKLES.

1.—PICKLE FOR BOILED BEEF.

Order.	Ingredients.	Quantities.	Method.
1...	Brown sugar	½ lb. ...	Coarse sugar is best.
2...	Saltpetre ...	1 oz. ...	Powder fine, and mix with the sugar.
3...	... ...	... ...	Rub the beef well with these at intervals, for two days.
4...	Salt ...	¾ lb. ...	Dry well, beat, and add to the pickle.
5...	... ...	... ...	Rub well into all parts of the meat for three weeks.
6...	... ...	... ...	Before boiling the beef wash off the salt.
7...	... ...	... ...	This is sufficient for 20 lbs. of beef, either the round, the brisket, or the aitch bone.

2.—PICKLE FOR BEEF.

Order.	Ingredients.	Quantities.	Method.
1...	Cold water ...	2 gallons	Put in a large saucepan.
2...	Brown sugar	2 lbs. ...	Add.
3...	Bay salt ...	2 lbs. ...	Add.
4...	Common salt	2 lbs. ...	Add.
5...	Saltpetre ...	¼ lb. ...	Add.
6...	Sal prunella ...	¼ lb. ...	Add.
7...	... ...	... ...	Boil gently, and skim as the scum rises.
8...	... ...	... ...	When cold put in the beef, and rub well every day for 10 or 15 days.

3.—PICKLE FOR BEEF, HAM, AND TONGUES.

Order.	Ingredients.	Quantities.	Method.
1...	Water ...	3 gallons	Put in a saucepan.
2...	Common salt	6 lbs. ...	Add.
3...	Bay salt ...	2 lbs. ...	Add.
4...	Loaf sugar ...	2 lbs. ...	Add.
5...	Saltpetre ...	2 oz. ...	Add.
6...	... ...	... ...	Boil over a slow fire, and skim carefully.
7...	... ...	... ...	Let it get cold before using.
8...	Salt ...	... ...	Rub over the meat, and let it drain for 24 hours.
9...	... ...	... ...	Put it in the brine, and cover well.
10...	... ...	... ...	Leave the meat in pickle one or two weeks, according to taste.

4.—HAMBURGH PICKLE FOR BEEF, &c.

Order.	Ingredients.	Quantities.	Method.
1...	Water ...	2 gallons	Put in a saucepan.
2...	Bay salt ...	3 lbs. ...	Add.
3...	Coarse sugar	2 lbs. ...	Add.
4...	Salt petre ...	2 oz. ...	Add.
5...	Black pepper	2 oz. ...	Bruise, tie in muslin, and add.
6...	... ...	... ...	Boil all together for 20 minutes.
7...	... ...	... ...	Take off the scum as it rises.
8...	... ...	... ...	Pour into a deep earthen pan and let it stand till cold.
9...	... ...	... ...	Put in the meat, and see that it is entirely covered by the pickle. Leave it in a fortnight, turning it in the brine occasionally.
10...	... ...	... ...	Good for beef, ham, and tongues.

5.—SWEET PICKLE FOR BACON AND HAMS.

Order.	Ingredients.	Quantities.	Method.
1...	Ham ...	16 lbs. ...	Put in a large pan.
2...	Saltpetre ...	2 oz. ...	Mix, all well together to form a pickle, and rub the mixture into the ham every day for half an hour.
3...	Common salt	½ lb. ...	
4...	Bay salt ...	½ lb. ...	
5...	Sal prunella...	1 oz. ...	
6...	Coarse sugar	½ lb. ...	
7...	Allspice ...	2 oz. ground	
8...	Cayenne ...	1 tea-spoon	
9...	Black pepper	2 oz. ...	
10...	Eschalots ...	2 chopped	
11...	Nutmeg ...	1 grated	
12...	Cloves ...	½ oz. pounded	
13...	... ...	... ...	Turn the ham in the pickle every day and baste it.
14...	Treacle ...	¾ lb. ...	Pour a thin layer over the ham on the fourth day.
15...	Strong beer ...	½ pint ...	Warm and pour over one day after the treacle.
16...	... ...	... ...	Leave the ham in pickle 6 or 8 weeks, rubbing it well every day.
17...	... ...	... ...	Drain and dry it thoroughly.
18...	Pepper ...	... ...	Sprinkle all over the ham.
19...	Flour ...	... ...	
20...	... ...	... ...	Put it in a canvas bag.
21...	... ...	... ...	Hang in the kitchen until wanted.

6.—PICKLED BEETROOT.

Order.	Ingredients.	Quantities.	Method.
1...	Beetroots ...	5 or 6 ...	Choose them a medium size, and of good colour.
2...	... ...	... ...	Boil and peel them.
3...	... ...	... ...	Cut them in thin slices.
4...	Vinegar ...	1 pint ...	Mix and put the beetroot in.
5...	Pepper, salt ...	To taste	
6...	... ...	... ...	This will keep good for several weeks, and can be used with salad, or eaten with cold meat.

7.—PICKLED CABBAGE.

Order.	Ingredients.	Quantities.	Method.
1...	Red cabbage	1 or 2 ...	Pick off the outer leaves, and shred the inner part very fine, and put it in a pan.
2...	Salt ...	... ...	Sprinkle thickly over it.
3...	... ...	... ...	Let it stand 2 days, and stir twice a day.
4...	... ...	... ...	Let the salt and moisture drain off, and put the cabbage in an earthen jar.
5...	Boiled vinegar	... ...	Pour over till covered.
6...	Peppercorns	... ...	Add to flavour, or boil the pepper in the vinegar.
7...	Cloves ...	... ...	
8...	Small red peppers	... ...	
9...	... ...	... ...	Cover closely, and keep 2 months.

8.—PICKLED ESCHALOTS.

Order.	Ingredients.	Quantities.	Method.
1...	Eschalots ...	1 quart ...	Clean and peel them.
2...	Vinegar ...	1 quart ...	The best pale white wine vinegar must be used; put it in a saucepan.
3...	Salt ...	1 dessert spoon	Add.
4...	Pepper ...	1 oz. ...	Add whole white pepper.
5...	... ...	... ...	Boil the vinegar quickly, then skim.
6...	... ...	... ...	Throw in the eschalots.
7...	... ...	... ...	Let them simmer two minutes.
8...	... ...	... ...	Pour them into a stone jar.
9...	... ...	... ...	When quite cold, tie down with thick paper.

9.—PICKLED GHERKHINS.

Order.	Ingredients.	Quantities.	Method.
1...	Gherkins ...	... ...	Pick them in September, and see that they are very fresh, and of equal size.
2...	... ...	... ...	Cut off the stalks, and put them in an earthen pan.
3...	Salt ...	... ...	Cover them well.
4...	... ...	... ...	Let them stand 24 hours, but turn them 3 or 4 times.
5...	... ...	... ...	Put them to drain, and wipe them perfectly dry.
6...	... ...	... ...	Put them in pickle jars.
7...	Vinegar ...	... ...	Pour in till they are covered.
8...	... ...	... ...	At the end of a week, pour off the vinegar.
9...	... ...	... ...	Let the gherkins drain.
10...	Vinegar ...	... ...	Pour fresh vinegar on them.
11...	Pepper ...	... ...	Put a little of each into all the jars to give flavour.
12...	Tarragon ...	... ...	
13...	Fennel ...	... ...	
14...	Cloves ...	... ...	
15...	Capsicums ...	... ...	
16...	... ...	... ...	Stopper the jars closely, and keep them in a cool place.
17...	... ...	... ...	At the end of two months they will be ready for use.

10.—PICKLED LEMONS.

Order.	Ingredients.	Quantities.	Method.
1...	Lemons ...	8 ...	Wipe them dry and cut in quarters lengthways, but without quite dividing them.
2...	Salt ...	... ...	Stuff them with salt.
3...	... ...	... ...	Put them in a deep dish and place them in the sun, or in a warm place.
4...	... ...	... ...	Turn and baste them frequently and leave them 9 or 10 days.

PICKLED LEMONS—(*continued*).

Order.	Ingredients.	Quantities.	Method.
5...	... ...	... ...	Put them in a stone jar.
6...	... ...	... ...	Pour the juice over them.
7...	Small onions	12 ...	Prick the onions with the cloves and add them to the lemons.
8...	Cloves ...	24 ...	
9...	Vinegar ...	2 quarts	Choose white-wine vinegar.
10...	Ginger ...	½ lb. ...	Bruise and add to the vinegar.
11...	Pepper ...	2 oz. ...	Whole black pepper; add.
12...	Mustard seed	½ lb. ...	Add.
13...	... ...	... ...	Boil the vinegar and pour boiling on to the lemons.
14...	... ...	... ...	Cover the jar and let it stand till next day.
15...	Capsicums or	6 ...	Add whichever is most convenient or preferred.
16...	Chilies ...	A few ...	
17...	... ...	... ...	Tie down and keep six months at least before using.

11.—PICKLED MUSHROOMS.

Order.	Ingredients.	Quantities.	Method.
1...	Mushrooms ...	1 quart ...	Choose the smallest button mushrooms freshly gathered.
2...	... ...	... ...	Cut off the stems quite close.
3...	Salt ...	... ...	Moisten a piece of flannel, dip it in salt, and clean the mushrooms with it.
4...	Cold water ...	... ...	Mix, and throw the mushrooms in as they are cleaned.
5...	Salt ...	... ...	
6...	... ...	... ...	Take them out quickly, and dry on a soft cloth.
7...	Vinegar ...	1 quart ...	Distilled or white wine vinegar may be used; put in a saucepan.
8...	Salt ...	1 teaspoon	Add.
9...	Pepper ...	1 oz. whole white	
10...	Ginger ...	1 oz. ...	Bruise and add.
11...	Cayenne ...	A little ...	Tie in muslin and add.

PICKLED MUSHROOMS—(*continued*).

Order.	Ingredients.	Quantities.	Method.
12...	Mace ...	2 blades	Add if liked.
13...	Nutmeg ...	Half only	Add if liked.
14...	... ...	... ...	Let the vinegar boil up, then skim.
15...	... ...	... ...	Throw in the mushrooms.
16...	... ...	... ...	Let them boil from 8 to 10 minutes, until tender.
17...	... ...	... ...	Put them in glass bottles.
18...	... ...	... ...	Divide the spice amongst them
19...	... ...	... ...	When cold, tie them down, and keep in a dry place.

12.—PICKLED NASTURTIUMS.

Order.	Ingredients.	Quantities.	Method.
1...	Nasturtium seeds	... ...	Gather them young, day by day, as they are ready.
2...	Buds ...	... ...	Add a few very young ones.
3...	Vinegar ...	1 quart ...	Mix, and keep ready in a jar.
4...	Salt ...	1½ oz. ...	
5...	... ...	... ...	Throw in the nasturtium seeds and buds each day as gathered.
6...	Pepper ...	... ...	When the jar is sufficiently full add a little whole pepper and tie down for use.

13.—PICKLED ONIONS.

Order.	Ingredients.	Quantities.	Method.
1...	Onions ...	1 quart ...	Choose them very small, and peel.
2...	Vinegar ...	1 quart ...	White-wine vinegar is best; put it in a saucepan.
3...	Salt ...	1 dessert spoon	Add.
4...	White pepper	1 oz. ...	Add whole.
5...	... ...	... ...	Boil quickly, then skim.
6...	... ...	... ...	Throw in the onions and let them simmer 3 or 4 minutes.

PICKLED ONIONS—(*continued*).

Order.	Ingredients.	Quantities.	Method.
7...	... ...	... ...	When clear put them in a jar.
8...	... ...	... ...	Pour the vinegar over them.
9...	Spice ...	If liked ...	Can be added to the vinegar when boiling.
10...	... ...	.. ...	Tie down when quite cold.

NOTE.—Spanish onions can be shred fine and pickled in the same way.

14.—PICKLED WALNUTS.

Order.	Ingredients.	Quantities.	Method.
1...	Walnuts ...	50 ...	Choose them while still so soft that a pin can be run through them.
2...	Water ...	2 quarts...	Mix to form a brine, and take off the scum that rises.
3...	Salt ...	12 oz. ...	
4...	... ...	... ...	Throw in the walnuts.
5...	... ...	... ...	Stir them twice a day.
6...	... ...	... ...	Change the brine every third day.
7...	... ...	... ...	Leave the walnuts in brine for 10 or 12 days.
8...	... ...	... ...	Spread them on dishes.
9...	... ...	... ...	Put them out in the air for some hours, till they are black.
10...	Vinegar ...	1 quart ...	Put in a saucepan.
11...	Salt ...	½ tea-spoon	Add.
12...	Black pepper	1 oz. ...	Add whole.
13...	Ginger ...	1½ oz. ...	Braise and add.
14...	Mace ...	A little ...	Add if liked.
15...	Mustard seed	2 oz. ...	Add.
16...	Onions ...	2 or 3 ...	Stick with cloves and add.
17...	... ...	... ...	Boil for about 5 minutes.
18...	... ...	... ...	Put the walnuts in jars.
19...	... ...	... ...	Remove the onions and pour the boiling vinegar on the walnuts.
20...	... ...	... ...	When cold tie down.
21...	... ...	... ...	Keep the walnuts well covered with vinegar, and add boiled vinegar to them as required.

15.—MIXED PICKLES.

Order.	Ingredients.	Quantities.	Method.
1...	Mustard ...	¼ lb. ...	Put in a jar or basin.
2...	Salt ...	¼ lb. ...	Add.
3...	Mustard seed	2 oz. ...	Add.
4...	Turmeric ...	3 oz. ...	Add.
5...	Black pepper	1 oz. ...	Add.
6...	Cayenne ...	¼ oz. ...	Add.
7...	Vinegar ...	... ...	Add, stirring all the time till the mixture is the consistence of thin cream.
8...	Cauliflower ...	... ...	Break in small pieces and put in an earthen jar.
9...	Celery ...	... ...	Add in small pieces.
10...	French beans	... ...	Young ones.
11...	Small onions	... ...	Add a few.
12...	Gherkins ...	... ...	A few small ones.
13...	Nasturtium seeds	... ...	Young ones only.
14...	Red peppers...	... ..	A few.
15...	... ...	... ...	Pour the prepared vinegar over them and stir well.
16...	... ...	... ...	Cover the jar closely and keep it in a warm place.
17...	... ...	... ...	Stir every day for a month.
18...	... ...	... ...	Divide off into glass pickle jars, and keep some months before using.

16.—ACHARD PICKLES, *French receipt.*

Order.	Ingredients.	Quantities.	Method.
1...	Vinegar ...	5½ pints...	Put in a large pan.
2...	Peppercorns	3 oz. ...	Add.
3...	Mustard seed	2 oz. ...	Add.
4...	Turmeric ...	½ lb. ...	Add.
5...	Powdered ginger	¼ lb. ...	Add.
6...	Coriander seed	1 oz. ...	Add.
7...	Capsicums ...	½ oz. ...	Add.

ACHARD PICKLES, *French receipt—(continued)*.

Order.	Ingredients.	Quantities.	Method.
8...	... ...	... ...	Let all steep together 8 days.
9...	... ...	... ...	Strain through a cloth, and then through paper.
10...	Olive oil ...	1¾ pint ...	Add.
11...	Cauliflower ...	... ...	Break in small pieces.
12...	Brussels sprouts	... ...	Choose them small, and remove the outer leaves.
13...	Celery ...	... ...	Cut in short lengths.
14...	Carrots ...	... ...	Small ones cut in pieces.
15...	French beans	... ...	Small ones.
16...	Asparagus ...	... ...	The tips only.
17...	Artichokes ...	... ...	The centre only.
18...	Maize ...	... ...	A few young ears.
19...	Red cabbage	... ...	A little, shred very fine.
20...	Green oranges	... ...	A few small ones.
21...	Green apricots	... ...	A few, thinnings from the trees.
22...	Nasturtium ...	... ...	Young seeds only.
23...	Capers ...	... ...	Fresh or pickled.
24...	Gherkins ...	... ...	If large cut in pieces.
25...	Vegetable marrow	... ...	Very small young ones.
26...	Capsicums and hot peppers	... ...	Red and green.
27...	... ...	... ...	Put all these in a large earthen jar, and pour the prepared vinegar over them.
28...	... ...	... ...	Stir them with a wooden spoon.
29...	... ...	... ...	Close the jar tightly.
30...	... ...	... ...	Let it stand out in the sun for a few days.
31...	... ...	... ...	They should be kept for some months before using.

NOTE.—We do not give the quantities of vegetables required, as any of those named can be omitted, except the capsicums and hot peppers, and more or less of each kind used as required or liked. The jar should be quite three-quarters full before the vinegar is poured over the vegetables.

17.—INDIAN PICKLES.

Order.	Ingredients.	Quantities.	Method.
1...	Cabbage ...	1 ...	Choose a white one, take off the outer leaves and cut the rest in very thin slices.
2...	Cauliflower ...	1 ...	Break in small pieces.
3...	Salt ...	... ...	Sprinkle thickly over them and let them stand 2 days, stirring them well.
4...	... ...	... ...	Let them drain and put them in a large jar.
5...	French beans	... ...	Add some of all of these, with any other vegetables liked or in season.
6...	Gherkins ...	... ...	
7...	Small onions	... ...	
8...	Capsicums ...	... ...	
9...	Nasturtium seeds	... ...	
10...	Cloves of garlic	6 ...	Add to the vegetables.
11...	Eschalots ...	12 ...	
12...	Horseradish	2 sticks ...	
13...	Powdered ginger	¼ lb. ...	
14...	Peppercorns	2 oz. ...	
15...	Long peppers	1 oz. ...	
16...	Cloves ...	12 ...	
17...	Cayenne pepper	¼ oz. ...	
18...	Mustard seed	2 oz. ...	
19...	Mustard ...	¼ lb. ...	
20...	Turmeric ...	1 oz. ...	
21...	Mace ...	½ oz. ...	
22...	Vinegar ...	2 quarts	Boil, and pour boiling on to the vegetables, &c.
23...	... ...	... ...	When cold cover the jar or jars.
24...	... ...	... ...	Let it stand for some days, then divide off into pickle bottles.
25...	... ...	... ...	Cover closely and keep several months.

18.—CHUTNEY.

Order.	Ingredients.	Quantities.	Method.
1...	Tamarinds ...	1 lb. ...	Use the pulp only.
2...	Sultanas ...	1 lb. ...	Chop and add.
3...	Lemons ...	12 ...	Grate the rind of all, and take the strained juice of 6.
4...	Tomatoes ...	1 lb. ...	Remove the skin and seeds, and add the pulp only.
5...	Sour apples ...	1 lb. ...	Peel, core, mince, and add.
6...	Eschalots ...	4 oz. ...	Peel, chop, and add.
7...	Onions ...	6 ...	Chop small and add.
8...	Red chilies ...	½ lb. ...	Add.
9...	Powdered ginger	1 lb. ...	Add.
10...	Moist sugar ...	1 lb. ...	Add.
11...	Vinegar ...	4 quarts...	Add and mix well together.
12...	... ...	... ...	Keep in a warm place for 3 or 4 weeks.
13...	... ...	... ...	Stir the chutney now and then.
14...	... ...	... ...	Put in small jars or bottles for use.

19.—SWEET MELON PICKLE.

Order.	Ingredients.	Quantities.	Method.
1...	Melons ...	2 or 3 ...	Gather them 2 or 3 days before they are quite ripe.
2...	... ...	... ...	Pare off the rind, remove the seeds, and cut them in slices half an inch thick.
3...	Vinegar ...	... ...	Put the slices in and let them remain for 10 days.
4...	... ...	... ...	Take them out and put them in a saucepan.
5...	Vinegar ...	... ...	Pour over cold vinegar until they are covered.
6...	... ...	... ...	Simmer gently until tender.
7...	... ...	... ...	Put them on a reversed sieve to drain.

SWEET MELON PICKLE—(*continued*).

Order.	Ingredients.	Quantities.	Method.
8...	Cloves ...	... ...	When the melon is cold stick 2 cloves into each slice.
9...	Sugar ...	10 oz. ...	Boil quickly for 20 minutes to make
10...	Water ...	1 pint ...	a syrup, and let it get cold.
11...	... ...	... ...	Put the slices of melon in a glass jar.
12...	... ...	... ...	Pour the cold syrup over and let all stand for a week.
13...	... ...	... ...	Take out the slices and let them drain a little.
14...	... ...	... ...	Put them in jars for use.
15...	Vinegar ...	1 pint ...	Boil up and let it get quite cold.
16...	... ...	... ...	Pour over the melon, and cover the jars well.
17...	... ...	... ...	Keep for 4 or 5 weeks before using.

NOTE.—This pickle is served with roast mutton, hare, and venison, and also with stewed meat. A little cinnamon may be added to flavour the pickle, if liked, but it should be used in very small quantities.

REMARKS ON PICKLING.

The vinegar used for pickling should be of the best kind and greatest strength, and boiled in stone jars in preference to saucepans. All vegetables and other ingredients should be thoroughly dry before they are put into the vinegar, and if this becomes thick, as is sometimes the case, it should be poured off the pickles, boiled up again and then once more poured over them. It is most important that all pickle jars should be air tight, and that when pickles are removed from the large jars to smaller ones for use, a perfectly dry wooden spoon should be used for the purpose. The pickles left in the large jar must be covered with vinegar, or they will spoil.

FINIS.

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