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Superior  
Cookery

by

MRS. BLACK

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# SUPERIOR COOKERY.

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BY

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## PREFACE.

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AT the solicitation of many pupils and friends, and also in consideration of the marked success which attended the production of my former books, and the favour with which they were received by the public, I have been induced to publish this volume of *Superior Cookery*.

The Recipes given in this volume, like all the others which I have already issued, have been tested in my various classes, and are thus thoroughly reliable. I have endeavoured to make them as simple as possible, so that no difficulty may be experienced in their working.

While this volume does not profess to be an exhaustive treatise on *Superior Cookery*, no pains have been spared in the selection of the Recipes, which are of extensive variety, and embrace many choice and popular dishes likely to prove acceptable to the general public.

M. B.





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# SUPERIOR COOKERY.

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## S O U P S.

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### 1. Almond Soup.

2 lbs. Veal, or 1 Fowl.  
1 teacupful of Bread or Biscuit  
Crumbs.  
 $\frac{1}{2}$  head White Celery.  
1 blade Mace.  
1 teacupful Cream.

1 pint of Milk.  
 $\frac{1}{4}$  lb. Sweet Almonds.  
1 Parsnip. 1 Onion.  
 $1\frac{1}{2}$  oz. Butter.  
1 table-spoonful Flour.  
 $2\frac{1}{2}$  quarts of Water.

Make the stock by boiling the veal or fowl, the onion, celery, parsnip, mace, and water for four hours, and then strain it. Meanwhile blanch the almonds, wash and pound them as finely as possible, and put them on in a very clean saucepan with the milk to simmer by the fire for one hour; add the bread-crumbs at last, and rub as much as possible of it all through a fine sieve. Strain the stock, and remove all possible fat from the top, and return it to the pot with the almond pulp, the butter, and flour mixed, and allow it to boil, stirring all the time; at the last add the cream; season and serve.



## 2. Oyster Soup.

2 doz. Oysters.

1½ lbs. Knuckle of Veal.

Flour. 1 oz. Butter.

2½ quarts of Water.

Celery, Parsnip, Turnip,

Onions, Mace.

2 Yolks of Eggs, Cream.

1 breakfast-cupful of Milk.

Make stock first thus—put the veal and water on in a soup pot, skim carefully as it approaches boiling point; then add a blade or two of celery, small parsnip, bit of turnip, and middle-sized onion—all cut up, and the blade of mace. Open the shells of the oysters, and put them and their liquor in a small saucepan, bring it to boiling point (this is called blanching the oysters), and strain the liquor, which add to the contents of the soup pot. Beard the oysters, and add their beards also (the oysters are set aside meanwhile); allow all to boil for three or four hours, and strain. Return the stock to the soup pot. Mix in a basin one oz. of butter, one large table-spoonful of flour or corn-flour, and one breakfast-cupful of milk; dilute it gradually with the stock, and add it. Allow all to boil for ten minutes. Now take the yolks of eggs and the cream, and put them in a bowl, mixing thoroughly together. Take a ladleful of the soup and pour it gradually among the eggs, stirring vigorously all the time; then one or two more, till the eggs are heated and well mixed. Then remove the pot from the fire, and pour the eggs into it, add the oysters cut in halves, season with salt and pepper to taste, and serve.

Tinned oysters, if a good quality, do very well for this soup. They neither require blanching nor bearding, and a little of the liquor in the tin is used. Otherwise the soup is made the same way.



### 3. Italian Soup.

1 Duck or Rabbit.	2 table-spoonfuls Grated Cheese.
2 Onions.	2½ quarts of Water.
2 oz Ham.	2 Bay Leaves.
1 teacupful of Tomatoes.	A little Parsley and Thyme.
1 teaspoonful of Peppercorns.	Bit of Carrot, Turnip, Celery,
1 teaspoonful of Capers.	Salt, Pepper, Cayenne.

Soak the rabbit in salt and water for half an hour, then wash it in very hot water; cut it up in pieces, and put it into the saucepan with the 2½ quarts of boiling water. Then add all the other ingredients, and let it all boil for two hours, strain through a hair sieve, and season to taste. If the soup is desired to be thickened a little, add to it after it is strained 2 oz. of vermicelli crushed very finely, and boil ten minutes, when it is ready. This soup is excellent.

### 4. Soup Verte.

2 quarts Stock.	1 teaspoonful Sugar.
1 lb. Spinach.	2 Yolks of Eggs.
A bunch of Parsley.	Juice of ¼ of a Lemon.
1 oz. Butter. 1 oz. Flour.	Pepper and Salt.

Put the stock in a clean saucepan; add the spinach and the parsley, picked and thoroughly washed; let it all boil for twenty minutes; strain, rubbing the puree through a sieve. Return it all to the saucepan, add to this the flour and butter mixed together, with a little water and the lemon juice. Let it boil five minutes. Beat the yolks up with a little water, add them gradually to the soup off the fire, and stir near the fire for a few minutes till they are cooked. The soup must not boil after the yolks are added. Then add the pepper and salt and serve.



## 5. Vegetable Marrow Soup.

1 Vegetable Marrow.	1 teacupful of Cream.
1½ lbs. Knuckle of Veal.	1 Onion, Pepper, Salt.
1 oz. Butter.	Nutmeg, Sugar.
1 table-spoonful of Rice Flour.	2½ Quarts of Water.

Put the veal and water into a soup saucepan, and bring it to the boil, skimming it carefully; add the onion sliced; peel the vegetable marrow (it is not necessary to remove the seeds), cut it up in slices and put it in the saucepan with a little nutmeg and one teaspoonful of sugar; boil gently for two hours, strain it, rubbing the marrow through the sieve, and return it all to the saucepan with the rice flour, cream, and butter mixed; allow it to boil up; add pepper and salt, and serve.

The stock may be made of chicken or mutton, and may be made previously, and the fat removed before making the soup.

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## 6. Palestine Soup.

1 quart of White Stock.	White part of 2 Leeks.
1 doz. Jerusalem Artichokes.	1 teaspoonful of Vinegar.
1 White Stick of Celery.	½ pint Cream.
Pepper and Salt.	

Put the stock into a very well tinned or porcelain lined saucepan; peel, cut up, and thoroughly wash all the vegetables, and add them with the vinegar to the stock (the acid prevents the artichokes and celery from getting dark in colour); boil one hour; strain, rubbing the artichokes through the sieve; warm up, add salt, pepper, and the cream, and serve.



## 7. Red Pottage.

$\frac{1}{2}$  lb. Haricot Beans.  
 1 teacupful of Tomatoes.  
 1 Beetroot.  
 Pepper and Salt.

1 oz. of Butter.  
 2 Onions.  
 Piece of Celery or Parsnip.  
 2 quarts of Water.

Soak the beans in cold water for twenty-four hours, and put them on to boil with the water, the butter, and a small pinch of carbonate of soda. When the soup comes to the boil, add the tomatoes, the celery or parsnip, and the onions (all cut in small pieces), and the beetroot peeled and sliced thinly; allow it all to boil for two and a half hours; strain it, rubbing the beans through a sieve or strainer; add pepper and salt to taste; warm the soup up and serve.

This is an excellent variety of a most excellent soup. All soups made of haricot beans are very nourishing—this one particularly so.

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## 8. Cream of Barley Soup.

1 teacupful of Pearl Barley.  
 1 Onion.  
 A small bit of Mace.  
 A small bit of Cinnamon.

1 oz. Butter.  
 $\frac{1}{2}$  pint Milk. Pepper and Salt.  
 2 yolks of Eggs.  
 2 quarts Chicken Stock.

Wash the barley thoroughly and put it in a saucepan, with the stock or liquid in which a chicken has been boiled; add the onion—chopped, and the mace and cinnamon; let all simmer for three hours very gently; strain, rubbing a good deal through a sieve. Return the stock to the saucepan to boil, add the butter, beat the yolks and milk together, and add some of the soup to them gradually. Remove the saucepan from the fire, and pour the warmed yolks among the soup, which sufficiently cooks the eggs; add seasoning, and serve.



## 9. Stock.

5 lbs. of Shin of Beef, or	1 teaspoonful Peppercorns.
4 lbs. of the thick part of Shin,	1 Carrot.
and a Knuckle either of Veal	1 small Turnip.
or Beef.	$\frac{1}{2}$ head Celery.
2 Onions.	

Take the marrow from the bone and all superfluous fat from the beef, and cut the beef up in small pieces, about half the size of an egg; have the bone well broken up; the more it is broken the more gelatine is extracted from it; and by using a knuckle of veal in addition to the meat, you get a good deal of additional gelatine.

Put your meat and bones in a stock-pot, with 6 pints of cold water; bring slowly to the boil; as it comes nearly to boiling point a good deal of scum will rise; this must be carefully removed as it rises;  $\frac{1}{2}$  a teaspoonful of salt at this stage will bring some more scum to the surface. As this scum is partly composed of impurities in the meat, the pot, and the water, the more that is removed the clearer the soup will be. When the scum is well removed and the soup quite boiling, add the vegetables and peppercorns, and keep simmering very slowly but evenly for six hours. A little steam should be allowed to escape, either from the lid of the stock-pot or by setting the lid a little to one side. The steam falling back is apt to thicken the soup. Strain through a hair sieve, and allow to get cold.



## 10. Soup Royale.

$\frac{1}{2}$  lb. Lean Beef.  
2 Whites of Eggs.  
Salt.

1 small Carrot.  
Small bit Turnip.  
1 Shalot.

Take the stock made in the former recipe ; it ought to be a stiff jelly, and quite cold ; remove all the fat from the top by scraping it with a metal spoon, and afterwards using a cloth wrung out of hot water ; when the stock is quite clear of fat put it into a clean saucepan, with the whites of 2 eggs beat up in  $\frac{1}{2}$  pint of cold water, and the lean beef chopped very finely ; chop the vegetables finely, and add. Set the pot on the fire, and whisk till it boils ; then set it aside to simmer for a quarter of an hour ; have a napkin fastened to a soup stand ; run a good deal of boiling water through it to make it warm ; remove the scum and pour the soup through twice ; season with a little salt, and warm it up.

## 11. Custard.

1 Gill Stock.  
1 whole Egg.

2 Yolks of Eggs.  
Salt, Pepper.  
Nutmeg.

Beat up 1 egg and 2 yolks very well ; then add 1 gill of the stock or the clear soup ; add a pinch of salt, pepper, and nutmeg ; mix all well together ; butter the inside of a cup ; pour in the custard ; cover with a piece of paper, and steam very slowly for a quarter of an hour, or put in the oven to bake till firm ; turn the custard out ; cut it in small square pieces. When the soup is in the tureen, add the pieces of custard, and serve.



## 12. Turtle Soup, with Dried Turtle.

$\frac{1}{4}$ lb. Dried Turtle.	$\frac{1}{2}$ head Celery.
$\frac{1}{4}$ lb. Lean Ham.	1 Carrot.
2 lbs. shin of Beef.	1 Turnip.
2 lbs. knuckle Veal.	2 Onions.
1 Teaspoonful Peppercorns.	1 Teaspoonful of Basil.
Blade of Mace.	1 sprig Marjoram.
6 Cloves, Salt, Pepper, Cayenne.	1 sprig Thyme.
3 whites and shells of Eggs.	$\frac{1}{2}$ a Lemon.

Soak the turtle for two days and nights in warm water near the stove, changing the water four times; then for one day stand it in a nice saucepan on the stove, barely simmering.

To make the soup—put into the stock-pot the ham, the shin of beef, with the marrow removed and cut up in pieces, the veal, the pieces of soaked turtle, and the water; let all come slowly to the boil; skim carefully as it boils; then add all the vegetables, the herbs, and the spices; let the whole boil gently for eight hours; strain through a hair sieve after removing the pieces of turtle from the soup. Cut the turtle up in square pieces, and set them aside. Remove all fat from the soup when it becomes cold, and put it in a saucepan; beat up the whites and shells with a little cold water, and add them; stir over the fire till it boils; let it simmer half an hour till clear. Remove the scum, and strain through a napkin. Heat up the soup then with the juice of the half lemon, salt, and the pieces of turtle added; let it boil. If preferred, one glass of Madeira may be added and one teaspoonful caramel, if not dark enough.



### 13. Clear Ox-Tail Soup.

1 Ox-Tail.  
2 lbs. shin of Beef.  
1 Carrot.  $\frac{1}{4}$  of a Turnip.  
A piece of Celery.  
A small Parsnip. 2 Onions.

A bunch of Herbs.  
Whites and Shells of 2 Eggs.  
1 teaspoonful Caramel.  
3 quarts of Water.  
Salt and Pepper.

Wash the ox-tail and remove some of the fat from the thick end—cut it in two or three pieces. Put it now on in a saucepan with enough water to cover it; bring it to the boil, and allow it to boil for ten minutes to thoroughly scald it. Take it out of the pot and throw the water away. Remove the marrow from the bone, and cut the meat up in pieces, and put it, the bone and the tail, into the saucepan with the water, and as it approaches boiling point, skim it carefully. When it boils, add all the vegetables, the herbs, and the peppercorns, and let it simmer gently for three hours. Then remove the tail and put it aside. Allow all that remains to boil two hours more, when it should be strained through a hair sieve. Put the liquid aside till next day to get quite cold. Then remove all the fat from the top, and cleanse it thoroughly, and put it in a saucepan with the eggs and shells, whisk lightly till it boils, then set the lid on and let it simmer by the fire for about ten minutes, when it ought to be quite clear; add the caramel, and pour it carefully through a napkin. Meanwhile, cut the tail in joints, and put it in a little of the stock to heat thoroughly. Cut some carrot and turnip in small pieces, the size and thickness of a threepenny piece; boil them about five minutes in salted water till tender; drain, and add them and the pieces of tail to the soup, which must be warmed up.



## 14. Clear Hare Soup.

1 Hare.	1 blade Mace.
1 lb. shin of Beef.	6 Cloves.
1 Carrot, 1 Turnip, 2 Onions.	1 teaspoonful Peppercorns.
$\frac{1}{2}$ head Celery.	2 Whites and Shells of Eggs.
1 bunch Herbs.	3 quarts of Water.

Remove the marrow from the shin of beef, cut it up in pieces, and put it in a saucepan with the water to boil, and skim carefully as it boils up, add the vegetables, the herbs, and the spices, and continue boiling for two hours gently. Paunch the hare, cut it up into joints, and add it to the stock, let all boil one and a half hours longer. Take out the best pieces of the flesh of the hare and put them aside, returning the bones to the saucepan; allow all to boil for another two hours. Then strain through a fine hair sieve or napkin, and set aside to get cold. When cold, remove all the fat from the top; put the soup into a saucepan, with the whites and shells of two eggs (as many additional egg shells as possible), stir till it boils; simmer till it looks clear, and strain, following the directions given for Soup Royale. Then have a few quenelles made for the soup.

## 15. Quenelles.

$\frac{1}{2}$ oz. Butter, 1 Egg.	Salt, Pepper.
1 oz. Flour.	$\frac{1}{2}$ gill of Water.

Mix flour, butter, and water smoothly together in a small saucepan; stir over the fire till it becomes a very thick paste, then set it aside to cool. Now mince finely the pieces of hare set aside (there should be 6 oz. of it); pound it in a mortar, and rub it through a coarse wire sieve. Now put the panada in the mortar and



thoroughly amalgamate with it the meat, add 1 egg and the yolk, and pound all together; add salt and pepper. Shape the quenelles with a teaspoon and poach, following directions given for chicken quenelles. Warm up the soup, add the quenelles to it to heat, and serve.

## 16. Clear Game Soup.

1 Ox Foot or 2 Calves' Feet.  
2 or 3 Birds (Grouse, Woodcock,  
Partridges), or the remains of  
Birds will do.  
3 quarts of Water.  
 $\frac{1}{4}$  lb. Lean Beef.

Small piece of Ham.  
Parsley, Carrot, Onion.  
Celery, Thyme.  
Peppercorns, Cloves.  
Mace, Salt.  
2 Whites of Eggs.

Put the ox-foot, very nicely cleaned, into a saucepan with the game, and allow it to come to boiling point, skimming it as it does so; add the vegetables, spices, and ham, and allow it all to boil for four hours; strain, and set aside to cool; next day remove the fat from the top, and put the soup on in a saucepan with  $\frac{1}{4}$  lb. of raw lean beef or of liver chopped finely, and 2 whites and crushed egg-shells; whisk till it comes to boiling point, simmer a few minutes, and strain through a napkin, season, and serve.

## 17. Spring Vegetable Soup.

1 Quart Clear Brown Soup.  
1 teacupful Green Peas.

Carrot and Turnip.  
Pepper and Salt.

Cut the carrot and turnip into very thin slices, and cut these again with a vegetable cutter into pieces like wafers. Boil them separately in salted water for five minutes, and drain them. Boil the peas till tender with a little salt and a pinch of soda, and drain. Add all those vegetables to the clear soup. Boil, then season to taste, and serve.



## 18. Vermicelli Soup.

2 quarts Clear Soup. |  $\frac{1}{4}$  lb. Vermicelli. | 1 teacupful Tomato purée.

Put the soup in a bright saucepan to boil; crush the vermicelli and put it into boiling salted water to boil for five minutes, drain it, and add it with the tomato purée to the soup; allow it to boil; season with pepper and salt, and serve.

## 19. Mulligatawny Soup.

1 Rabbit.

3 quarts Water.

2 lbs. Knuckle of Veal.

1 large Apple. 2 Onions.

1 Lettuce.

1 desert-spoonful Tamarinds.

2 table-spoonfuls Flour.

Curry Powder.

1 teaspoonful Lemon Juice.

1 sprig Mint.

1 Carrot.

1 teaspoonful Sugar.

1 oz. Cocoa Nut.

1 gill Cream.

Put the veal in a saucepan with the water; bring to the boil, skimming carefully. Meanwhile wash the rabbit, soak it for half an hour in salt and water, then pour boiling water over it for a few minutes. When the soup boils add the rabbit, then the vegetables, apple, mint, sugar, flour, and curry powder to taste, varying from 2 teaspoonfuls to 2 table-spoonfuls, according to taste and the quality of curry used. Let it all boil one and a half hours; take out the rabbit, and remove the best pieces of the flesh to put in the soup afterwards. Let all boil for two hours longer, and strain through rather a fine sieve; return the soup to the saucepan, add the pieces of rabbit, the lemon juice, and salt; simmer a quarter of an hour, add the cream, and serve. Hand round boiled rice and sliced lemon.

This soup can be made clear by omitting the flour and cream, and clarifying, like the mock turtle. It may be made with fowl, but is good with rabbit.



## 20. Brown Soup.

2 lbs. Shin of Beef.	1 Onion.
2 table-spoonfuls Flour.	1 Parsnip.
1 table-spoonful of Browning.	1 small Turnip.
1 Carrot.	2 sticks of Celery.
3 quarts of Water.	

Scrape the skin of the beef, and remove the marrow from the bone. Cut the meat and vegetables in small pieces, and chop up the marrow from the bone. Put the marrow in a dry soup pot with 1 teaspoonful of butter, and allow it to get smoking hot, then put in the meat and bones and fry them brown; add the cut-up vegetables, and continue to fry for ten minutes. Then add the water, put on the lid, and let it approach boiling point. Skim it carefully, and replace the lid; let it simmer slowly for three or even four hours. Strain it and add the flour, previously mixed smooth with cold water, the browning, and the seasoning; allow it to boil for a few minutes, stirring frequently. Two table-spoonfuls of sago or tapioca may be added instead of the flour. The tapioca must be boiled a quarter of an hour till it is clear.

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## 21. Julliene Soup.

1 Quart of Clear Soup.	1 Turnip.
1 Carrot.	1 Leek.

Cut the carrot and turnip into ribbons about 1 inch broad and  $\frac{1}{8}$  inch thick; cut those again into straws; cut the green part of the leek also into straws about 1 inch long. Boil those vegetables separately in boiling salted water for five minutes; drain and add them to 1 quart of clear soup. Heat the soup, and serve.

\* See Browning for Soup, p. 24.



## 22. Green Pea Soup.

2 lbs. Peas.	1 sprig Parsley, 1 sprig Mint.
1½ quarts Second Stock.	1 teaspoonful Sugar.
1 handful of Spinach.	Pepper and Salt.

Put the stock on to boil ; shell the peas and wash the pods very carefully ; add the peas to the stock, the spinach carefully washed, the parsley, mint, and sugar, and a small basin of the very nicest of the pea-pods ; boil 1½ hours ; strain, rubbing all through the sieve ; add pepper and salt, and serve.

## 23. Lobster Soup.

1½ lbs. Knuckle of Veal, or	1 Lobster.
2 lbs. Cod-fish or small Cod's head.	Flour, Cayenne Pepper, Salt.
Carrot. Turnip. Onions.	1 oz. Butter.
Anchovy, or ½ a Red Herring.	1 teacupful Cream.

Make stock as in the recipe for Oyster Soup, only the fish or cod's head may be substituted for the veal. Strain the stock and return it to the pot. Then take a boiled lobster (a hen is best), break it and take all the flesh and cut it up in neat square pieces, and put it aside ; then crush the shells and add them, and what meat remains in the body, the anchovy or herring, and add all to the stock (the bag near the head may or may not be removed). Let it all boil for half an hour ; strain it. Return it to the pot once more, and add the flour, butter, and cream gradually, and the pieces of lobster. Let all simmer (not boil) for ten minutes. The coral or spawn must be pounded with a small bit of butter, then rubbed through a hair sieve, and added to the soup at the same time as the butter, flour, and cream. Season with salt, pepper, a little cayenne, and the juice of half a small lemon, and serve.



## 24. Potato Purée.

2 quarts of common Stock.	1 table-spoonful of Flour.
6 Potatoes.	1 table-spoonful of chopped Parsley.
1 small Turnip.	1 teacupful of good Milk or Cream.
2 Onions, 1 Parsnip, or piece of Celery.	

Have the stock, free from fat, boiling in a soup pot; add the potatoes sliced, the turnip, celery, parsnip (quite fresh), all cut small; pour boiling water over the onions, and allow them to stand for a short time; drain and add them. Allow all to boil for  $1\frac{1}{2}$  hours gently; strain, rubbing the vegetables through the sieve; mix the flour smooth with a little water; add the milk and mix, then the parsley, and enough pepper and salt; add all to the stock, and stir over the fire till it boils for five minutes, and serve.

## 25. Parsnip Soup.

6 Parsnips.	1 lb. knuckle of Veal or Mutton.
2 Onions.	1 teacupful of good Milk or Cream.
Celery.	1 table-spoonful of Tomato, or 1 Tomato.
Pepper and Salt.	
$2\frac{1}{2}$ quarts of Water.	

Put the meat and the water in a saucepan to boil for about 1 hour; then add the parsnips, onions, a good piece of celery, and the tomato, all cut up in small pieces; allow it to boil for 2 hours; then put it through a strainer, rubbing the parsnips all through; return it to the pot, with the milk, pepper, and salt, to get hot. This is a very sweet soup, as parsnips contain a great deal of sugar; and the tomato takes some of the sweetness away, and adds to its value in other ways.



## 26. Soup à la Mer.

2 lbs. Fish (Whiting, Had-	2 Yolks of Eggs.
dock, or Flounder).	1 oz. Butter.
1 Onion.	1 oz. Flour.
2 Bay Leaves.	Some Fried Bread.
2 Tomatoes.	1 quart White Stock.
A little Celery.	1 quart Water.
Garlic, Parsley Roots.	1 blade Mace.
1 Lettuce. A little Sorrel.	1 gill Cream.

Clean and cut the fish up into pieces, and put them in a soup pot with the stock and water; when it boils add the onion, a little parsley root washed and cut up, the tomatoes, celery, a very small bit of garlic, the lettuce and sorrel, the mace and bay leaves, and let it all boil one and a half hours; strain and return it to the clean saucepan with the flour and butter mixed. Let it boil five minutes, then mix in a basin the eggs and cream, pour some of the boiling soup to this and mix it, then pour the whole into the tureen.

Have some bread cut in small half inch square dice, fry it a golden colour, drain the fat away and serve with the soup.

## 27. Lobster Bisque.

1 can of Lobster.	2 oz. Butter.
1 breakfast-cupful Grated Bread.	1 quart Milk.
Salt and Pepper, Nutmeg.	1 quart Water.
Cayenne.	1 table-spoonful Flour.

Take a can of lobster of a good quality, take out the very best pieces and cut them in small squares without tearing them, and put them aside.



Put what remains of the lobster (the inferior parts) in a mortar, and pound it quite smooth with the butter. Soak the bread in the water, adding the flour, salt, pepper, and nutmeg, and put all on the fire in the soup pot with the pounded lobster and butter; stir till it boils, and boil for a quarter of an hour; then pass it all through a sieve, add the milk and pieces of lobster, and return to the pot till it boils up. Serve with small squares of fried bread, and send thin slices of lemon to table with it. This is an excellent soup, and can of course be made with fresh lobster, but is good made with the canned.

## 28. Soup Americaine.

$\frac{3}{4}$  lbs. Peas.

2 Onions.

1 lb. Neck Mutton.

Small bit Carrot and Turnip.

$\frac{3}{4}$  lbs. Tomatoes.

$\frac{1}{2}$  teaspoonful Sugar.

Salt and Pepper.

$2\frac{1}{2}$  quarts Water.

Leaf of Celery.

Soak the peas, which may be either dried, fresh, or split; put them in a saucepan with the water and the mutton. Let it boil, then add the onions chopped, the carrot, turnip, and celery. Cut up in small pieces, add the sugar. Let all boil two hours; then add the tomatoes, cut up in small pieces also, and boil gently half an hour longer. Remove the meat, and pass the soup through a fine sieve. Return to the saucepan; add the pepper and salt, and a teacupful of small squares of fried bread, and serve. This soup is good Maigre, in which case substitute  $1\frac{1}{2}$  oz. fresh butter for the meat.

## 29. Chestnut Soup.

30 Chestnuts.

1 pint second Stock.

1½ pints Milk.

1 oz. Butter.

1 teaspoonful Sugar.

1 gill Cream.

Pepper and Salt.

Shell the chestnuts and put them in boiling water for about five minutes, then drain them and scrape thoroughly; wash them afterwards in several waters, and put them on with ½ pint milk and ½ pint water, and let them boil till they are quite tender; drain them and rub them through a wire sieve. Now put the chestnut farina into a clean saucepan with the butter and sugar, and stir till mixed thoroughly, then add the stock gradually, then the 1 pint of milk, stir till it just boils; add the cream, pepper, and salt to taste, and serve.

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## 30. Caramel for Browning.

1 table-spoonful White Sugar.

½ pint Water.

Put the sugar in a small saucepan, and stir it over the fire till it becomes a very dark brown, almost as dark as treacle; then add the water, and let it boil; when cool, bottle for use.



# FISH.

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## 31. Boiled Salmon.

Salmon should be perfectly fresh and handled as little as possible. Have plenty of boiling water pretty well tasted with salt. Skim it carefully. If the fish is not newly caught, add  $\frac{1}{2}$  teacupful of vinegar.

Let the salmon boil the necessary time, skimming carefully as long as any scum rises, and then remove the fish kettle from the fire, and let the fish remain in the water for twenty minutes. This improves salmon, but no other fish. Then drain it on the drainer, and serve on a napkin with salad and Tartare Sauce.

The time salmon requires to boil is as follows:—

A slice weighing 1 lb. requires	15 minutes.
„ „ 2 „ „	20 „
„ „ 5 „ from a thick fish	30 „
„ „ 5 „ from a small fish	25 „
A whole fish weighing 8 lbs. .	30 „

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## 32. Tartare Sauce.

2 Eggs.	1 dessert-spoonful Capers.
$\frac{3}{4}$ gill Salad Oil.	$\frac{1}{2}$ teaspoonful Mustard.
1 dessert-spoonful Vinegar.	1 teaspoonful chopped Parsley.

Have one of the eggs hard boiled and cold, remove the yolk, and rub it down quite smoothly with a few drops of the salad oil; add then the yolk of the other egg raw, and

stir it smoothly. Have the salad oil in a small vessel in the left hand, drop it into the sauce drop by drop, and stir constantly with a wooden spoon in the right hand. The stirring must be all one way else the sauce will curdle, and all should be done in a very cool place. When the oil is all in, then add the vinegar and mix, add the made mustard. Take the parsley and put it for one minute in a small saucepan, with a pinch of salt and of soda in it, to blanch; take it out, wring it dry, and chop it up; also chop the capers, and add them, stirring both in. This gives the sauce a green colour; it is sometimes named in consequence *Mayonaise Verte*. This may be served in a sauce tureen or with salad.

### 33. Boiled Turbot and Lobster Sauce or Sauce Hollandaise.

1 small Turbot.	$\frac{3}{4}$ pint Water.
1 small Lobster.	$\frac{1}{2}$ gill Cream.
2 oz. Butter.	1 Lemon.
$1\frac{1}{2}$ oz. Flour.	Salt, Pepper, Cayenne.
1 teaspoonful Anchovy Sauce.	

Have a large quantity of boiling water to reach 3 or 4 inches above the fish. Let it be boiling; add salt enough to taste it well and skim it carefully. Rub the white side of the turbot all over with a large lemon cut through the middle, and put the turbot in the fish kettle, and allow it to simmer very slowly for about half an hour, or till it is cooked enough.

Serve the fish on a dish, garnish with thinly cut slices of lemon, and send the following sauce in a sauce tureen.

Remove the flesh from the body and claws of the lobster,



and cut it up in small dice; pound the coral (after washing and drying it) with a little bit of the butter, and rub it through a hair sieve. Then put all the butter and flour together, add the water, and boil; add the anchovy, the seasonings, and a few drops of lemon juice; last, the flesh of the lobster and the cream; mix thoroughly, and serve hot.

This may be served with Sauce Hollandaise, see page 100.

Cod-fish may be boiled in precisely the same way as turbot and served with oyster sauce.

### 34. Salmon Cutlets à la Milanaise.

3 slices of Salmon.

1 oz. Butter.

1 glass of White Wine.

White Paper.

The slices should be about  $\frac{3}{4}$  inch thick; cut them in halves, removing the bone and the skin. Put the Marsala on a plate and dip each slice in it. Have six pieces of thin white paper; butter them carefully, wrap each piece in the paper. Put them into hot fat to fry for ten minutes. Remove the papers, and serve with Milanaise Sauce.

### 35. Sauce Milanaise.

1 table-spoonful Capers.

1 table-spoonful Marsala.

$\frac{1}{2}$  pint Stock.

1 oz. Flour.

2 Anchovies. 1 Shalot.

1 table-spoonful Caper Vinegar.

1 Mushroom. 2 oz. Butter.

Mustard. Cayenne.

Wash and bone the anchovies; chop the mushrooms and shalot; put them with the butter in a saucepan to brown; dredge in the flour (which should be baked), and stir over the fire till it attains a good colour, add the caper vinegar, the wine, and the stock; stir till it boils, add  $\frac{1}{2}$  teaspoonful made mustard, a few grains cayenne, and salt; boil twenty minutes; strain, add the capers; boil five minutes, and serve.



### 36. Baked Codfish and Oyster Sauce.

2 lbs. of Cod sliced.

1 oz. Butter.

Salt, Pepper.

1 Lemon.

Have the cod cut in handsome slices and the skin removed.

Butter a sauté pan thickly, and place the slices of cod on it; sprinkle over them a little white pepper and salt, a few drops of lemon juice; pour into the pan 1 gill of water; cover the whole with a round of white paper very thickly buttered; put the pan in the oven to bake about a quarter of an hour, or till the cod is cooked enough, which you can tell if the flesh seems to separate from the bone. Dish on a hot dish, and strain any liquid that may be on the sauté pan over the slices. Serve with oyster sauce in a tureen.

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### 37. Oyster Sauce.

1 doz. Oyster

1 gill Cream.

1 gill Milk.

1 oz. Flour.

Cayenne.

Salt and Pepper.

Put the oysters and their liquor in a saucepan and bring to boiling point. Remove the oysters to a dish, and beard them and cut them in two or three pieces; strain the liquor through muslin and put it aside. Put 1 oz. of butter and 1 oz. flour into a saucepan and stir till quite mixed; add the milk, let it boil, then the oyster liquor, stirring all the time; add the seasonings, salt, and cayenne to taste; a few drops of lemon juice, the oysters, and just enough cream to make the sauce a proper consistency. Serve hot.



### 38. Fillets of Sole aux Champignons.

1 Sole.  
1 doz. tinned Mushrooms.  
1 Shalot.  
1 sprig Parsley.

1 oz. Butter.  $\frac{1}{2}$  oz. Flour.  
1 gill Milk. 2 yolks of Eggs.  
A little Lemon Juice.  
Pepper and Salt.

Skin and remove the fillets from the sole; roll the fillets up into a loose roll, beginning at the head, and having the side on which the skin was inside the roll, put them on a buttered flat tin, sprinkle a little salt and a little lemon juice over them; cover them with a thickly buttered piece of paper, and put them in the oven to cook for ten minutes; not too quickly. Meanwhile, have the bone of the sole put on in boiling water to cover it, with the shalot and parsley. Let it all boil for about thirty minutes, and strain it. While the fillets are cooking, make the following sauce:—Put the butter, flour, and milk in a saucepan, and mix smoothly, and stir over the fire till it boils; add 1 gill of the stock from the bones, stir till it boils once more; add pepper and salt to taste; now put in the mushrooms to warm through. Dish the fillets in a circle; pour the liquid found on the tin on which they were cooked in among the sauce, and boil once more. Remove the saucepan from the fire, and stir in the yolks, one by one, mixing thoroughly. Put the mushrooms in the centre of the circle of fillets, and pour the sauce over, masking them in every part with it, and serve very hot.

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### 39. Fillets of Sole à l'Indienne.

1 large Sole.

1 oz. Butter.

1 oz. Flour.

1 gill Milk.

$\frac{1}{2}$  Chili Pepper.

$\frac{1}{2}$  Gherkin.

$\frac{1}{2}$  teaspoonful chopped Parsley.

Pepper and Salt.

Remove the fins and the skin from both sides of the sole. Take the fillets off and fold them over. Put the bones in a saucepan with water to cover, and boil for twenty minutes. Butter an oven tin not too large for the fillets, and place them on it; put a few drops of lemon juice over each and a pinch of salt. Cover this with a thickly buttered piece of white paper, put it in the oven for just ten minutes.

Meanwhile in a clean saucepan put the butter, flour, and milk, and mix quite smoothly, stir till it boils. Then add as much of the liquid the bones have been boiled in as makes the sauce thick enough (about one gill), let it boil; add a little pepper and salt, it ought to be very white and as thick as good cream. Arrange the fillets very neatly on a dish, add the liquid left on the tin to the sauce, and when mixed pour it carefully over the fillets, taking care every part is covered. Have the Chili chopped finely, also the gherkin and parsley, put a little bunch of each alternately to decorate the dish, and a slight dusting of parsley over all.

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### 40. Fillets of Sole—Sauce Tomate.

1 good sized Sole.

1 Egg.

Bread-crumbs.

Skin the sole and remove the 4 fillets in the usual manner; trim them very neatly, and placing each on a table, with a very sharp knife cut each fillet in halves



lengthways, thus giving 8 long fillets; put now some flour on a piece of kitchen paper and toss each fillet in this, and then shake them out and put them aside. When all are finished beat the egg up on a plate; add a little pepper and salt to it; dip and brush each fillet carefully with the egg. Have some finely sifted bread-crumbs on a paper; roll the fillets carefully in this, and put them aside after shaking off all the superfluous crumbs and clapping the fillets to make them smooth. Have a saucepan with plenty of dripping smoking hot, and fry in this the fillets. Before putting them in curl them round and round prettily, having the cut side outermost, and put them gently into the fat, when they will retain the curl; let them fry a golden yellow, and take out and drain on paper before the fire. Put in only 2 or 3 at a time to ensure success.

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#### 41. Tomato Sauce.

1 gill White Stock.  
Salt and Pepper.  
1 oz. Butter.  
 $\frac{1}{2}$  oz. Flour.

1 dessert-spoonful Onion Vinegar.  
2 Tomatoes or 1 teacupful tinned  
Tomato.

Wipe the tomatoes and cut them up in little bits, and put them in a nice saucepan, with the butter, flour, stock, vinegar, salt, and pepper enough to season it; let all boil about twenty minutes, stirring constantly. Strain it boiling hot on a dish, and arrange the fillets on it tastily, or serve the fish on a napkin, and hand the sauce round. 1 teacupful of tinned tomatoes may be used instead of fresh.



## 42. Sole à la Normandie.

1 large Sole.

12 Oysters.

Carrot, Turnip.

Herbs, Bay Leaf, Onion.

2 yolks Eggs.

1 table-spoonful Cream.

Pepper and Salt.

Lemon Juice.

Skin and fillet the sole and fold each over; butter a tin dish, and place the fillets upon it, not on the top of each other; sprinkle over them a little pepper and salt, and a few drops of vinegar or lemon juice; butter a paper thickly, and quite cover the tin with it, which place in the oven for ten minutes.

Put the skin and bones into a small saucepan, with a bunch of sweet herbs and a bay leaf, small bit of onion, half of a small carrot, three-quarters of a pint of some thin white stock, or water, and boil for half an hour. Scald 1 doz. fine oysters in their own liquor; strain and add the oyster liquor and beards to the stock in the pan, which boil ten minutes longer. Put into a small saucepan 1 oz. butter and 1 oz. flour, and stir over the fire till the flour is all taken up by the butter. Strain the stock into the pan, and stir till quite smooth; add 1 table-spoonful of cream. Now dish the fillets very neatly in a circle on a dish; pour the liquid from the tin where the fillets were cooked among the sauce, and boil up; season to taste. Now add (off the fire) the yolks of two eggs; stir them quite smooth, pour the sauce over the fillets, and put the oysters in the centre.

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### 43. Sole à la Colbert.

1 Sole.  
1 Egg.  
Some fine Bread-crumbs.  
 $\frac{1}{2}$  oz. Butter.

1 teaspoonful chopped Parsley.  
1 teaspoonful Lemon Juice.  
Pepper and Salt.  
Fat for frying.

Cut the fins off all round, and skin the sole; make an incision along the back to within an inch of the head and tail; slip a knife under, and loosen the flesh on both sides.

Now brush the sole all over with beaten egg, and cover it with bread-crumbs. Fry it in plenty of smoking hot dripping, having the opened side uppermost. The edges will then curl out in the frying. When cooked fill the opening thus made with the butter, chopped parsley, lemon, and a little pepper and salt mixed together. This is put in just when serving, and a little pepper and salt put over all.

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### 44. Whitebait.

Some fresh Lard.      |      Some Whitebait.      |      Flour.

Wash the whitebait gently, and lift them from the water into a dry towel; shake them from side to side in the towel till they are dry. Put a handful of flour on another towel, and toss the whitebait in this, and then into a frying basket; shake the basket to get quit of the superfluous flour; have plenty of lard in a stewpan; let it become perfectly hot at 400°; plunge the basket in this for a minute or two, when they will be crisp; drain them a moment on paper, and serve piled up, very hot, with a little fine salt sprinkled among them.



## 45. Whiting au Gratin.

1 good sized Whiting.	$\frac{1}{2}$ a small Shalot.
6 Mushrooms. A little Parsley.	Pepper and Salt.
$\frac{1}{2}$ teacupful brown Bread-crumbs.	1 teaspoonful Butter.
$\frac{1}{2}$ Lemon.	$\frac{1}{2}$ teacupful good Brown Stock.

Split the whiting, after it has been carefully cleaned and the fins and head removed, and it thoroughly dried; remove the bone, beginning at the head end.

Butter an oven tin that will hold the fish; chop the parsley, the mushrooms, and shalot, and add the lemon; grate, and pepper and salt; mix all together. Put half of this mixture on the buttered tin, place the whiting on it, and sprinkle the other half over it; squeeze the lemon juice over it, and sprinkle the browned bread-crumbs over all; place the butter in little bits on the top, and put all in the oven for ten minutes. Remove it carefully on to a clean dish, put the brown stock round it for sauce, and serve.

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## 46. Curried Fish.

1 lb. Cod.	1 teaspoonful Lemon Juice.
1 Onion.	$\frac{1}{2}$ oz. Flour.
$\frac{1}{2}$ oz. Butter.	$\frac{1}{2}$ teaspoonful Salt.
1 teaspoonful Chutney.	1 $\frac{1}{2}$ gills White Stock.
1 teaspoonful Curry Powder.	1 tablespoonful Cream.

Remove the skin and bone from the fish, and cut it up in inch square pieces; put the butter in saucepan, add the onion very finely chopped, and fry it a pale yellow colour; add the curry powder and the chutney, and stir a few minutes longer, then the salt and the stock, stir over the



fire to boil gently for twenty minutes, stirring very often; add then the fish, put on the lid, and shake occasionally, but do not stir for nearly ten minutes till the fish is cooked but not broken. Lift out the pieces of fish, add the cream and lemon to the sauce, pour it over and serve with boiled rice (*see* Boiled Rice for Curry).

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#### 47. Boudins of Whiting.

2 Whittings.  
1 oz. Butter.  
 $1\frac{1}{2}$  oz. of Flour.  
2 Eggs.

1 teaspoonful Anchovy Sauce.  
 $1\frac{1}{2}$  gills Milk.  
6 Mushrooms.  
Pepper and Salt.

Have a few small plain tin moulds, called Dariole moulds, and butter them lightly. Take all the flesh from the whittings, after removing the skin; chop it finely, and rub it through a wire sieve. Put the butter, flour, and milk into a saucepan, mixing it smoothly; let it boil, and become thick. Remove it from the fire; add the yolks of the eggs and the whiting, the anchovy and  $\frac{1}{2}$  teaspoonful of salt, a little pepper and cayenne, a few drops of lemon juice. Then add the whites of eggs stiffly beaten up, and the mushrooms dried and chopped up. Pour the mixture into the moulds, cover them with a buttered paper, and steam very gently about  $\frac{1}{4}$  of an hour. Oysters, or pieces of lobster or truffles, may be substituted for the mushrooms.

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## 48. Gateau de Poisson.

1½ lbs. White Fish.  
 ½ teacupful Bread-Crumbs.  
 1 oz. Butter.  
 ¾ teacupful Milk.  
 2 Eggs.

1 teaspoonful finely chopped Parsley.  
 ¾ teaspoonful Salt.  
 ¼ teaspoonful Pepper.  
 1 teaspoonful Anchovy Sauce.

Boil the fish; remove skin and bone, and chop it up finely; put it in a basin, and add the bread, parsley, all the seasonings, the butter melted, the eggs well beaten, and the milk; mix thoroughly; butter a plain mould or some dariole moulds; pour in the mixture; cover with buttered paper, and steam the large mould three-quarters of an hour, the small ones twenty minutes; serve with Dutch or oyster sauce poured over, and the dish decorated with thinly sliced lemon.

## 49. Cream of Haddock and Sauce.

2 lbs. fresh Haddock.  
 Pepper, Salt, Cayenne.  
 ½ pint double Cream.

½ oz. Butter.  
 ½ oz. Flour.  
 1 gill Milk.

Remove the skin and fillet the haddock; chop up and pound the flesh, and rub it through a wire sieve. Mix in a saucepan the flour and butter; add the milk; let it boil for five minutes; add this sauce to the flesh of the haddock and mix thoroughly; also add the double cream, ½ teaspoonful of salt, and a few grains pepper and cayenne. Butter some dariole moulds, fill them with the cream, cover with paper, and steam *very gently* for ten minutes till quite firm. Turn out carefully, and pour the following sauce over and round them.

The success of this dish depends on being slowly cooked.



## 50. Sauce.

1 oz. Butter.	1 gill Cream.
1 oz. Flour.	2 Yolks of Eggs.
6 Button Mushrooms.	6 Oysters.
1 dessert-spoonful Anchovy Sauce.	Pepper, Salt, Cayenne.

Boil the bones of the haddock; mix butter and flour together; add 1 gill of the liquid from the bones, the liquor of the oysters, and 1 table-spoonful of the liquor from the tin of mushrooms and the anchovy sauce; boil, stirring all the time; add the cream and the seasonings; stir in (off the fire) the yolks of the eggs and mix them. The result should be a rich yellow sauce; pour this over the creams, warm up the mushrooms, and place them and the oysters in the centre.

## 51. Darioles of Oysters.

1 doz. Oysters.	Pepper, Salt.
1 oz. Butter.	Cayenne, Nutmeg.
2 oz. Flour.	Lemon Juice.
2 Eggs.	1 Gill Milk.

Scald the oysters in their own liquor; strain the liquor through muslin and set it aside; beard and cut each oyster in four and set them aside; put the butter and flour in a saucepan; add the milk and oyster liquor, which will be about  $1\frac{1}{2}$  gills in all; stir till it boils; add  $\frac{1}{2}$  teaspoonful salt, a little pepper, cayenne, nutmeg, and 1 teaspoonful lemon juice; then the two eggs well beaten; add to this the oysters, and pour into well buttered dariole moulds; cover with buttered paper, and steam gently fifteen minutes. A small round of buttered paper may be put in the bottom of each mould. Turn out gently and serve hot with Dutch sauce.



## 52. Lobster Loaf.

1 small Lobster.

1 oz. Butter.

1 oz. Flour.

2 Eggs.

$\frac{1}{2}$  pint Milk.

$\frac{1}{2}$  teaspoonful Salt.

1 teaspoonful Anchovy.

1 teaspoonful Lemon Juice.

1 teaspoonful Worcester Sauce.

Remove the flesh from the claws without breaking the flesh, and put them aside; if any coral is in the lobster put it aside. Remove the flesh from the body of the lobster and chop it up rather finely; put the butter and flour in a saucepan, and mix with a wooden spoon; add the milk; stir over the fire till it boils and becomes smooth; add the anchovy and Worcester sauce, the pepper, salt, and lemon juice, then the eggs well beaten, mixing each part thoroughly; and, lastly, the flesh of the lobster. Pour into a buttered shape, and steam gently half an hour. Turn out and pour the following sauce over.

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## 53. Sauce.

$\frac{1}{2}$  pint of clear brown Stock.

1 dessert-spoonful Corn-Flour.

Pepper and Salt.

1 teaspoonful Lemon Juice.

Mix the ingredients and boil; put in the claws to warm through; pour the sauce over the lobster; put the claws at the sides, and the head on the top to decorate it. Wash and dry the coral; pound, rub it through a sieve, and sprinkle over all.

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## 54. Cod and Oyster Pie.

2 lbs. Cod.	A little Parsley.
1 doz. Oysters, or Tinned Oysters.	1½teacupful Bread-crumbs.
1 oz. Butter.	Pepper, Salt, and Nutmeg.
1 oz. Flour.	1 dessert-spoonful Anchovy Sauce.
1 gill Milk.	6 oz. of Light Paste.

Have a fine piece of cod or turbot, or any remains of white fish cooked. Break the fish up in handsome flakes, free of skin or bone, and put it aside. Have 1 dozen oysters scalded in their own liquor; strain the liquor, and put it aside. Beard the oysters, and cut them in halves. Then make fish sauce. Take a saucepan, and put into it the butter and flour; mix them over the fire; add thereto the liquor of the oysters, and 1 gill of the liquid in which the fish was boiled; stir till it boils, then add the milk. Let it boil once more, stirring carefully to prevent lumps; add to this the anchovy sauce,  $\frac{1}{2}$  teaspoonful salt, a little pepper, and 1 dessert-spoonful finely chopped parsley; when well mixed, put aside. To make the pie—put some of the fish in a pie dish, half of the oysters over that, then half of the fish sauce, some pepper and salt, and a little nutmeg. Sprinkle over this a few bread-crumbs, less or more according to the richness required for the pie. Repeat, using the other half of all the ingredients; on the top of all put a little butter in small pieces, and cover neatly with a very thin light paste, and bake very lightly; or cover the pie with fried bread-crumbs, and heat through in the oven.

## 55. Fried Bread Crumbs.

¼ lb. finely sifted Bread-crumbs.		1½ oz. of Butter.
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Put the butter in a frying-pan to melt; add the crumbs, and stir constantly over the fire till they become a bright golden colour. Pour on a piece of kitchen paper to drain.



## 56. Crab Pie.

1 Crab.

 $\frac{1}{2}$  oz. Butter. $\frac{1}{2}$  oz. Flour. $\frac{1}{2}$  teaspoonful Anchovy Sauce.

Pepper, Salt, and Cayenne.

A few drops of Lemon Juice.

1 gill Milk.

Some fine Bread-crumbs.

Remove all the flesh from the body and claws of the crab that is good (a part near the head is not used), and chop it up, taking care that no piece of shell be left among it. Put into a small saucepan the butter and flour, and mix; add the milk, stir till it boils; then all the seasonings except the lemon; then add the crab, and mix thoroughly. Wash the shell very nicely, and dry it out; sprinkle some bread-crumbs in the shell, pour in the mixture, and smooth it on the top. Sprinkle over a few bread-crumbs, and put some pieces of butter on the top—or, better still, melt a small bit of butter, and soak the bread-crumbs in it; put into a quick oven to brown, and serve hot.

## 57. Crab Pie (another).

2 Crabs.

1 teacupful Powdered Biscuit.

1 oz. Butter.

1 dessert-spoonful Vinegar.

 $\frac{3}{4}$  teaspoonful Salt.

A little Pepper and Cayenne.

 $\frac{1}{2}$  teaspoonful Mustard.

Take almost all the flesh from the crab, and mince it up. Melt the butter, and mix most of it with the biscuit, and all the other things; fill the shells, washed, and thoroughly cleansed and dried. Sprinkle a little more biscuit or bread-crumbs on top, and the remainder of the butter melted. Put before the fire, or in a hot oven, to heat thoroughly, and get a little yellow. Serve on a bed of lettuce, or something green.



## 58. Cabilland à la Creme au Gratin.

1 lb. Cold Cod.

1 oz. Butter.

$\frac{1}{2}$  oz. Flour.

1 gill Milk.

Pepper and Salt.

Nutmeg and Cayenne.

2 Yolks of Eggs.

3 oz. fried Bread-crumbs.

Pick the cod into handsome flakes, and put it aside. Put the butter and flour into a saucepan, stir over the fire till mixed; add the milk, and boil; then add  $\frac{1}{2}$  teaspoonful salt, a little pepper, a pinch of nutmeg and of cayenne. Let all boil; then drop in one by one the two yolks of eggs, stirring each vigorously; add to this the fish, shake occasionally till it becomes quite hot. Dish this in a hot dish in a pile, and sprinkle over the top the fried bread-crumbs, and serve hot.

## 59. Turbot à la Creme.

2 lbs. Cooked Fish.

1 oz. Butter.

1 oz. Flour.

$\frac{1}{2}$  pint Milk.

1 teaspoonful Anchovy Sauce.

1 table-spoonful grated Parmesan.

3 table-spoonfuls Brown Bread-crumbs.

2 Yolks of Eggs.

Pepper, Salt, and Cayenne.

Remove skin and bone from the fish, and break it down into pieces not too small. Put butter and flour in a small saucepan, mix over the fire; add the milk, stir with wooden spoon till it boils; add the salt, pepper, and cayenne, to season highly; then the anchovy. Remove the pan from the fire; add the two yolks of eggs, and stir till well mixed. Pour a little of the sauce on the dish to be sent to the table, then arrange on this some of the fish, some more sauce, and more fish, piling it up. Put 3 table-spoonfuls of bread in the oven to brown, mix with them the grated cheese. Sprinkle this neatly over the fish, and put it in the oven to heat through.



## 60. Scalloped Oysters.

1 doz. Oysters.

1 oz. Butter.

1 oz. Flour.

1 gill Cream.

Pepper, Salt.

Cayenne, Nutmeg.

Beard the oysters, and scald them in their own liquor; strain the liquor. Put the butter into a stewpan, add the flour, and mix over the fire; add the liquor strained from the oysters, and stir till it boils; then add pepper and salt to taste, a very little grated nutmeg, a few grains of cayenne, and mix well. Now add the cream, and stir over the fire till quite hot; heat the oysters in this. Butter two scallop shells, and sprinkle thickly with bread-crumbs; put the mixture in, and sprinkle over all a thick coating of fine bread-crumbs soaked in butter, and put into the oven to get hot and a little yellow. The oysters should be cut in halves before they are added to the sauce.

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## 61. Oyster Croquettes.

1 doz. Oysters.

1 oz. Butter.

1 oz. Flour.

$\frac{1}{2}$  gill Cream.

1 teaspoonful Lemon Juice.

$\frac{1}{2}$  teaspoonful Salt.

$\frac{1}{4}$  teaspoonful Pepper.

Cayenne, Nutmeg.

Scald the oysters in their own liquor; strain and beard them; chop them roughly and put them aside. Mix the flour and butter together in a saucepan; add the oyster liquor, there should be  $\frac{1}{2}$  gill; then add the cream, stir and boil; add now the seasonings and lemon juice; and, lastly, the chopped oysters; turn out to get cold. With floured hands roll out this mixture into oblong pieces. Roll in egg and fine bread-crumbs, and fry in the usual way, or they may be enclosed in a small round of very thin paste, egged, bread-crumbed, and fried.



## 62. Lobster Cutlets.

1 Hen Lobster.		Lemon Juice.
1½ oz. Butter.		Cream.
1 oz. Flour.		Fat.
Pepper, Salt, Cayenne.		1 Egg.
Bread-Crumbs.		

Take a hen lobster and remove the claws and feelers; break the body; crack the shell, and take out all the flesh from the claws and body; carefully remove the coral; cut up the flesh of the lobster into small dice, and put it aside; wash the coral in cold water, and put it into a mortar with ½ oz. butter, and pound it well; rub the pounded coral carefully through a hair sieve.

Now take a small saucepan, and put into it 1 oz. butter and 1 oz. flour; rub them together with a wooden spoon over the fire; add 1 gill milk; stir till it boils; add a little pepper and salt, and a few grains cayenne; also a few drops of lemon juice or vinegar, and a table-spoonful cream; stir in now (off the fire) the coral butter, and mix thoroughly; and, lastly, stir in very gently the chopped-up lobster; then turn all out on a plate to get cold.

Have some fat prepared for frying, an egg beaten up, and some nice fine bread-crumbs ready. Take the mixture now and shape it into small cutlets; cover them carefully with beaten egg; roll them in fine bread-crumbs, and put them in hot fat to fry. Dish the cutlets neatly on a napkin, with fried parsley in the middle.

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### 63. Filleted Flounder in Batter.

1 Flounder about  $1\frac{1}{2}$  or 2 lbs.  
 1 dessert-spoonful Onion Vinegar.  
 1 dessert-spoonful Tarragon Vinegar.  
 Salt, Pepper.

2 table-spoonfuls Flour.  
 1 Egg.  
 1 table-spoonful Salad Oil or  
 Butter melted.  
 About  $\frac{1}{2}$  teacupful Warm Water.

Wash the flounder and dry it; place it on a table and remove the four fillets thus:—Make an incision all down the middle of the back, and with a sharp knife take the flesh clean from the bones; then skin the fillets thus—place the skin side on the table, take hold of the tail end in the fingers, and with a sharp knife lift the flesh off the skin; then trim the edges neatly, and cut each fillet in either two or three pieces; then place them on a plate, and sprinkle over them the vinegars, a little pepper and salt, and the chopped parsley. Let them lie thus for about half an hour, turning them over once in the marinade as it is called.

### 64. Batter.

Mix the flour and salt together; mix the yolk of egg, oil, and warm water thoroughly together, and with this make the flour into a smooth thick batter; beat the white up to snow, and stir it in at the last moment. The batter is better to be made early, and stand as long as possible, but the white of egg is only beaten and added at the last. Now take the pieces of fish up and dry them gently in a soft cloth, dip them in the batter, and drop them into smoking hot fat to fry a golden colour. They should be moved about in the fat and turned to cook them evenly. Take them up to drain, and serve hot on a napkin.



## 65. Sole à la Creme.

1 Sole.	Peppercorns.
$\frac{3}{4}$ Pint Milk.	1 oz. Butter.
1 Table-spoonful of Cream.	1 oz. Flour.
1 Blade of Mace.	Salt, Pepper.
Lemon Juice.	

Skin the sole, and take the fillets off neatly by sharply cutting down the middle of the back, and pressing the knife close to the bones. This will produce 4 long fillets. Cut each of them in half lengthways, and tie up in a pretty knot; sprinkle a little salt over, and put them aside. Take the skin and bones of the fish and wash them well; put them into a small saucepan with the milk, mace, and a few peppercorns, and simmer very gently for about half an hour; strain the milk from the bones, etc., and put it into a clean saucepan; add the fillets, and allow them to simmer very gently ten minutes. Lift them out, and add to the milk the butter and flour kneaded together; stir till it becomes quite smooth; add pepper and salt to taste, a few drops of lemon juice, and 1 table-spoonful of cream; put in the fillets very gently to warm through; dish neatly, and pour the sauce over them.

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## 66. Fried Oysters.

1 doz. fine large Oysters.	Pepper and Salt.
1 teaspoonful of Butter.	Some Frying Batter.

Put the oysters into a saucepan with the butter and their own liquor, and allow them to get quite hot and pulped without boiling; take out the oysters, and strain the liquor through a piece of muslin.

Make frying batter as given in recipe No. 64, using the oyster liquor instead of part of the warm water; dip each oyster in the batter, and fry a golden colour in hot fat. Serve on a napkin, or as a garnish to a dish of fish.

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## 67. Fried Oysters.

12 Oysters.  
Biscuit Crumbs.

1 Egg.  
Pepper and Salt.

Fat for Frying.

Oysters to fry should be fine large ones, and make a beautiful garnish or an entrée.

Scald the oysters one or two minutes in their own liquor, seasoning with a little pepper and salt; and drain quite dry on a towel. Beat up an egg, and dip the oysters separately in it. Have some powdered biscuit-crumbs prepared and sifted, and roll the oysters in them. Fry them a golden colour in hot fat, and serve very hot.



## ENTRÉES.

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### 68. Chicken Cream.

6 oz. Breast of Chicken (raw).  
1 breakfast-cupful of Double  
Cream.

$\frac{1}{2}$  teaspoonful of Salt.  
 $\frac{1}{4}$  teaspoonful of White Pepper.  
Pinch of Nutmeg.

Remove the skin from a chicken, and scrape down the flesh, removing all skin and sinews; chop it up very finely, and pound it in the mortar, adding the seasonings. There should be 6 oz. of chicken when pounded. Add by degrees the double cream; when thoroughly mixed, rub all through a wire sieve. Very nicely butter an open casserole mould; pour in the cream; cover with a buttered paper; put it into a saucepan with very little boiling water; cover, and remove the saucepan to a distance from the fire to steam extremely slowly for twenty minutes. Turn out, and serve with mushrooms or truffles in the centre of the dish.

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### 69. Potato Balls.

Potatoes. | Fat for Frying. | Salt.

Pare a number of fine potatoes, and with a vegetable scoop cut all the surface out in balls. Leave the balls in cold water till the fat is ready. Have plenty of fat smoking hot, which is 350°. Take the potato balls up in a dry towel and rub them dry. Put them in the fat till they are yellow; they take about four or five minutes. They float when ready. Take them up on kitchen paper to drain; sprinkle fine salt over, and serve very hot.



## 70. Grilled Steak and Olives.

1 lb. Steak.  
1½ oz. Butter.

6 Olives.  
Pepper and Salt.

Have the steak cut  $\frac{3}{4}$  of an inch thick. It may be cut in suitable-sized pieces, or left in one piece. Melt half of the butter, and dip the steak in it on both sides. Heat a gridiron and rub the bars with a bit of suet, place the steak on it. Make a fire hot and clear, and hold the gridiron either over it or in front of it for eight minutes, turning every minute at least. The steak should be rather under done; ten minutes makes it rather over done. Take it off on a hot dish, sprinkle over it a little pepper and salt, and spread on the top a small bit of the butter.

Meanwhile have the olives stoned, which is done by making an incision with a very sharp narrow knife, and then cutting round quite close to the stone; soak them for an hour in water to extract the salt. Chop up and par-boil for about twenty minutes in stock; drain and pound with the remainder of the butter, and place on the top of the steak. Serve very hot.

## 71. Croustades of Chicken.

Bread.  
2 large table-spoonfuls of chopped  
Chicken.  
 $\frac{3}{4}$  of a table-spoonful of chopped  
cooked Ham or Tongue.  
6 Mushrooms or Truffles.

1 oz. Butter.  
 $\frac{1}{2}$  oz. Flour.  
1 gill good Milk or Stock.  
1 table-spoonful Cream.  
1 Yolk Egg.  
Pepper, Salt, Nutmeg.

Cut the bread about 1 inch thick, and with a cutter about 2½ inches in diameter cut 8 rounds; make an in-



cision in the centre, leaving only a bare  $\frac{1}{2}$  inch all round—do this with a smaller cutter or a knife—drop those croustades in smoking hot fat, and fry them yellow. Then pick out the centre, thus leaving room for the chicken.

Put into a small clean saucepan the butter, flour, and mix over the fire; then add the stock or milk, and boil; add the cream, pepper, salt, and nutmeg to season enough; stir in the chicken, ham, mushroom, all chopped up, and the yolk of egg. Make it quite hot; fill the croustades quite full; stick a button mushroom or small sprig of parsley on top of each, and serve very hot.

## 72. Dresden Patties.

Bread.

3 table-spoonfuls cooked Salmon, Lobster, or other Fish.

1 gill Milk.

1 oz. Butter.

$\frac{1}{2}$  oz. Flour.

1 Egg.

Lemon.

Pepper, Salt, Cayenne.

Cut six pieces of bread precisely like last time; for a change they may be dipped quickly in a little milk, and set on the side of the plate to drain; then brushed all over with the egg well beaten, and rolled in fine bread-crumbs; then fried in smoking hot dripping like those done last; drain on a piece of paper and keep hot.

Put into a small saucepan the butter and flour; mix, add the milk, and boil; put in enough pepper and salt, and a little lemon juice; taste if the flavour is good; add the fish cut in small dice (not chopped); stir gently till hot; pile in the patties; put a small sprig of parsley in centre, and serve hot.



### 73. Supreme de Volaille.

1 Chicken.  
Some Ham.  
1 oz. Butter.  
1 oz. Flour.  
Knuckle Veal.  
Pepper and Salt.

Mushrooms.  
Cockscombs.  
Truffles.  
Vegetables.  
Herbs.  
Mace and Cloves.

1 fowl makes only a small dish, as only the breast is used for it.

Skin and cut slices from the breast of the chicken in neat pieces, the form of cutlets, about  $\frac{1}{4}$  of an inch thick; have an equal number of pieces of ham cut the same shape; put the chicken on a buttered tin, with a buttered paper over, and put in a gentle oven about twenty minutes to cook; put the ham on a hot plate, and cover it with another till it gets warm; put the bones of the fowl (the legs and wings may be put aside) and a small knuckle of veal on with 3 breakfast-cupfuls of water to boil; add a small bit of onion, carrot, turnip, celery, mace, cloves, bay leaf, thyme; let this boil for two hours, and strain. Now mix in a saucepan the butter and flour; add 1 breakfast-cupful of the stock made above; boil five minutes; add  $\frac{1}{2}$  tea-cupful cream; stir one or two minutes longer; season with salt and white pepper to taste. Take the mushrooms, truffles, and cockscombs and trim them neatly; cut the truffles up either in halves or slices; put them back in the tins; put the tins in hot water till they are well heated; pour some of the sauce on a dish; put the mushrooms, truffles, and cockscombs in the centre, putting some of the sauce over them; arrange the fowl and the ham round alternately in a circle.



## 74. Quenelles of Rabbit, with Tomato Purée Sauce.

1 Rabbit.  
2 oz. Flour.  
1 oz. Butter.

2 Eggs.  
1 gill Milk.  
Pepper and Salt.

Put into a saucepan the butter and melt it. Add the flour and mix it smoothly; then the milk. Stir till it boils and becomes a smooth thick paste; better stir three minutes after it becomes thick, as the dish depends a good deal on this paste. Turn it out on a plate to cool; then remove all the best flesh from the rabbit which will be found on the back and part of the hind legs; scrape it free from skin and sinew; chop it finely, and pound it, and finally rub it through a coarse wire sieve. Put into the mortar half of the paste, half of the flesh, a little pepper and salt, and mix thoroughly with the pestle; drop in 1 egg and mix it in the same way till it is quite absorbed in the paste; add now the other half of the paste and meat, and mix each thoroughly, add the other egg and seasoning; a little nutmeg may be added if preferred. When the whole becomes a smooth paste, form it into Quenelles thus—

Butter the bottom of a sauté or frying pan; have a bowl of boiling water, two dessert or small table spoons, and a knife; dip the spoons in the boiling water, fill one of them quite full with the paste; take the knife, dip it in the boiling water, and shape the quenelle smoothly on the spoon; with the other spoon slip it dexterously on to the buttered sauté-pan; proceed thus till all are made. Pour boiling water into the pan round the quenelles enough to float them, and a pinch of salt; put the whole on a moderate fire



to poach ten minutes. They must be turned when half cooked, then take them up on a clean napkin a moment to drain, afterwards dish them *à cheval* on an entrée dish. Have some stewed mushrooms or green peas to put in the centre, and cover them all over with the following tomato sauce, or with bechamel or rich white sauce (which see, page 98).

This dish is made exactly the same way with fowl or veal.

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## 75. Tomato Sauce.

2 Tomatoes.

1 oz. Butter.

$\frac{1}{2}$  oz. Flour.

Pepper and Salt.

1 gill White Stock.

Wipe the tomatoes and cut them up in very small pieces; put them in a small saucepan with all the other things. Let all boil for about ten minutes or a quarter of an hour; strain through a fine sieve on the top of the quenelles. The sauce should be thick enough to mask the quenelles. The sauce may be put in the centre, and the quenelles left white.

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## 76. Chicken Croquettes.

$\frac{1}{2}$  a cooked Chicken.

2 oz. cooked Ham or Tongue.

1 oz. Flour. 1 oz. Butter.

Pepper, Salt.

Nutmeg, Lemon.

Cream.

Some common Paste.

Fat for frying.

6 tinned or other Mushrooms.

1 Egg. Bread-crumbs.

Remove the bones from the chicken, and put them on in a saucepan with a little water to boil for stock. Chop up about the half of a cooked chicken, the legs and darker



parts will do very well, and the whiter parts, if not used, can be made into a second entrée. Take the ham and chop it finely; the proportion is about 2 parts of chicken and 1 of ham. Chop up about 6 mushrooms. Put into a small saucepan the butter and flour; mix over the fire till the butter absorbs the flour. Add 1 gill of the stock got from boiling the bones of the chicken, and stir till it boils and becomes a thick paste. Add 1 tablespoonful of cream. Remove the saucepan from the fire; add to its contents pepper and salt enough to season, a little nutmeg, and a few drops of lemon juice; then the chopped chicken, etc. Mix it all well, and turn out on a plate to cool slightly. Then take some common paste, and roll it out as thin as a shilling; cut it in rounds about 4 inches in diameter. Wet half the edge of those rounds with cold water; put in some of the mince, double the round over, and make the edges stick. When all are finished, beat up an egg on a plate, and brush the croquettes all over with it. Have some fine bread-crumbs on a paper; toss the croquettes in those. When this is all prepared, have some fat on the fire; when it smokes a little, being at the same time quite still, put a few of the croquettes in, and fry a golden colour. Drain on kitchen paper, and serve with fried parsley (see fried parsley).

Or,

Instead of putting the croquettes into the round of paste, take a piece about the size of a small egg, and roll it in an oblong form, with hands slightly floured. Brush over with egg; roll in bread-crumbs, and fry in the same manner as described above.



## 77. Eggs in Cases.

4 Eggs.

Pepper and Salt.

1 table-spoonful Grated Cheese.

A little Chopped Parsley.

1 table-spoonful Grated Bread.

1 teaspoonful Butter.

Have 4 small paper ramakin cases or china cases.

Butter them well inside, and sprinkle a little pepper and salt, and a little chopped parsley in the bottom of each; drop an egg from the shell carefully into each, and sprinkle over each a little of the bread and of the cheese; put a small bit of the butter on the top, and put the cases into the oven for about three minutes till the eggs set. Serve in the cases.

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## 78. Fillets of Beef à la Soubise.

1 lb. Fillet of Beef.

1 oz. Butter.

A piece of Glaze.

Pepper and Salt.

Cut the fillets up in very neat pieces about the size of the top of a teacup and  $\frac{1}{2}$  an inch thick. Butter a baking tin and place the fillets on it side by side; put a piece of the butter on the top of each fillet, and sprinkle a little pepper and salt over; put into a quick oven for eight or ten minutes; the fillets must not be over cooked. Have the glaze melted in a stewpan; toss the fillets in it till they are coated with it. Have soubise sauce (see page 100) on a dish; dish the fillets on the top of it, and have a heap of potato balls in the centre (see page 47). Serve very hot.

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## 79. Chaud Froid of Chicken.

$\frac{1}{2}$  a cooked Chicken.  
 $\frac{1}{2}$  oz. Gelatine.  
1 gill Cream.  
1 gill Chicken Stock.

A little Parsley or Tarragon.  
1 hard-boiled Egg.  
Pepper, Salt, Nutmeg.  
A little Salad and Mayonaise.

For this pretty dish the half of a cooked chicken will do, but it had better be the whiter parts. A pretty border or casserole mould is best, although a plain mould may be used.

Cut the white of the egg into neat squares or stars, and decorate the bottom of the mould with that, alternately with a sprig of parsley or tarragon and the yellow of the egg. Then place in lightly very thinly cut pieces of chicken, the whiter parts being used for the outer parts of the mould. Then fill up the mould lightly with all the smaller scraps. Dissolve the gelatine in the stock, and stir it over the fire till it boils. Season it very nicely with the salt, pepper, and nutmeg; add the cream, and with this fill up the shape. Set it aside to get quite cold; turn it out on a dish by dipping the shape an instant in warm water, when it will shake out. Put the salad with the sauce to fill up the centre prettily, or else put it round the shape.

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## 80. Green Butter.

1 oz. Parsley.      |      1 oz. Anchovy.      |      2 oz. Fresh Butter.

Pick the parsley and put it in boiling water to boil for five minutes; then drain and chop it finely. Wash the anchovies, bone and pound them. Mix all with the butter, and pass the whole through a fine sieve; press it into a neat shape and keep in a cool place till wanted.



## 81. Russian Kromeskie.

$\frac{1}{2}$ of a Cooked Chicken.		1 table-spoonful Cream.
2 oz. of Cooked Ham or Tongue.		Pepper, Salt, Nutmeg.
1 doz. Oysters.		1 teaspoonful Lemon Juice.
1 oz. Butter.	1 oz. Flour.	$\frac{1}{4}$ lb. Fat Bacon.
1 gill Stock.		A few Mushrooms.

Chop up finely the chicken, the cooked ham, and the mushrooms. Put into a saucepan the bones of the chicken, one small onion, and as much water as will cover it. Allow it to boil for one hour to make a little stock. Scald the oysters in their own liquor, beard and put them aside. Strain the stock and add the oyster liquor to it.

Put into a small saucepan the butter and flour, mix over the fire, add 1 gill stock, and stir till it boils and becomes a thick smooth paste; add the pepper, salt, nutmeg, lemon juice to taste. Then remove the saucepan from the fire, and add the chopped chicken, ham, and mushrooms. When mixed, turn it all out on a plate to get cold. Take a piece of fat raw ham; with a sharp knife cut slices from it as thin as a wafer (it is easier to cut from a large piece of ham than a small bit); the pieces should be as large as convenient, but they may be joined.

Now take a dessert-spoonful of the mixture in the hand, put an oyster in the centre of it, and make it into a round shape something like a cork; put pieces of the thinly cut bacon all round it, and set aside till all are ready.

Now make frying batter. Have a good deal of fat in a stewpan smoking hot. Dip each of the kromeskie quite into the batter to completely cover them, and slip into the fat to fry a yellow colour. Drain and serve on a border of mashed potato, with tomato sauce round.



## 82. Frying Batter.

3 table-spoonfuls of Flour.  
1 table-spoonful Clarified Butter.  
1 pinch Salt.

About 1 teacupful of  
Warm Water.  
1 Egg.

Put the flour and salt in a basin; mix the yolk of the egg, the butter, and the warm water together, and stir gradually among the flour till a smooth thick batter is obtained. Beat the white of the egg to snow, and stir it in last; the batter may require a little more water—it should be like thick sauce.

## 83. Chicken à la Marengo.

1 Chicken.  
2 table-spoonfuls Salad Oil.  
1 teacupful good Stock.  
A little Parsley.  
2 Bay Leaves.  
1 Onion.

2 oz. Butter.  
1 oz. Flour.  
1 gill Conserve de Tomate.  
9 Button Mushrooms.  
3 Eggs.  
Some Croutons of Bread.

Cut up the chicken in neat joints like for fricassee.

Put into a stewpan the olive oil; let it get hot and fry the chopped onion in it; then fry the pieces of chicken; add the parsley and bay leaves and the teacupful of stock. Let the whole cook three-quarters of an hour; then drain the pieces of chicken from the oil.

In another saucepan put the butter and flour; mix well; then add  $\frac{1}{2}$  pint of good stock and the tomato, the mushrooms, pepper, and salt; boil, and let all stew for a quarter of an hour. Put the pieces of chicken in to warm through. Fry the eggs very nicely in oil; drain and make into rolls.

Dish the chicken in a nice high pyramid; pour the sauce over. The eggs and long-shaped croutons round.



## 84. Timbale of Chicken.

 $\frac{1}{4}$  lb. Macaroni. $\frac{1}{2}$  a Chicken.

2 oz. Ham.

1 teacupful of Bread-crumbs.

A few Mushrooms.

1 Egg.

A little Milk.

Pepper and Salt.

A little grated Lemon Rind.

A little Nutmeg.

Break the macaroni in short pieces. Have a saucepan, with a good deal of boiling water; put a little salt in it. Put the macaroni in, and boil it gently for rather over five minutes; remove it from the fire; drain the water from it; take out some of the macaroni on a plate, and cut it in short pieces about one-third of an inch long. Proceed in the same manner till most of the macaroni is cut up. The lid had better be replaced on the saucepan each time any is taken out, as that keeps the macaroni soft. When this is done butter a plain pint shape or bowl, and commence at the bottom putting in pieces of macaroni, to stand on end and quite close to each other; continue till the mould is lined. A skewer is most convenient for lifting the pieces and putting them in the mould. This can be done a day, or even two, before the Timbale is to be cooked.

Chop up the chicken, the ham, and the mushrooms; add the bread-crumbs, enough salt and pepper, and the seasonings; beat up the egg; add to it a very little milk, and mix all thoroughly. The mixture should be moist, but not in the least sloppy. With a spoon put it carefully into the shape, pressing it down to the corners; cover all with a buttered paper, and steam in a covered saucepan with a very little water for one hour, and turn out carefully, and serve with the following sauce round.



## 85. Sauce.

Make a little stock with the bones of the fowl. Then take 1 dessert-spoonful of butter, 1 dessert-spoonful of flour, and mix over the fire; add 1 small teacupful of the stock from the bones; stir till it boils; season with pepper, salt, and a very little nutmeg; add as much milk as makes it the proper consistency (it should be like thick cream); boil, and at the last moment stir in 1 raw yolk of egg; stir vigorously, and pour round Timbale.

*N.B.*—The Timbale can be made with cooked rabbit, game, lamb, etc., and there should be 2 parts chicken or game, and 1 part ham or tongue.

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## 86 Boudins of Chicken.

$\frac{1}{2}$  a Chicken (raw).  
2 oz. Bread-crumbs.  
2 Eggs.

2 oz. Butter.  
 $\frac{1}{2}$  teacupful Cream.  
6 Mushrooms.

Salt, Pepper, Nutmeg.

Take all the flesh from the breast of a chicken; scrape it down—which means free it from all skin—and chop it up; then pound it very smooth in a mortar. Soak the bread-crumbs in milk; allow them to soak a few minutes, then press all the milk from them, and add them to the pounded chicken. Add also the butter and the eggs, pounding all the time; then the pepper and salt, and a little nutmeg to taste. Add then the cream, and mix thoroughly, and rub through a coarse sieve. Cook the mushrooms for a quarter of an hour; chop them up, and add them to the mixture. Butter a few small cups—tin moulds do well; pour in and steam for fifteen minutes very slowly. Turn out, and serve with Bechamel Sauce.

## 87. Meat, Egg, and Vegetable Curry.

1 lb. Beef or Mutton.

3 Eggs.

$\frac{1}{4}$  lb. Onions.

2 oz. Turnip.

$\frac{1}{4}$  lb. Carrot.

2 oz. Beetroot.

$\frac{1}{2}$  oz. green Ginger.

2 Cloves.

$\frac{1}{4}$  oz. Coriander Seed.

20 grains Cardamon.

20 grains Cinnamon.

10 grains Capsicum.

10 grains Turmeric.

$\frac{1}{4}$  lb. Butter.

1 teaspoonful Salt.

Have all the spices ground ; put the butter in a saucepan, and add them to it. Cut the meat in small pieces, and fry it in the butter ; add 1 gill of water, and let it boil. Cut up the beetroot in very small pieces, and add it. Let all cook for half an hour. Cut up all the other vegetables in small neat pieces, and add them. Let all simmer three-quarters of an hour longer, stirring frequently. Have the eggs hard boiled, cut them in halves ; at the last add the ground turmeric to colour it ; mix it well, then add the eggs to warm through for five minutes, and serve hot with rice.

## 88. Madras Curry Powder.

2 drachms Turmeric.

4 Chillies.

2 grains Mustard Seed.

2 drachms Coriander Seed.

2 grains Cummin Seed.

2 drachms Poppy Seed.

Put all the ingredients into a mortar and pound thoroughly.



## 89. Indian Curry of Rabbit.

1 Rabbit.	1 teaspoonful Flour.
$\frac{1}{4}$ lb. Onions.	1 gill Stock.
1 table-spoonful Curry Powder.	$\frac{1}{2}$ gill Cocoa-nut Milk or Cream.
3 oz. Butter.	1 table-spoonful grated Cocoa-nut.
$\frac{1}{4}$ Clove of Garlic.	$\frac{1}{4}$ teaspoonful Cinnamon.
Juice of $\frac{1}{2}$ of a Lemon.	1 teaspoonful Salt.

Cut all the flesh from the bones of the rabbit into small pieces; slice the onions very thinly, and dredge them over with the flour and curry powder. Put the butter in a saucepan to melt; put in the onions, and stir constantly till they are tender, but they must not brown. Add the meat and garlic, and stir till it is slightly cooked; then add the salt, cocoa-nut, cinnamon, and the stock. Let it all simmer slowly one and a quarter hours; add the milk or cream and the lemon juice; mix, and serve hot with rice.

## 90. Langues de Mouton à la Soubise.

6 Tongues.	$\frac{1}{2}$ oz. Flour.
3 Onions.	$\frac{1}{2}$ pint Milk.
1 pint Stock.	2 Yolks of Eggs.
$\frac{1}{2}$ teaspoonful Sugar.	Bunch of sweet Herbs.
Bit of Carrot.	Salt and Pepper.
Bit of Turnip.	$1\frac{1}{2}$ oz. Butter.

Scald the tongues in boiling water for a quarter of an hour; then put into a stew-pan the carrot and turnip cut up in small pieces, a bit of onion, and the herbs; add the stock. Place the tongues on this; put on the lid, and let all braise for one hour. Remove the tongues, and skin them; strain the stock; put in the tongues among it, and let it reduce to a glaze which should well cover the tongues.



Meanwhile put the butter in a small saucepan ; add the onions finely chopped ; let them stew till tender among the butter ; add sugar and flour, then the milk. Let all boil ; add pepper and salt. At the side of the fire add the yolks, mixing thoroughly ; now dish the tongues on a circle of mashed potato, and pour the sauce in the centre.

### 91. Sweetbreads in Brown Sauce.

2 Sweetbreads.

2 oz. Butter.

1 oz. Flour.

6 Mushrooms.

1 teaspoonful Lemon Juice.

1 small Onion.

1 teaspoonful Sugar.

Pepper, Salt, Cayenne.

1½ breakfast-cupfuls of Water.

Soak the sweetbreads in salted water for a few hours ; wash well, and put them into a saucepan covered with water to boil for five minutes ; then put them in cold water for a few minutes. Trim and remove skin, gristle, and fat, and cut each up in two or three pieces. Butter a small oven tin ; place the sweetbreads on it, and put a small bit of butter on the top of each ; put them in the oven to roast for about twenty minutes. While this is doing, take a saucepan ; put in the sugar and 1 oz. butter, and allow both to get brown ; add the onion chopped, and fry it pretty brown ; add then the flour, and fry it also till it begins to look yellow ; add then salt and pepper, a few grains cayenne, the nutmeg, and the lemon juice ; also the water. Stir till it boils for about ten minutes ; strain it through a fine strainer, and return it to the pan ; add the sweetbreads and the mushrooms, and cook gently about half an hour. Serve with croutons of bread or pieces of pastry round.



## 92. Patties of Sweetbreads and Mushrooms.

$\frac{1}{2}$  lb. of rough Puff Paste.  
 $1\frac{1}{2}$  oz. Butter.  
1 Sweetbread.  
1 oz. Flour.

9 Mushrooms.  
1 gill Stock.  
Pepper, Salt.  
1 teaspoonful Lemon Juice.

1 table-spoonful Cream.

Roll the the puff paste out to  $\frac{1}{8}$  inch in thickness. Have 12 small-sized patty pans buttered a little; cut the paste out to fit the pans, and put a piece in the bottom of each. Cut out 12 additional pieces, and with a small cutter cut a round of an inch in diameter from the centre of them.

Now have the sweetbreads soaked, blanched, trimmed, and boiled in water for three-quarters of an hour, then cut up in small  $\frac{1}{2}$  inch pieces.

Wash and peel the mushrooms and put them in a little saucepan with the  $\frac{1}{2}$  oz. of butter, the lemon juice, a little pepper and salt. Put on the lid and let them cook for twenty minutes slowly, shaking the pan often; chop them up also. Now put the 1 oz. butter and the flour in a saucepan; mix them; add the stock, and stir till the whole boils for a few minutes, add the cream, and then the sweetbreads and mushrooms, season to taste, and turn out to get cold. Now fill the pans with the mixture; wet the edges; put on the lids; brush over with a little beaten egg, and put in a moderately hot oven to bake for twenty minutes, and serve hot.

### 93. Compote of Pigeons à la Macedoine.

3 Pigeons.	Pepper, Salt.
1 pint Stock.	Mashed Potatoes.
1 Onion.	$\frac{1}{2}$ pint Tomato Sauce.
Blade of Mace.	$\frac{1}{2}$ oz. Flour.
4 Cloves.	$\frac{1}{2}$ oz. Butter.
1 doz. Mushrooms.	

Split the pigeons and trim them neatly, taking off the feet and out the breast-bone. Put the butter in a stewpan to get quite hot; chop the onion and fry it a little brown; add the flour, and let it get slightly brown, then add the stock, the mace and cloves, salt and pepper. Let it boil up; put in the pigeons, and let the whole stew gently for at least an hour till they are tender. Have a circle of potatoes on the dish, arrange the pigeons round it, and pour the tomato sauce hot round the whole. Have the parsley blanched\*, wrung dry, and chopped very finely. Lightly sprinkle the pigeons over with it. The centre of the dish is occupied with the mushrooms cooked, or a macedoine of vegetables.

### 94. Ris de Veau Pique.

2 Sweetbreads.	Celery.
Some fat Bacon for larding.	1 gill green Peas.
Bit of Carrot, bit of Turnip.	1 pint good Stock.
1 Onion.	$\frac{1}{2}$ gill cut Carrot.
2 Bay Leaves.	Pepper and Salt.

Soak the sweetbreads for a few hours in salted water; wash, and then put them on with cold water to boil for ten

\* To *blanch parsley*—Wash and pick it, and put it in a saucepan with cold water, a little salt, and a pinch of soda, and bring it to the boil.



minutes. Remove them from the pan; trim them of all skin and fat, and press them between two dishes till quite cold. Have the bacon cut in square pieces about one inch long and  $\frac{1}{8}$  inch in breadth. With those lardoons, lard the surface of the sweetbreads very neatly. Put all the vegetables, cut up in small pieces, the bay leaves and the stock, in a saucepan; add pepper and salt to season. Place the sweetbreads on the top, and cover over with a round piece of paper well buttered. Put the pan in the oven to braise for half an hour, basting frequently with the stock. Then remove the paper and allow the larding to colour a very little. Take out the sweetbreads; strain the gravy; remove every particle of fat from it; boil it down till it becomes quite thick; glaze the sweetbreads with part of the sauce. Have the green peas cooked, and some pieces of carrot the size of wafers; warm up those in remainder of the stock, and pour all round the sweetbreads in the dish.

### 95. Frieandeau of Veal.

2 lbs. Veal.  
Bacon for larding.  
1 Onion.  
Small Carrot.  
 $\frac{1}{2}$  a Lettuce.

Blade Mace.  
Teaspoonful Peppercorns.  
1 pint Stock.  
Salt.  
Spinach.

4 Cloves.

Have a square piece of veal, trim off the skin and remove the bones. Lard this pretty thickly with the fat bacon in the usual way. Cut up all the vegetables and put them in a stewpan with the bones of the veal; place the veal on the top of this, and pour in as much water or stock as comes up nearly to cover the meat. Cover

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with a round of buttered paper and with the lid. Let all braise for two hours. Let it be basted often. Then put the meat in the oven to slightly brown the larding. Boil down the gravy to a good thickness; strain it, and remove all fat from the top, pour this over the veal and serve with a border of spinach.

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## 96. Blanquette de Veau.

2 lbs. breast Veal.  
Small bit Carrot.  
Small bit Turnip.  
Small bit Celery.  
Parsley.  
1 Onion.  
6 Mushrooms.

Bouquet Garnie.\*  
4 Cloves.  
1 oz. Butter.  
1 oz. Flour.  
2 yolks of Eggs.  
1 teaspoonful Lemon Juice.  
Pepper and Salt.

Cut the veal into pieces about 2 inches square and nearly  $\frac{1}{2}$  inch thick, and put them into a saucepan with the carrot, turnip, onion, celery, herbs, cloves, some of the bones of the meat, cover with water, and allow the whole to simmer nearly one hour till tender. Then remove the pieces of veal and strain the stock. Put butter and flour into the clean saucepan, add gradually  $\frac{3}{4}$  of a pint of the stock. Let it boil up, add pepper and salt to taste, the lemon juice, the pieces of meat, a little finely chopped parsley, and the mushrooms chopped. Let the whole boil a few minutes; add the yolks off the fire, stirring thoroughly till it thickens. Dish the veal neatly, and pour the sauce all over it. Serve with croutons of bread round.

\* A *bouquet garnie* means a bay leaf, a little thyme, and parsley tied with a string in a small bunch.



## 97. Pigeons à la Lucerne.

3 Pigeons.	1 oz. Butter.
$\frac{1}{4}$ lb. fine Bread-crumbs.	$\frac{1}{2}$ lb. Veal.
6 Livers of Chickens and the Livers of the Pigeons.	6 Mushrooms.
$\frac{1}{4}$ lb. Bacon.	Blade of Mace.
	1 pint Stock.
Salt and Pepper.	

Bone the pigeons. Wash and scald the livers and chop them up; chop up also the bacon and the veal. Put all into a saucepan with the butter, salt, pepper, and mace, and cook, stirring constantly for ten minutes. Then pound all very smoothly, and add the bread-crumbs; see that it is well seasoned. With this, stuff the pigeons, then truss them neatly into shape. Put them into a stewpan with 1 pint of stock; stew gently for one hour. Have a block of fried bread in the centre of a dish; place the pigeons against it. Boil the stock in the stewpan down a little; remove the fat, and glaze the pigeons with it.

Put the bones of the pigeons in a saucepan with a shallot and 3 cloves,  $\frac{1}{2}$  pint of stock, and  $\frac{1}{2}$  pint of water, 1-dessert-spoonful flour. Let all boil half an hour, and strain round the pigeons.

## 98. Chicken à la Tartare.

1 young Chicken.	Bread-crumbs.
4 oz. Butter.	Pepper and Salt.
1 Egg.	Some mixed Pickles.

Singe, empty, and split the chicken in half; take the breast-bone out and sprinkle salt and pepper over. Put 3 ounces of butter in a saucepan and fry the chicken till cooked enough—it will take about half an hour—turning it frequently. Remove it from the pan and press it between



two dishes, with a heavy weight on top, till it is nearly cold. Then dip it in the egg beaten up, and roll in fine bread-crumbs. Melt the remaining ounce of butter, and sprinkle it all over the chicken; roll in the bread-crumbs once more. Fry in hot fat a golden colour, or broil over a clear fire. Serve at once with garnish of pickles round, and serve with tartare sauce.

### 99. Chicken à la Princesse.

2 Chickens, well cooked.

$\frac{3}{4}$  pint Bechamel Sauce.

2 pints Aspic Jelly.

Salad, Vegetables.

Mayonnaise Sauce.

Cut as many fillets from the breast of the chickens as you wish for your entrée; let them be as nearly as possible round, and about  $\frac{1}{4}$  of an inch thick, and set them aside. Make bechamel sauce by recipe, and add to it two table-spoonfuls of aspic. With this sauce cover the fillets, placing them on a dish apart from each other; when slightly cool turn them over and sauce the other side. Pour some more aspic, which is cold without being set, over them, covering them entirely, and allow all to become cold and quite firm. Then take a round cutter and cut the fillets out into pretty round pieces. Have the remainder of the aspic in an oval open mould; when cold turn it out, and dish the cutlets on the border, filling up the centre with salad and mayonnaise, or the cutlets can be dished on a border of chopped aspic with the salad in the centre.



## 100. Kidneys à la Brochette.

2 Mutton Kidneys.

1 oz. Butter. Parsley.

Lemon Juice.

Pepper and Salt.

Split the kidneys from the round side downwards, but not quite through; pull the skin off, and cut off the fat in the middle. Take a skewer, and put it through the centre fat on the cut side, so as to keep the kidney open. Melt about  $\frac{1}{2}$  of the butter, and dip the kidney in it on both sides. Warm a gridiron, and grease the bars; place the kidney on it with the cut side down; place it on a clear hot fire, and grill for about 8 minutes, turning every minute. When done, place them on a hot dish. The skewer may be left in if it is a bright or silver one. Mix the remainder of the butter with 1 teaspoonful of finely chopped parsley, a little lemon juice, some pepper and salt; put this in the hollow of the kidneys, and serve very hot.

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## 101. Angels on Horseback.

6 Oysters. Some fat Ham.  
Pepper and Salt.

Some pieces of Puff Paste, or  
Crusts of Bread.

Have some scraps of puff paste or rough puff paste (see recipe), and cut it in rounds about 3 inches in diameter. Brush the rounds over with a little beaten egg or milk. Put them in the oven to bake.

Have as many oysters as rounds of paste; they are best to be good large ones. Season them with pepper and salt. Cut the fat part of bacon very thinly, and about 1 inch in breadth. Wrap this round each oyster, and fasten it with

a little wooden skewer. Make a clean frying-pan quite hot ; put the oysters in to crisp the bacon, scarcely 2 minutes. Place them on the pieces of paste. Serve at once and hot. Small rounds of fried bread may be substituted for the paste.

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## 102. Veal Cutlets and Tomato Sauce.

2 lbs. best end of neck of Veal.	1 table-spoonful finely chopped
1 Egg.	Parsley.
$\frac{1}{4}$ lb. Bread-crumbs.	Grated rind of $\frac{1}{2}$ a Lemon.
2 oz. Butter or Sweet Dripping.	Pepper and Salt.

The veal should be cut with about 5 inches of bone. Saw off the chine bone, and divide the cutlets to have a bone in each. If the veal is heavy, a cutlet can be cut between each bone, as well as the one with the bone. Trim the cutlets neatly, leaving one inch of the bone at the top bare, and shaping the cutlets very neatly. Wet a chopper, and with it flatten them nicely. Now beat up the egg on a plate, mix with it the parsley and lemon grated, a little pepper and salt. Dip the cutlets in this, making as much as possible adhere. Have fine, fresh bread-crumbs on a sheet of paper. Roll the cutlets in that. When all are finished, take each up in the hand and pat it smooth and flat. Now melt the dripping in a frying-pan, and fry the cutlets a golden colour ; take them up in paper to drain. Serve with rich brown sauce.



## COLD MEAT.

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### 103. Roman Pie.

$\frac{1}{4}$  lb. Flour.  
 $1\frac{1}{2}$  oz. Butter.

Vermicelli.  
Water.

Work the butter into the flour, add enough cold water thoroughly to mix, and roll all out into rather a thin piece of paste. Butter a plain shape that will hold four breakfast-cupfuls, and dust all over with as much crushed vermicelli as will adhere to it; shake out the superfluous pieces; line the bottom and sides neatly with the paste, wetting it a little at the joinings, reserve a round piece for the top.

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### MIXTURE.

$\frac{1}{4}$  lb. grated Cheese.  
 $\frac{1}{4}$  lb. cooked Rabbit, Chicken,  
or other lean Meat.  
 $\frac{1}{4}$  lb. Macaroni.

1 small Onion.  
Pepper, Salt, Mustard.  
1 teacupful of Cream or good  
Milk.

Break the macaroni into pieces about 1 inch long, and put it in a saucepan of boiling salted water to cook for a quarter of an hour, drain and set aside. Boil the onion in the same way and the same time separately; drain and chop up. Cut the rabbit in thin slices, and put all into a basin; the meat, the grated cheese, the cooked macaroni, and onion. Add  $\frac{3}{4}$  teaspoonful of salt,  $\frac{1}{2}$  teaspoonful pepper,  $\frac{1}{2}$  teaspoonful of mustard, and the cream. Mix. Pour into the prepared tin; wet the edges of the paste, and put the round reserved for the lid on. Put it in a moderate oven to bake about half an hour, till the paste is ready. Turn out, and serve with brown gravy round.



### 104. Cold Meat Pudding.

$\frac{1}{2}$ lb. of cold Mutton, Rabbit, or Beef.	1 boiled Onion.
1 teacupful of Flour.	1 breakfast-cupful of Milk.
1 table-spoonful chopped Parsley.	$\frac{1}{2}$ teaspoonful of Salt.
	1 Egg.
	A little Pepper and Nutmeg.

Mix gradually in a bowl the flour, parsley chopped finely, the onion chopped, the seasoning with the beaten egg and milk, till a smooth batter is obtained. Cut the meat in small pieces and add it. Butter a pudding dish well, and pour the mixture in; bake for about half an hour; turn out and serve with gravy over or round it. The same may be put in a buttered bowl and covered with buttered paper, and steamed for one hour. Turn out, and serve with brown sauce.

An excellent dish for lunch or children's dinner.

### 105. Macaroni Omelet.

2 oz. Macaroni.	1 breakfast-cupful of Milk.
1 breakfast-cupful of grated Bread.	3 table-spoonfuls of Cream.
2 small table-spoonfuls of Flour.	1 table-spoonful of chopped Parsley.
2 Eggs.	$\frac{1}{2}$ teaspoonful of Salt.
$\frac{1}{4}$ teaspoonful of Pepper.	

Break the macaroni in very short pieces, and put it into plenty of boiling water, with a little salt in it. Allow it to boil about a quarter of an hour; drain from the water, and set aside. Put the milk in a saucepan to boil; mix the flour smooth in a basin with a little cold milk; pour the boiling milk over it, stirring vigorously all the time. Add the cream, then the eggs well beaten, the parsley, macaroni, the bread, and the seasoning; mix very well. Pour all into a buttered pie-dish, and bake about half an hour. Turn out and serve with brown sauce over or round it.



## 106. Macaroni la Napolitano.

$\frac{1}{4}$ lb. Macaroni.	1 teaspoonful chopped Parsley.
1 Sweetbread.	1 table-spoonful Butter.
1 small Onion chopped.	$\frac{3}{4}$ tea-spoonful Salt.
A little Pepper.	

Soak and wash the sweetbread, and put it on to boil covered with water. Remove from the fire; cool it, and trim away all fat and skin. Put on once more in a clean saucepan with 1 pint of water and a small onion, and cook gently for one hour; then remove the onion, and chop the sweetbread up in small pieces. Break the macaroni in pieces about one inch long; wash it, and put it to boil in the water the sweetbreads were cooked in for twenty minutes; then add the butter, parsley, pepper, salt, and chopped sweet bread. Cover closely, but do not cook for five minutes; serve hot.

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## 107. Potato Paste Sausage Rolls.

1 lb. Potatoes.	About $\frac{1}{2}$ lb. cooked Meat.
Flour.	Pepper, Salt.
1 teaspoonful Butter or sweet	1 cooked Onion.
Dripping.	A little Ketchup.

Chop up the meat and the onion. Mix with it on the table 1 dessert-spoonful of flour, and enough salt and pepper. Put into a stewpan about  $\frac{1}{2}$  a teacupful between water and ketchup, add all the chopped meat, etc. Stir till it boils and becomes thick, turn out on a plate to cool.

Mash the potatoes and add to them the butter or

dripping melted; mix well. Knead into them as much flour as renders the paste firm; it will require nearly as much flour as potato. Roll this paste out quite thinly, and cut it into squares of about 5 inches; wet those squares round; put a piece of the meat in each; turn over one side, then the other to overlap it; press down the ends; mark neatly with the back of a knife, and put them in a quick oven to brown.

The paste may be cut in rounds of about 4 inches in diameter; wet the edges round, put some of the meat in the centre, double the paste over and make it adhere, and put into smoking hot fat to fry. They are good either way, and are a good lunch dish.

## 108. Ham Croquettes.

$\frac{1}{4}$  lb. cooked Ham.

2 hard-boiled Eggs.

1 raw yolk of Egg.

Cooked Potatoes.

Seasoning.

Fat for frying.

1 table-spoonful chopped Parsley.

Chop up the ham, the eggs, and the parsley, and mix with them equal bulk of potatoes cooked and mashed very finely, and season to taste. Add the raw egg and mix thoroughly. Flour the hands, and roll the mixture into balls rather larger than a walnut. Having the surface of the ball well covered with the flour, drop into smoking hot fat a few at a time, and fry a light brown. Serve hot.

The croquettes can be made with ham and eggs that have been left from breakfast, or with tongue. It is a nice breakfast dish.



## 109. Potted Tongue.

Root of a Tongue.  
A little Cooked Meat.

2 oz. Butter.  
Cayenne and Nutmeg, or Cloves.

The root of a tongue can be utilised in this way—remove the hard outside, also the under side and gristly parts; chop it up finely; to  $\frac{1}{2}$  lb. of tongue add 2 oz. of roast beef or mutton; chop and pound both up, adding the butter, cayenne, and a pinch of either cloves or nutmeg; add salt if necessary. Press into pots, run some clarified butter over, and keep any length of time.

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## 110. Potted Meat.

1 lb. Beef Steak.  
2 Anchovies.  
Salt and Pepper.

Cloves and Allspice.  
 $\frac{1}{2}$  teacupful Water.  
1 dessert-spoonful of Butter.

Chop the meat up finely, and put it into a jar with the water— $\frac{1}{2}$  a teaspoonful of salt,  $\frac{1}{4}$  teaspoonful of pepper, the same of allspice, and a pinch of ground cloves; remove the bones from the anchovies, and add them; put a cover on the jar, and put it in the oven for one and a half hours. Take it then out and pound the whole in the mortar, and press it in jars for the purpose. Clarify the butter and run it over the top of the meat, and put aside to get cold.

## 111. Rissoles of Cold Meat.

$\frac{1}{2}$  lb. cooked Meat,  
1 table-spoonful Parsley.  
 $\frac{1}{2}$  teacupful of Mashed Potatoes.  
1 oz. Butter.  
1 small Onion, cooked.

1 oz. Flour. 1 gill Stock.  
1 dessert-spoonful Worcester  
Sauce.  
1 dessert-spoonful Ketchup.  
Pepper, Salt. 1 Egg.

Chop up the meat finely and add the potato, parsley onion chopped, pepper and salt to taste.

Put into a saucepan the butter and flour, and mix; add the stock, Worcester sauce, and ketchup. Stir over the fire till it boils and thickens; add to it the meat, potatoes, and the egg well beaten, and turn it out on a plate to cool. Roll this mixture into balls with well-floured hands; drop into smoking hot dripping, a few at a time, and fry a golden colour. Serve on a napkin with fried parsley (*see recipe*) or serve in a border of mashed potato with brown gravy over.



## GAME AND POULTRY.

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### 112. Roast Pheasant with Mushrooms.

1 Pheasant.

2 oz. of Butter.

1 doz. Mushrooms.

Salt and Cayenne.

Some fat Bacon for Larding.

Prepare the pheasant in the usual way, then lard it along each side of the breast with small lardoons of bacon. Wash and skin the mushrooms; if large, cut them into halves or quarters. Stuff the pheasant with them; also add 1 ounce of butter,  $\frac{1}{2}$  teaspoonful of salt, a few grains of cayenne. Truss it neatly, and cover the whole breast with a thickly buttered piece of paper. Let it roast half an hour, basting several times. Remove the paper and roast ten minutes longer. Serve with gravy and bread sauce.

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### GRAVY.

The Livers of the Birds.

1 oz. Butter.

1 oz. Flour.

1 salt-spoonful Salt.

Sugar, Mustard.

1 table-spoonful Ketchup.

$\frac{3}{4}$  pint Stock.

Chop and fry the onion quite brown in the butter. Chop the liver and add it; then all the other ingredients, let the whole boil half an hour. Strain and serve.

## BREAD SAUCE.

$\frac{1}{2}$ pint Milk.	2 Cloves.
1 small teacupful fine Bread- crumbs.	$\frac{1}{4}$ teaspoonful Salt.
1 small Onion.	Pinch of white Pepper.
	$\frac{1}{2}$ teaspoonful Butter.
1 table-spoonful Cream.	

Stick the cloves into the onion and put it in the milk at the side of the fire for about half an hour to infuse. Then remove it; add the bread, salt, pepper, and boil for about five minutes, stirring constantly; then add the butter and cream. Mix and serve.

## 113. Roast Quails.

A brace of Quails.	2 vine Leaves.
1 oz. Butter.	2 slices of fat Bacon.
1 slice Toast.	

Prepare and truss the quails in the usual way; place a vine leaf on the breast of each, and a small slice of bacon over that; tie them on and roast, basting often, for ten minutes or a quarter of an hour. Serve on the toast, pouring the gravy in the pan over the toast, and serve with water-cress round.

## 114. Roast Partridge.

A pair of Partridges.	2 oz. Butter.
Salt, Pepper, Cayenne.	

Empty and prepare the birds; put 1 oz. of butter into the body of each and some pepper, salt, and cayenne. Truss them neatly, and cover the breast with a few slices of fat bacon, and put them to roast. Baste frequently, and roast twenty minutes; then remove the bacon and roast ten minutes longer. Serve with fried bread-crumbs or on a slice of toast, and hand gravy and bread sauce.



## 115. Boned and Stuffed Turkey.

1 Turkey.

1 small Ox-tongue, boiled.

1½ lbs. Pork Sausage Meat.

½ teaspoonful powdered Thyme.

10 Truffles.

1 dessert-spoonful finely chopped Parsley.

½ lb. Bread-crumbs.

1½ teaspoonfuls Salt.

½ teaspoonful Pepper.

Grate of ½ Lemon.

Have the turkey singed; crack the legs across just above the foot. Put the foot into a drawer which shuts closely, then pull the sinews out.

Make an incision down the back of the skin of the neck; take hold of the neck and cut it off near the body, and leave 4 inches of the skin of the neck, cutting off the head; remove the stomach and windpipe. Now open up the skin of the neck widely, and at the shoulder joint; separate the wings from the body; then proceed to take the flesh from the bones, going round and round until you come to the tail, where you simply detach the bones from the body. Now take one bone (the first) out of each leg, and the boning is complete.

**To Stuff the Turkey**—Mix the sausage meat and the bread together; add the herbs; the truffles cut neatly; the pepper, salt, and lemon grate; mix all thoroughly. Now place the turkey with its breast on the table; take a piece of the stuffing; make it into a long flat piece and place it on the breast. Then have the tongue trimmed neatly; put it in, having the thick part at the breast and the point towards the tail; fill up the space on each side of the tongue with the remains of the sausage meat. Turn the turkey over and arrange it into shape; truss it with skewers into shape as you would do a fowl that retained its bones, and stitch up the opening at the neck. Cover the breast with slices of fat bacon; then with a



buttered piece of paper put some dripping or butter in the roasting pan, and roast for one hour or one and a half hours, according to size and age, basting frequently. Have a little stock boiled down till thick; pour this over to glaze the turkey, and serve either hot or cold.

## 116. Roasted and Stuffed Goose, with Stuffed Tomatoes.

Stuffing.  
4 Onions.  
4 Sage leaves.  
2 table-spoonfuls Bread-  
crumbs.

$\frac{1}{2}$  lb. Chestnuts.  
 $\frac{1}{2}$  teaspoonful Salt.  
Sugar and Mustard.  
1 oz. Butter.  
1 Egg.

Boil the onions ten minutes and chop finely; boil sage one minute and chop. Roast the chestnuts and remove the husks; then boil about twenty minutes till tender, and rub them through a wire sieve. Mix all the ingredients together, adding the butter melted and the egg beaten; with this stuff the body of the goose, and truss it neatly.

The goose ought to be washed out with hot water and dried before being stuffed.

Cover the bird all over with buttered paper, and roast from one and a quarter to one and a half hours, according to size; then dredge over with flour; baste again and roast ten minutes longer, serve with a border of stuffed tomatoes and gravy.

### GRAVY.

1 oz. Flour.  
 $\frac{3}{4}$  pint Stock.

1 dessert-spoonful Chutney.  
A little Salt.  
Juice of  $\frac{1}{2}$  Lemon.

Mix all, and boil for ten minutes, and strain.



# SAVOURIES.

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## 117. Kidney Toast.

2 Mutton Kidneys.

1 oz. of Butter.

1 Yolk of Egg.

Pepper, Salt, and Cayenne.

4 round pieces of fried Bread,  
or buttered Toast.

A few drops of Lemon Juice.

Remove the skin and fat from the kidneys, and chop them up finely. Put the butter into a small saucepan; let it boil, add kidneys and salt, pepper, and cayenne enough to season; stir briskly over the fire for about five minutes till the pieces looks cooked; remove from fire; drop in the yolk and mix; add the lemon juice. Spread on the pieces of toast, and serve very hot.

This makes a very savoury breakfast or dinner dish. The kidneys ought to be very fresh else they ought to be soaked in salt and water, which takes away from their taste.

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## 118. Devilled Toast.

1 slice of Toast.

1 teaspoonful of Butter.

$\frac{1}{2}$  teaspoonful of Mustard.

A few grains of Cayenne.

1 teaspoonful of Worcester  
Sauce.

Have the bread carefully toasted on both sides and the crusts removed. Beat the butter till quite soft but not oiled, and mix gradually the mustard, pepper, and sauce till smooth. Spread this on the toast; cut it in quarters, and serve.

This tempts a poor appetite to eat sometimes.



## 119. Sardine Toast.

**4 Sardines.**

**1 dessert-spoonful of Flour.**

**$\frac{1}{2}$  teacupful of Water.**

**1 dessert-spoonful of Anchovy  
Sauce.**

**Bread.**

**1 dessert-spoonful of Milk.**

Cut 6 small round pieces of bread rather thin. Toast and butter or fry them in a little smoking hot dripping. This latter is really the best way of having toast for savoury dishes. Just enough dripping in a frying-pan to float the toast; when a bright golden colour on one side, turn over and fry the other—a few minutes does; drain on a piece of paper, and keep hot.

Skin and bone the sardines, and mix them to a paste with the butter, cayenne, and half of the anchovy; mix in a small saucepan the flour, water, milk, and stir over the fire till it becomes thick; add then the sardine paste, and stir a few minutes longer till hot. Spread the mixture on the hot toast, and sprinkle the remainder of the anchovy over. Serve very hot.

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## 120. Marrow Toast.

**A Marrow Bone.**

**| 6 small rounds of Dry Toast.**

**Pepper and Salt.**

Have the pieces of bread toasted; they should be small and neatly cut. Plug up the ends of a marrow bone with a little paste made with flour and water quite stiffly. Put it in boiling water to boil for two hours. Scoop out the marrow and put it on the toast, sprinkling plentifully with pepper and salt. A little finely chopped parsley may be sprinkled also. Put the pieces in the oven for a few minutes to heat thoroughly, and serve very hot.



## 121. Tomato Toast.

2 Tomatoes.  
2 Eggs.  
1 oz. Butter.

2 oz. Ham.  
A very small bit of Onion.  
A little Pepper and Salt.

A good round of Buttered Toast.

Wipe and chop the tomatoes very well. Mince the bit of onion very finely, also the ham; put the butter in a small saucepan, let it melt; add the tomatoes, onion, and ham, and cook for about ten minutes; remove from the fire; add the eggs well beaten; stir over the fire till it gets a little thick, but not at all hard. Have the toast cut in neat squares; spread the mixture on it, and serve very hot. This is excellent, and is used as a dinner savoury or breakfast dish.

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## 122. Indian Sandwiches.

12 small rounds of very thinly-cut Bread.

1 table-spoonful chopped Chicken.

1 table-spoonful chopped Tongue.

1 gill thick white Sauce.

$\frac{1}{2}$  teaspoonful Curry Paste.

Pinch Salt.

1 teaspoonful Lemon Juice.

Fry the bread in hot dripping, and put on paper to drain and keep hot.

Make the sauce hot in a saucepan, add to it the chicken, ham, curry paste, lemon, and salt. Make all quite hot mixing over the fire. Spread the mixture thickly on one round of bread, and put another on the top of it. Repeat till all are used, and serve very hot. The rounds should be about 4 inches in diameter.

## 123. Œufs Brouillee.

2 oz. of Butter. 4 Eggs.  
 3 cooked Mushrooms or  
 Asparagus Heads.  
 $\frac{1}{2}$  teaspoonful of Pepper.

$\frac{1}{2}$  teaspoonful of Salt.  
 2 table-spoonfuls of Gravy or  
 Tomato Sauce.  
 Some fried or toasted Bread.

Have some pieces of nicely fried bread or buttered toast. There should be one for each guest. Chop up the mushrooms rather finely, or cut the asparagus in small pieces. Both must be cooked. Melt the butter in a saucepan, break the eggs into it; add the gravy, mushrooms, and enough pepper and salt to season. Stir constantly over the fire till it gets a little set, then remove and stir a minute or two longer. Serve on the toast, and very hot. This dish is spoiled if it is over-cooked.

## 124. Devilled Eggs.

3 Eggs.  
 1 teaspoonful of Chopped Parsley.  
 1 teaspoonful of Butter.  
 Pepper and Salt.

A little Anchovy.  
 A little Cayenne.  
 A small round of Bread for each  
 Egg.

Have the bread cut round and fried; keep it hot. Boil the eggs for ten minutes, putting them on in boiling water. Cut a small bit off each end to make them stand; cut them then in halves; remove the yolks and mix them thoroughly with the butter, anchovy, a little salt, and a good allowance of cayenne and pepper, as they are to be pretty highly seasoned. Fill the whites again, piling them neatly to a point; sprinkle a little parsley over, and serve at once.



## 125. Canapis of Eggs.

4 Eggs.

3 Truffles.

2 Anchovies.

6 Capers.

1 teaspoonful Tarragon Vinegar.

1 teaspoonful Butter.

8 small rounds of Fried Bread.

Boil the eggs quite hard, which takes ten minutes. Take off the shells and cut them in halves across. Take out the yolks and chop them up. Chop also the capers and truffles; soak the anchovies; dry them, and remove the bones; chop them also. Mix all well together with enough salt, pepper, and cayenne to season, and the Tarragon vinegar. With this stuff the whites of the eggs, neatly piling the mixture high up to a point, put a small bit of butter on the top of each. Have the 8 small neatly cut rounds of bread fried, make the eggs stand one on each, put them into the oven to get quite hot, and serve at once.

## 126. Œufs aux Fine Herbs.

2 oz. of Butter.

 $\frac{1}{2}$  pint Milk.

6 Eggs.

1 dessert-spoonful of finely  
chopped Parsley.

Fried Bread.

Pepper and Salt.

Melt the butter in a nice saucepan; put the eggs in a bowl and whisk for about two minutes; add the parsley, milk, and  $\frac{1}{2}$  a teaspoonful of salt, a little pepper; pour all this into the saucepan and stir over the fire till the eggs are set, then remove from the fire and whisk for a few minutes. They should be as thick as Devonshire cream, and look a little lumpy. Serve in a dish with croutons of fried bread round.



## 127. Savoury Toast.

1 dessert-spoonful Harvey Sauce.	A few grains Nutmeg.
1 table-spoonful finely - chopped Chicken or Meat.	A little Salt.
A few grains Cayenne.	1 yolk of Egg.
	$\frac{1}{2}$ oz. Butter.
$\frac{1}{2}$ table-spoonful Milk.	

Mix butter, yolk, Harvey sauce, and milk together; add the meat and seasonings. Stir to a smooth paste, and spread on neatly-cut pieces of dry toast. Put in the oven a few minutes to slightly brown, and serve hot.

## 128. Egg Fritters.

3 Eggs hard boiled.	1 table-spoonful of Ham chopped.
1 table-spoonful of Chicken chopped.	1 teaspoonful of Anchovy Sauce.

Cut the eggs in halves lengthways, and remove the yolks. Chop very finely the chicken and the ham, and pound them in the mortar with the yolks of the eggs, add the anchovy and seasoning, and replace as much of the mixture in the hollow of one of the whites as fills it; put the other half in its proper place. Do this to the 3 eggs. Make an additional egg with what of the mixture remains, and make the following batter.

## 129. Batter.

2 table-spoonfuls of Flour.	1 white of Egg.
1 table-spoonful of Salad Oil.	Pinch of Salt, Pepper, and Cayenne.

Put 2 table-spoonfuls of flour in a bowl, add a pinch of salt, mix the salad oil in  $\frac{1}{2}$  a tea cup of warm water, and with this make the flour into a smooth batter. Beat the white up stiffly, and add it next. Have a small saucepan of dripping or lard smoking hot. Dip one of the eggs in the batter to completely cover it, and put it in the fat to fry till brown. Repeat. Serve on a napkin with fried parsley to garnish.



## CHEESE.

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### 130. Cheese Soufflée.

1 oz. Butter.  
1 oz. Flour.  
1 gill Milk.  
 $\frac{1}{2}$  teaspoonful Salt.

3 oz. grated Cheese.  
3 whole Eggs.  
1 white of Egg. [Cayenne.  
A little White Pepper and

In a small saucepan mix the butter and flour over the fire, then add the milk, and continue stirring till it boils and becomes thick.

Remove the saucepan from the fire, and add the salt, a little pepper, and a few grains of cayenne; mix well. Add the yolks one by one, mixing each thoroughly. Add now the cheese (it is better to be half Parmesan and half common dry cheese); mix it also well.

Then beat the whites to snow, and stir them in gently and gradually. Pour the whole into a prepared soufflee tin, and bake in a pretty quick oven twenty minutes. Fold a napkin round the tin and serve instantly.

A soufflee tin is plain and holds about 1 pint. It is prepared thus—Butter it well; then butter a double piece of paper and wrap it round the tin outside, having about 1 inch above the edge, and tie it on securely. The paper is torn off when the soufflée is ready.

### 131. Cheese Ramakins.

For cheese ramakins use the same preparation exactly as that given for Cheese Soufflée. Instead, however, of putting it in a soufflée tin, the mixture is put into small round or square paper, or china cases for the purpose, lightly buttered inside, and baked in a smart oven for about ten minutes. The mixture ought to rise very much, and should be served at once.

### 132. Cheese Tartlets.

Some trimmings or scraps of puff Paste.	1 gill of Milk.
$\frac{1}{2}$ an oz. Butter.	$\frac{1}{4}$ teaspoonful Salt.
$\frac{1}{2}$ an oz. Flour.	Pinch of Pepper and Cayenne Pepper.
2 oz. grated Parmesan Cheese.	2 Eggs.

Roll the paste out quite thinly, butter nine or ten small patty pans. Cut the paste the size with a notched cutter, and line the pans neatly with it.

Put into a small saucepan the butter and flour. Mix over the fire. Add the milk, stir till it boils and thickens; then remove the pan from the fire. Add the yolks of the eggs one by one, mixing each thoroughly. Add also the pepper and salt (the mixture should be very savoury); then add the cheese, and mix it also. The saucepan is never replaced on the fire after it has been taken off. Then lastly, add the whites of the eggs very stiffly beaten up. Add them gently. Put a little in each pan, and put all in the oven for about fifteen minutes, when they will have risen beautifully, and should be served at once.



## 133. Mock Crab.

$\frac{1}{4}$ lb. Cheese (grated).	$\frac{1}{2}$ teaspoonful made Mustard.
1 hard-boiled Egg.	1 table-spoonful Onion Vinegar.
$\frac{1}{2}$ teaspoonful Salt.	1 table-spoonful Salad Oil.
$\frac{1}{2}$ teaspoonful white Sugar.	1 table-spoonful chopped Chicken.

Rub the yolk of egg to a smooth paste with the oil, adding all the other things in succession, the cheese and chicken last. Serve in a crab shell, ornament the top neatly, and eat with brown bread, biscuits, or oat cakes.

## 134. Cheese D'Artois.

## PASTE.

$\frac{1}{2}$ lb. Flour.	$\frac{1}{2}$ teaspoonful Baking Powder.
$\frac{1}{4}$ lb. Butter.	Cold Water.

## MIXTURE.

$\frac{1}{4}$ lb. Cheese (Cheddar).	$\frac{1}{2}$ teaspoonful Salt.
2 oz. of Butter.	A Little White Pepper.
2 Eggs.	A few grains Cayenne.

To make the paste—put the flour, butter, and baking powder on a baking board, and chop the butter up into little bits; then, with cold water, make it all up into a firm piece of paste; roll this out lengthways, fold it in three equal parts; turn it half round, and roll it again in the same way; repeat this once more; this time divide the piece in two, and roll each half quite thin and nearly square (it should be about 12 inches square); spread one of the squares on a greased oven pan. Now grate the cheese, melt the butter, beat the eggs thoroughly, add the seasonings, and mix the whole together thoroughly. Spread this mixture all over the paste on the tin nearly to the edge; wet the edge all round, and place the other piece of paste on the top; brush it all over with a little



beaten egg, and mark it neatly with the point of a knife; put it in the oven to bake; it takes about half an hour; then cut it up into cakes about one inch broad and five inches long. The cakes are dished up like bricks, and a little grated cheese may be sprinkled over the top.

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### 135. Cheese Straws.

$\frac{1}{4}$ lb. Flour.	1 oz. Cheddar Cheese.
2 oz. Butter.	A pinch of Salt, Pepper, and
2 oz. Parmesan Cheese.	Cayenne.
A little Milk.	

Rub the butter carefully into the flour and add the cheese grated and the seasonings. Make it all up into a smooth paste with the milk. Roll this out into a piece about 6 inches broad,  $\frac{1}{4}$  inch thick, and as long as possible. Cut it up into straws 6 inches long,  $\frac{1}{2}$  an inch broad, and about  $\frac{1}{2}$  an inch thick; put them on a greased oven tin, and bake very lightly a yellow colour. Dish up neatly on a napkin.

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### 136. Cheese Biscuits.

6 oz. Flour.	1 Egg.
3 oz. Cheese.	A little Salt, Pepper, and
2 oz. Butter.	Cayenne.

Rub the butter into the flour; add the grated cheese and seasonings; mix the yolk of egg with a little water. With this make the whole up into a firm paste, which roll out thinly and cut into small fancy shaped biscuits. Bake lightly till yellow, and serve on a napkin.

The biscuits keep long and may be heated in the oven for use.



## VEGETABLES.

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### 137. French Beans.

1 lb. French Beans.		1 dessert-spoonful Butter.
Pepper, Salt.		A little Lemon Juice.

Wash the beans and string them, which means pull the string down the back, and cut them up in diamond shapes; put them in a saucepan of boiling water with a little salt, and boil rapidly with the lid off for about fifteen or twenty minutes till tender; drain and pour cold water over them; drain again, then turn them out on a cloth to drain the drops of water from them. Return them to the saucepan, adding the butter, pepper, and salt, and 1 teaspoonful of lemon juice. Shake them about till they become quite hot, and serve at once.

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### 138. Celery Stewed.

2 heads of Celery.		$\frac{1}{2}$ pint Milk.
1 oz. Butter.		$\frac{1}{4}$ pint white Stock.
1 oz. Flour.		Salt, Pepper, Nutmeg.
		Juice of $\frac{1}{2}$ Lemon.

Wash and trim the celery, paring the roots neatly and cutting the heads about 6 inches long. When perfectly white put it in cold water, with 1 table-spoonful of vinegar among it, to lie for an hour. Put into a porcelain lined saucepan, or one that is perfectly tinned, about 1 pint of water, with the juice of half a lemon. Let it boil, add half teaspoonful of salt; put the celery in and let it boil for ten



minutes. Remove the celery then, and wash it in clean cold water (put aside the water it was boiled in). Put into the saucepan the milk and stock; drain and put in the celery and let it boil for ten minutes longer. Dip a slice of toast in the water it was boiled in; cut it in quarters and put it on a vegetable dish. Remove the celery from the milk and put it on the bread. Mix the flour and butter together and stir it into the saucepan; stir till it boils and thickens; add salt, pepper, and a little nutmeg to taste, and pour the sauce over. The sauce may be handed separately. A little acid prevents white vegetables like celery becoming dark in colour after being cooked.

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### 139. Fried Celery.

1 head of Celery.

1 Egg.

1 teacupful fine Bread-crumbs.

Fat for frying.

1 table-spoonful grated Parmesan Cheese.

Cut the celery in pieces about 6 inches long; scrape and trim it neatly and let it lie for a quarter of an hour in water containing vinegar or other acid; then put it in a well-tinned saucepan containing boiling water, with a little vinegar and salt. Let it boil for ten minutes; remove from the pan and put into cold water; wash and dry the pieces, and roll each in a little flour. Have the egg beaten up; dip the pieces of celery in this, and roll them in the bread-crumbs and cheese mixed. Have the fat smoking hot; put in the pieces, a few at a time, and fry them a golden colour. Dish on a napkin neatly in a pile like bricks.



## 140. Jerusalem Artichokes.

1 lb. Artichokes.

1 oz. Butter.

$\frac{3}{4}$  oz. Flour.

1 gill Stock.

1 gill Cream or good Milk.

Pepper, Salt.

Lemon Juice.

Wash and pare the artichokes neatly, as nearly like a pyramid as possible. Let them lie in vinegar and water for some time after they are pared; put some water with a little lemon juice in a well-lined saucepan; when boiling, put in the artichokes and boil till tender, about fifteen minutes. Remove them then and put them neatly on a dish. Make white sauce with the flour, butter, stock, and cream; add a little salt and pepper, and pour the sauce over the artichokes to cover them, and serve very hot.

## 141. Artichokes Fried.

Boil the artichokes as above, then wash and dry them, and proceed as for fried celery. Serve on a napkin, and hand Italian Sauce with them.

## 142. Spinach.

1 lb. Spinach.

1 oz. of Butter.

Pepper and Salt.

Wash the spinach in many waters; pick each stalk off and put it in a saucepan with the water that hangs from the leaves. Let it boil rapidly for about ten minutes; take it up and drain all the moisture from it; chop, and rub it through a wire sieve. Return it to the dry saucepan with the butter, pepper, and salt to taste; stir till quite hot; serve it very neatly on a vegetable dish with small croutons of bread round.



## 143. Asparagus with Dutch Sauce.

Small bundle of Asparagus.	1 gill Stock.
1 oz. Butter.	1 gill Milk.
$\frac{1}{2}$ oz. Flour.	2 yolks of Eggs.
1 teaspoonful Lemon Juice.	Salt and Pepper.
1 slice Toast.	

Pick the asparagus and scrape it; cut it in equal lengths and tie it up in small neat bundles and let it lie in salt and water two hours. Have plenty of boiling water with salt enough to taste it; put in the bundles and boil gently about fifteen or twenty minutes. Take up the asparagus and dip the toast in the water it was boiled in, and serve the asparagus neatly on the toast after removing the strings, with the following sauce handed round. Put the butter and flour in a saucepan and mix; add the milk and stock; stir till it boils; add lemon juice, salt and pepper to taste; then remove the pan to the side of the fire, and stir in the yolks of eggs till smooth; serve very hot and *at once*.

## 144. Potato Ribbons.

2 or 3 large Potatoes.	Fat for frying.
Fine Salt.	

Wash the potatoes and cut them in slices of an inch in depth. Pare the slices very evenly, and proceed to cut them into long thin ribbons, which put into water. When all are ready have a saucepan of fat smoking hot. Take up the ribbons and dry them, and tie them into a pretty knot; drop them in the hot fat and fry a golden colour; drain on paper, sprinkle salt, and serve hot.



## 145. Stuffed Tomatoes.

3 large Tomatoes.

 $\frac{1}{2}$  teacupful Bread-crumbs.

1 oz. grated Parmesan.

1 oz. Bacon.

A little Parsley.

1 small Shalot.

1 teaspoonful Flour.

Pepper, Salt, Nutmeg.

1 oz. Butter.

Cut the tomatoes in halves across, and shake out the liquid and seeds contained in them. Put all this into a small saucepan, with the bacon and shalot very finely chopped; add the butter, parsley, pepper, and salt; stir all over the fire for eight or ten minutes till all are quite cooked. Then add the bread-crumbs and mix; divide this mixture into 6 portions and stuff each of the halves with this; sprinkle a few bread-crumbs on the top and put them in the oven for ten minutes. Serve on small rounds of toast.

## 146. Stuffed Mushrooms.

6 large Mushrooms.

2 oz. Sausage Meat.

 $\frac{1}{2}$  of a small Shalot, very  
finely chopped.

2 oz. Bread-crumbs.

A little chopped Parsley.

1 oz. Butter.

Pepper, Salt, and Nutmeg.

Remove the stalks from the mushrooms; wash and pare very neatly both the mushrooms and stalks. Put the butter in a small saucepan with the shalot, and cook a few minutes; then add the parsley, sausage meat, pepper, salt, and nutmeg, and stir constantly a few minutes longer till all are well cooked. Then add the bread-crumbs and mix; fill each mushroom with the mixture, and replace the stalk in the middle. Butter a tin plate and put the mushrooms on it carefully; cook in the oven about ten minutes. Serve each on a neatly cut piece of toast.



## 147. Cauliflower au Gratin.

1 Cauliflower.

1 oz. Butter.

1 oz. Flour.

$\frac{1}{2}$  pint Milk.

2 table-spoonfuls grated Parmesan Cheese.

Salt, Pepper, Cayenne.

Trim the cauliflower very neatly, cutting off the leaves even by the flower. Let it soak for half an hour in salted water. Then have plenty of boiling water with salt and a small pinch of soda in it. Put the cauliflower in with the flower downwards and let it boil rapidly, with the lid off the saucepan, about a quarter of an hour till it feels a little soft. Then take it up in a sieve to drain the water from it, and have the sauce ready. Mix the butter and flour over the fire; then add the milk, and boil, stirring constantly; then add salt, pepper, and cayenne to taste, and lastly the cheese, reserving a very little. Pour this carefully over all the flower, sprinkle what remains of the cheese over, and put it before the fire to brown a little. Serve hot.

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## 148. Potato Croquettes.

1 lb. cooked Potatoes.

1 teaspoonful Butter.

Pepper, Salt.

1 Egg.

Mash the potatoes thoroughly; stir in the butter, pepper, and salt, and the yolk of the egg; stir over the fire till hot, and then turn out on a dish to cool. Shape this mixture into croquettes or pieces resembling a cork; brush them over with the white of the egg slightly beaten up; roll in fine bread-crumbs and fry in smoking hot dripping. Dish on a napkin.



### 149. Potato Chips (Soufflée).

6 Potatoes.

| Some Fat for frying.  
Some fine Salt.

Select the potatoes rather small ; pare them very nicely ; cut them in 8 or 12 pieces exactly like the natural divisions of an orange, and put them in water. Put a good deal of fat in a saucepan, and when it is quite melted take the potatoes in a towel and thoroughly dry them and put them in the fat. Let them remain in the fat till they begin to float on the surface ; then remove them on to a dish and allow the fat to become smoking hot. Quickly put the potatoes back, when they will puff out and become brown. Take them up on a piece of paper to drain, sprinkle the salt over and serve very hot.

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### 150. Fried Parsley.

Take a bunch of fine fresh parsley ; wash and dry it a little on a cloth. Put the parsley in a wire basket, and put it in the fat for thirty seconds, shaking it a little. Hold it in front of the fire to crisp an instant, and it is ready.

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## SAUCES.

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### 151. Bechamel Sauce.

$\frac{1}{4}$ lb. lean Ham.	Blade of Mace.
$\frac{1}{2}$ lb. Veal	3 Mushrooms.
1 Onion. 1 Shalot.	Cayenne, Salt.
Blade of Celery.	1 pint Water.
Bunch of Herbs.	1 pint Milk.
2 table-spoonfuls Flour.	

Chop up the ham; cut the veal in small pieces; chop the onion. Put the whole, with all the vegetables and spices, in a bright saucepan with the water; let it boil gently half an hour; add the milk and stew half an hour longer; then add the flour moistened with a little milk and the seasonings. When well boiled, strain through a fine sieve, and serve.

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### 152. Brown Sauce Piquante.

$1\frac{1}{2}$ oz. Butter.	$\frac{1}{2}$ teaspoonful Mustard.
1 oz. Flour.	1 dessert-spoonful Vinegar.
1 Onion.	Salt, Pepper.
$\frac{3}{4}$ pint second Stock or Water.	

Put the butter in a saucepan, and add to it the onion chopped finely; stir over the fire till it is cooked a brown colour; add the flour and stir for ten minutes, till it is fried yellow; then add the vinegar, the mustard, seasonings, and stock, and let the whole boil for ten minutes longer. Strain and serve.



## 153. Tartare Sauce.

1 Yolk of Egg.  
1 gill Salad Oil.  
1 table-spoonful Vinegar.  
2 Gherkins.

$\frac{1}{2}$  teaspoonful Mustard.  
1 salt-spoonful Salt.  
1 teaspoonful Parsley.  
A little Pepper and Cayenne.

Put the yolk in a bowl and, with a wooden spoon, stir it a little; then add the oil, drop by drop, stirring constantly; when it is all put in, add the made mustard, salt and pepper, and the vinegar: then the gherkins finely chopped and the parsley.

## 154. Brown Sauce.

1 oz. Butter.  
 $\frac{1}{2}$  oz. Flour.  
 $\frac{1}{2}$  pint good Stock.

1 small Onion.  
2 Mushrooms.  
1 teaspoonful Caramel.

Bit of Carrot.

Put the butter in a saucepan to get quite hot; chop up the onion, carrot, mushrooms, and fry them a good colour; add the flour and fry it also; then the stock and caramel. Let all cook for ten minutes, stirring constantly; add pepper and salt, and strain for use.

## 155. Horse Radish Sauce.

1 root of Horse Radish.  
1 teaspoonful Mustard.  
 $\frac{1}{2}$  teaspoonful Salt.  
 $\frac{1}{4}$  teaspoonful Sugar.

$\frac{1}{4}$  teaspoonful Pepper.  
1 table-spoonful Vinegar.  
2 table-spoonfuls Cream.

Take off the stringiest part of the root, and scrape down the remainder, and pound it smooth; then mix it to a smooth paste with the cream; add the vinegar, salt, sugar, and mustard. If too thick add a little milk. Serve cold.

If to be used hot, add the yolk of an egg.

## 156. Soubise Sauce.

1 large Portugal Onion.

1 oz. Butter.

1 oz. Flour.

1 newly-boiled Mealy Potato.

1 pint Milk

Pepper and Salt.

Peel and slice the onion and put it in a saucepan, with the butter, pepper, and salt, and stew very slowly till the onion is dissolved, but do not allow it to colour in the very least. Add the potato, mashed, and the flour, and stir till mixed; then last of all, the milk, and stir for ten minutes, then rub all through a hair sieve, and keep warm for use.

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## 157. Sauce Hollandaise.

4 Yolks of Eggs.

2 oz. Butter.

$\frac{1}{2}$  gill Cream.

1 salt-spoonful Salt.

1 salt-spoonful Pepper.

1 teaspoonful Vinegar.

Put the raw yolks, butter, cream, pepper, salt, vinegar, in a small saucepan, and whisk it over a very gentle fire till it becomes thick like rich yellow cream. Great care must be taken lest it curdle, which it will do if the fire is at all hot. If it does, add a little white sauce or another raw yolk.

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## 158. Dutch Sauce.

1 oz. Butter.

1 oz. Flour.

$\frac{3}{4}$  pint Milk.

1 dessert-spoonful Vinegar.

3 yolks of Eggs.

Salt and Pepper.

Put butter and flour into a saucepan and mix over the fire; add the milk gradually; stir till it boils for five minutes; then add the pepper and salt. Move the saucepan to the side of the fire and drop in the yolks one by one, mixing each thoroughly; stir over the fire till it thickens; then add the vinegar. Mix well, and serve.



### 159. Mayonaise Sauce.

2 Eggs.  
Salt. Sugar.  
Cayenne. Mustard.

1 gill Salad Oil.  
1 dessert-spoonful Vinegar.  
1 teaspoonful Lemon Juice.

Have one egg boiled hard, and cold; remove the yolk, and rub it down in a bowl till smooth with a wooden spoon; add a few drops of oil, and stir till it is moist. Add to this the yolk of the raw egg, and mix also  $\frac{1}{4}$  teaspoonful of salt, a little pepper, cayenne, and sugar; then add the oil drop by drop, stirring vigorously and always in one direction, else the sauce is apt to curdle. When the oil is all added the sauce will be beautifully smooth, and like thick cream. Add now the vinegar, the lemon juice, and a little made mustard, and it is ready.

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### 160. Mushroom Ketchup.

Basket of Mushrooms.  
Salt.  
Cloves.

Mustard Seed.  
Allspice. Ginger.  
Black Pepper.

Pick and wash mushrooms, and sprinkle with salt. Stir occasionally for two or three days; squeeze out the juice; to each quart add  $\frac{1}{2}$  teaspoonful of cloves and mustard; allspice, black pepper, ginger,  $\frac{3}{4}$  teaspoonful of each. Put all into a covered pot, and allow it to heat gently till it comes to boiling point; leave it so for a fortnight; strain through cloth; bottle for use. Should it show any appearance of spoiling, boil up once more, with a little more spice and salt.

## 161. Chutney.

2 lbs. Apples.	1 oz. Chillies.
1 lb. Sugar.	1 oz. Garlic.
1 oz. ground Ginger.	2 oz. Shalots.
2 oz. Salt.	$\frac{1}{4}$ lb. Mustard Seed.
$\frac{1}{4}$ lb. Tamarinds.	1 $\frac{1}{2}$ pints Vinegar.

$\frac{3}{4}$  lbs. Raisins stoned and chopped.

Peel and chop up the apples, and boil them to a pulp in the vinegar; turn it out in a basin.

Cut the chillies up very finely, also the garlic and shalots. When the apples are cold add all the other ingredients and put it in bottles, and place them near the fire for several days.

## 162. Worcester Sauce.

1 quart White Wine Vinegar.	1 oz. Cayenne Pepper.
1 table-spoonful of Walnut Ketchup.	1 oz. of Indian Soy.
	6 oz. of Shalots. 2 oz. of Cloves.

Pound the cloves; chop and pound the shalots, and mix all the ingredients together and put them in a jar. Let it stand thus for a month, shaking pretty often, then strain and bottle for use.

## 163. Espagnole Sauce.

2 oz. Butter.	4 Cloves.
2 oz. Ham.	20 Peppercorns.
Small Onion.	1 dessert-spoonful Red Currant Jelly.
Bit of Carrot.	1 oz. Flour.
Bunch Herbs.	1 pint second Stock.
Blade Mace.	

Put the butter, ham, onion, carrot, herbs, mace, cloves, and peppercorns in a saucepan, and fry gently for ten minutes, stirring frequently; then add the flour and the stock, and boil gently for twenty minutes. Then add the red currant jelly and lemon juice, and strain for use.



## SALADS.

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### 164. Tomato Salad.

3 Tomatoes.  
2 table-spoonfuls Vinegar.  
 $\frac{1}{2}$  teaspoonful Salt.

$\frac{1}{4}$  teaspoonful Pepper  
 $\frac{1}{2}$  table-spoonful Salad Oil.  
Clove of Garlic.

Wash and dry the tomatoes and slice them across. Rub a flat dish with the garlic, just one rub over, and sprinkle 1 teaspoonful of the vinegar over the dish. Place the slices on it, and sprinkle over the pepper and salt; then pour over each slice a little of the vinegar and a few drops of the oil.

This salad should be made one hour before serving.

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### 165. Plain Salad.

Lettuce. Watercress.  
Beetroot. Radish. Endive.  
Shalot. Chives.  
1 table-spoonful Salad Oil.  
1 table-spoonful Cream.

1 dessert-spoonful Vinegar.  
1 teaspoonful fine Sugar.  
 $\frac{1}{2}$  teaspoonful Mustard.  
2 salt-spoonfuls Salt.  
1 salt-spoonful Pepper.

Wash the salad vegetables very nicely, but do not allow them to lie in water, and wipe the green vegetables dry with a soft towel; shred all up in small pieces. Put into a small basin the sugar, mustard, salt, pepper, and mix; then add the vinegar, and pour this over the salad. Then sprinkle the oil, and lastly the cream. Stir it up when to be used, and mix. The radishes, cut in thin slices, may be sprinkled all over the salad at the last.

## 166. Salmon Mayonaise.

Slice of Cooked Salmon.  
Lettuce. Tomato.  
Cucumber.

1 gill Mayonaise Sauce.  
Beetroot. Celery (a little of  
each).

Wash all the vegetables, and dry on a towel without crushing them; cut the cucumber and beetroot in very thin slices, the celery in very slender strips, and the tomato in slices; break up the lettuce in little pieces, and put it and the cress in the bottom of the dish. Put the slice of salmon in the centre; pour over it to mask it the mayonaise sauce. Put the cucumber and tomato alternately round, putting a small round of beetroot in the centre of each slice of cucumber.

## 167. English Salad.

Lettuce, Endive, Celery.

Beet, Cucumber.

2 hard-boiled Eggs.

1 teaspoonful Salt.

1 teaspoonful made Mustard.

1 salt-spoonful Sugar.

$\frac{1}{2}$  salt-spoonful Pepper.

1 table-spoonful Salad Oil.

1 table-spoonful Cream.

1 table-spoonful Vinegar.

1 dessert-spoonful Tarragon Vinegar.

Wash and boil the beet; cool and peel it, and cut it in slices; slice the cucumber; shred the lettuce, endive, and celery, and put all in a salad bowl. Put the yolks of the eggs in a basin; when quite cold, bruise them quite smoothly; add the salt, pepper, sugar and mustard, and mix; add the cream gradually. When thoroughly mixed, add the oil and vinegars; mix and pour over the salad. Don't stir it up till it is to be used.



## OMELETS.

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### 168. Cheese Omelet.

2 Eggs.		Pepper and Salt.
1 table-spoonful Milk.		1 oz. Butter.
1 table-spoonful grated Parmesan.		

Beat the yolks and whites separately, adding nearly all the cheese to the yolks, also a little salt and pepper, and then adding the beaten whites. Melt the butter in the omelet pan, pour in all the mixture, stir constantly till it begins to set. Then gather it to one side of the pan, exactly filling the half of the pan, and allow it to cook a few minutes; hold the upper side a minute in front of the fire, and turn it out on a hot dish and serve at once, with a little grated cheese sprinkled over it.

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### 169. Asparagus Omelet.

1 table-spoonful Asparagus Peas.		1 oz. Butter.
2 Eggs.		1 table-spoonful Milk.
Pepper and Salt.		

Cook some asparagus in the usual way; cut the ends into pieces like peas; put the yolks of the eggs in a bowl, and beat till perfectly light; add the milk, the peas, pepper and salt to taste. Beat the whites of the eggs very stiffly up; stir them in among the rest. Melt the butter in a clean omelet pan; pour in the omelet, stir it lightly till it begins to set; give the pan a little shake to keep it from sticking, then double it over to one side of the pan for one minute; very deftly tilt over to the other side for one minute, turn it out on a hot dish, and serve at once.



## 170. Oyster Omelet.

6 Oysters.

3 Eggs.

1 teaspoonful chopped Parsley.

1½ oz. Butter.

1 table-spoonful Milk.

Salt, Pepper.

Scald the oysters in their liquor, and then take them out and chop them up into 4 pieces each. Put the yolks of the eggs in a small basin, and mix them till they are creamy; add to them the parsley, chopped, the pepper and salt, the milk, and the chopped oysters, mixing all thoroughly. Beat the whites of the eggs stiffly, and stir them lightly into the basin among all the other ingredients. Put all the butter into a frying-pan and let it just melt; pour about 2 teaspoonfuls of it in among the ingredients in the basin, and mix it. Now pour the whole into the frying-pan and hold it over the fire till it begins to set—do not stir it. Shake the pan, and gently slip a knife round and under it, to be sure that the butter is getting right under the omelet. When it is set, and yellow on the under side, hold it an instant in front of the fire to set the top; double it over; turn it out on a hot dish, and serve at once. This is a delicious omelet.

## 171. Kidney Omelet.

1 Mutton Kidney.

2 Eggs.

1½ oz. Butter.

Salt, Pepper.

A pinch of Cayenne.

1 teaspoonful chopped Parsley.

Skin and chop up the kidney very finely; make the ½ oz. of butter very hot in a small saucepan; put the chopped kidney in and the parsley, and fry quickly, stirring constantly till it looks cooked, scarcely five minutes. Now



separate the whites and yolks of the eggs; add the seasonings to the yolks, mixing thoroughly. Beat the whites to snow and add them. Have the oz. of butter melted in a small omelet pan; pour the mixture in and stir till it begins to set; then shake the pan to spread it out. Now put the cooked kidney in the very middle, and double the omelet over to enclose it. Let it cook a minute longer; turn it out on a hot dish, and serve at once.

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## 172. Sweet Omelet.

2 Eggs.

1 table-spoonful fine Sugar.

1 table-spoonful Water.

1 teaspoonful Vanilla or other  
 $\frac{1}{2}$  oz. Butter. [flavouring.

1 table-spoonful Jam.

Put the water and sugar in a small saucepan to boil for a few minutes. Beat the yolks of the eggs till they look creamy, and pour the boiling sugar over them, stirring vigorously for a few minutes; add the vanilla. Then beat the whites to snow, and stir them in gently. Melt the butter in an omelet pan, pour in the omelet, and put it into a quiet oven for about ten minutes till it has risen and is cooked. Turn it out on a dish, put the jam in the middle, double it over, dust it with fine sugar, and serve.

This omelet can be cooked over the fire till it sets, then in front of the fire till it browns, instead of in the oven.

## PUDDINGS AND SWEETS.

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### 173. Spanish Pudding.

3 oz. of Butter.	4 Eggs.
4 oz. fine Sugar.	1 Apple.
Rind of 1 Seville Orange.	Some Apricot Jam.
4 oz. Puff Paste.	

Roll the paste out thinly and line a dish with it. Put some jam in the bottom of the dish. Beat the butter and sugar to a cream, add the eggs one by one, beating each till mixed, then add the orange rind grated, and the apple grated; mix all thoroughly; pour in the mixture and bake half an hour.

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### 174. Vanilla Soufflée.

1 oz. Butter.	1 teaspoonful Essence of Vanilla.
1 oz. Flour.	3 whole Eggs and 1 additional
1 gill of Milk.	white.
2 oz. of Sugar.	

Prepare a soufflée tin in the same way as for Cheese Soufflée.

Put the butter and flour in a saucepan to be mixed over the fire, then add the milk, stir till it boils and becomes thick; remove from the fire to cool for ten minutes, then add the sugar, the yolks of the eggs, one by one, stirring each thoroughly, then the whites stiffly beaten up, pour all into the prepared tin. Put it in a saucepan with half an inch of boiling water. Put the lid on the saucepan and steam gently three-quarters of an hour. Turn out, and send to the table with jam sauce round.



## 175. Viennoise Pudding.

4 oz. Bread.  
3 Eggs.  
4 oz. of Sugar.

2 oz. Candied Peel.  
2 oz. Sultana Raisins.  
 $\frac{1}{2}$  Lemon.

1 Large breakfast-cupful of Milk.

Cut the bread in small dice and put it in a basin, add also the peel—cut in very small pieces—and the raisins; add also the grated rind of the lemon. Put 1 table-spoonful of the sugar in a small saucepan and set it over the fire till it becomes brown, then add the milk and stir over the fire till it gets quite hot. Put the remainder of the sugar in the basin with the other ingredients, add to them the milk, which will have become coffee colour; then beat the eggs up well, stir them in, add the juice of the half lemon; have a fancy mould well buttered and dusted over with sugar and a few cherries in the bottom to decorate. Pour the pudding in; cover with buttered paper; steam one hour. Pour out and serve with custard sauce round.

## 176. Charlotte à la Polonaise.

A 6d. Sponge Cake.  
2 table-spoonfuls of Jam.

2 table-spoonfuls Milk or light  
Wine.

$\frac{1}{2}$  pint of double Cream.

Have a small round sponge cake made or bought. Cut it across in slices; soak each slice with the milk; spread the jam over it, and restore them to the shape it was before, and put it on a crystal dish. Whip the cream up stiffly; add to it 1 dessert-spoonful of sugar, a little essence of vanilla, and pour it all over the cake, spreading it over every part of it. Sprinkle a little pink sugar over the top, and it is ready.



## 177. Cocoa-Nut Sponge Pudding.

2 teacupfuls of Stale Cake Crumbs.	1 teacupful of Sugar.
2 teacupfuls of Milk.	3 Eggs.
1 teacupful of grated Cocoa-Nut.	A little Nutmeg.
1 table-spoonful of Rose Water.	

Boil the milk and pour it over the stale crumbs and the cocoa-nut. Let it soak for a short time, add the nutmeg and the sugar, and stir well, then the yolks and rose water, then the whites of the eggs beaten up quite stiffly. Pour it into a pudding dish with a little paste put round the edge, and bake about three-quarters of an hour. It may require a paper put over it in the oven if it browns too quickly. Dust sugar over, and serve hot or cold.

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## 178. Gateau des Pommes.

6 oz. Sugar.	1 oz. Gelatine.
1½ lbs. Apples.	½ pint Water.
Rind and Juice of 1 Lemon.	A little Cochineal.

Soak the gelatine in half of the water and put it aside. Pare and slice the apples; put the remainder of the water in a saucepan with the sugar to boil; then add the apples, the rind and juice of the lemon. Let all stew till the apples are quite soft; rub the whole through a sieve; dissolve the gelatine and add it. When it is thoroughly mixed, take a teacupful of it and colour it red with a little cochineal or carmine, and pour it into an oiled mould till it gets quite set; then add all the remainder. When quite firm, turn out, and serve with custard or cream.



## 179. Gâteau de Riz.

$\frac{1}{4}$  lb. whole Rice.  
1 pint Milk.  
3 Eggs.  
 $\frac{1}{4}$  lb. Sugar.

1 teaspoonful Essence of  
Lemon, or a little Almond  
Flavouring.  
Some brown Bread-crumbs.

Wash the rice in at least 3 waters; drain it, and put it on with the milk to boil for about twenty minutes, never stirring or moving it, but allowing it to simmer at the side of the fire. Remove it from the fire and add to it the sugar, flavouring, and the eggs well beaten, all must be mixed thoroughly in the pan in which the rice was boiled. Butter a plain tin shape, and grate into it some crust of bread till a coating adheres to the shape all over. Shake out the superfluous ones; pour in the pudding; sprinkle some more brown crumbs on the top, and put in the oven to bake three-quarters of an hour till it becomes firm. Turn out the pudding and pour over it some apple jelly or strawberry jam melted, and serve.

## 180. Ravensworth Pudding.

2 large Apples.  
 $\frac{1}{4}$  lb. grated Bread.  
1 small Lemon.

$\frac{1}{4}$  lb. Sugar.  
 $\frac{1}{2}$  pint Milk.  
3 Eggs. A little Nutmeg.

Bake the apples and take all the pulp out of them. Boil the milk and pour it over the bread-crumbs to soak for a while; then add to this the yolks, one by one, the grated rind and juice of the lemon, the apple pulp, and the nutmeg. Whip the whites up very stiffly, and add this last. Grease the inside of a plain pudding mould; dust it over with fine bread-crumbs, and shake out all the superfluous ones; pour in the pudding, and bake for three-quarters of an hour; turn out, and pour syrup sauce round it.



## 181. Pine Apple Pudding.

$\frac{1}{4}$  lb. tinned Pine Apple.  
 $\frac{1}{4}$  lb. Flour.  
 $\frac{1}{4}$  lb. Butter.  
 $\frac{1}{2}$  pint Milk.

$\frac{1}{4}$  lb. Sugar.  
 3 Eggs.  
 2 table-spoonfuls of the Syrup.  
 1 teaspoonful Vanilla Essence.

Put sugar, butter, and milk in a saucepan to boil; remove it then from the fire and stir in the flour; replace the saucepan on the fire and boil for five minutes till it becomes a thick paste; remove it from the fire and add the yolks of the eggs, one by one, stirring each in thoroughly; then add the pine apple cut up in small dice, the two table-spoonfuls of the syrup found in the tin, and the flavouring. Whip the whites to snow, and add them last, and very gently. Pour the whole into a plain mould buttered inside and dusted with sugar; cover with a buttered paper, and steam very gently for one hour. The mould should be only three-quarters full.

## SYRUP SAUCE.

2 table-spoonfuls Pine Apple  
 Syrup.  
 $\frac{1}{2}$  teacupful of Water.

1 table-spoonful Sugar.  
 A little Vanilla Essence.  
 1 dessert-spoonful Corn Flour.

Mix and stir over the fire till it boils, and serve round pudding.

## 182. General Favourite Pudding.

Sponge Cake.  
 Strawberry Jam.  
 3 Eggs.

1 teacupful Milk.  
 2 oz. fine Sugar.  
 1 teaspoonful of Arrowroot.

A few drops of Cochineal.

Have a few slices of sponge cake spread with the jam put in the bottom of a pudding dish, or about 4 penny sponge cakes split up and spread with jam. Then, to make a custard, put the milk on to boil; mix the yolks of eggs and



1 dessert-spoonful of sugar in a bowl ; pour the boiling milk over them, stirring all the time. Then return the whole to the saucepan till the custard thickens, but it must not boil ; pour this over the sponge cake in the pudding dish. Now beat the whites of the eggs to a firm froth ; add the arrow-root, finely powdered, and 1 table-spoonful of fine sugar, and spread three-quarters of this roughly over the top of the pudding. Put 2 drops of cochineal among the whites remaining on the plate ; mix it till the whole becomes pink ; put this pink froth here and there among the white on the top of the pudding ; dust a little sugar over, and put it in a very slow oven till it becomes quite hard.

### 183. Jenny Lind Pudding.

4 or 6 penny Sponge Cakes.

2 table-spoonfuls Strawberry

2 oz. Sugar. [Jam.

1 small Lemon.

3 Eggs.

1 teacupful Water.

$\frac{1}{2}$  of a Cocoa Nut, grated.

$\frac{1}{2}$  pint Cream.

A few Hundreds and Thousands.

Slice the sponge cakes and put them in a glass dish ; spread the jam over them ; grate the rind of the lemon and squeeze out the juice ; put this in an enamelled saucepan with the water and the sugar to boil ; beat the yolks of the eggs in a basin ; pour the boiling mixture over it, stirring all the time ; return it all to the saucepan, and stir over the fire till it thickens—it must not boil. Beat the whites up stiffly, and stir them gently in among the custard. When it becomes cool, pour it over the sponge cakes. Sprinkle over this the cocoa-nut ; then mix a dessert-spoonful of sugar with the cream in a basin ; beat it to a light froth, and lay it over all. Sprinkle on the top some small sweets or pink sugar, and serve cold.



## 184. Counsellor's Pudding.

 $\frac{3}{4}$  pint Milk.

2 oz. Cherries.

2 oz. Ratifia Biscuits.

4 oz. Sponge Cake.

4 Eggs.

 $\frac{1}{2}$  teaspoonful Ratifia Essence.

Have a plain pudding mould nicely buttered and dusted over with sugar; put part of the cherries in a pattern in the bottom of it. Then over that arrange the ratifia biscuits. Cut the sponge cake in narrow slices, about 1 inch broad and  $\frac{1}{4}$  inch thick; make those stand round the sides of the shape; fill up the centre with the remainder of the sponge cake, the ratifias, and the cherries chopped up in small pieces—the cake and biscuits to be crumbled. Beat up the eggs well, leaving out one white, which is not required for this pudding; add the milk to them and the flavouring; pour all into the shape; cover with a buttered paper, and steam gently for one hour. Serve with sweet melted butter sauce, coloured pink with cochineal, and flavoured like the pudding.

## 185. Apricot Soufflée.

6 ripe Apricots.

 $\frac{1}{4}$  lb. Sugar. $\frac{1}{4}$  pint Water.

2 oz. Flour.

1 oz. Butter.

 $\frac{1}{4}$  pint Milk.

3 Eggs and 1 white.

Put the apricots in a saucepan with the sugar and water; stir over the fire for ten minutes till the fruit is cooked; rub through a sieve and put aside. Put into a clean saucepan the flour and butter; add the milk gradually, and stir over the fire till it boils; then add the apricot purée and boil again for five minutes. Remove the saucepan from the fire; add the yolks one by one; then the whites beaten up very stiffly. Put into a soufflée tin and bake for thirty minutes, or steam for three-quarters of an hour.



## 186. Crystal Palace Pudding.

1 oz. Gelatine.  
 1½ pints Milk.  
 ¼ lb. Sugar.  
 3 yolks of Eggs.  
 2 oz. of Sponge Cake.  
 1 oz. Ratifias.

2 Bay Leaves.  
 ¾ teaspoonful Vanilla.  
 2 oz. of Candied Fruit or  
 Sultana Raisins.  
 A few drops Cochineal or  
 Carmine.

Soak the gelatine in the ¼ pint of the milk; put the yolks, sugar, and vanilla in a basin, and beat all well with a wooden spoon. Put the pint of milk on to boil with the bay leaves in it (it is better to be rather slow in coming to the boil). When boiling, pick out the leaves and stir it gradually among the eggs and sugar; return it to the saucepan with the soaked gelatine, and stir over the fire till the custard thickens, it must not boil. Pour it all out in 2 basins to get cold. Colour half of it pink with the carmine. Now take a cream mould; put a few cherries or any other fruit in the bottom, and a few thin slices of the sponge cake, a few ratifias, and pour in some custard, and let it get firm. Then a little more cake and fruit, and some pink custard, and repeat all once more. Let it get quite firm and cold; turn it out like a shape of cream.

## 187. Compote of Oranges.

4 sweet Oranges.  
 ½ of a Lemon.

6 oz. of Sugar.  
 1 oz. of Gelatine.

¼ of a pint of Water.

Grate the yellow part of the rind of one of the oranges and the half lemon, and put it in a bright saucepan with the water, the sugar, and the gelatine; stir over the fire till it boils for five minutes. Remove the skin very carefully



from the oranges, and all the white pith possible, divide them into liths, and put them into the boiling mixture in the saucepan to boil gently for five minutes (after they boil up). Have a plain shape, arrange some of the orange liths in the bottom, overlapping each other very neatly, and pour in as much of the syrup as covers them about  $\frac{3}{4}$  of an inch deep in the mould. Allow it to become quite cold and firm. Then put a small mould in the centre or a small jelly can. Arrange the remainder of the oranges round the outside of this small shape, pour the syrup in to fill up (it should be cold without being stiff), allow it all to get quite firm. Then pour a little warm (not hot) water in the centre shape, and carefully remove it. Put some whipped cream in the place where the shape was, dip the whole in warm water, and turn carefully out on a dish.

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### 188. Steamed Cocoa-Nut Pudding.

2 oz. of Bread-crumbs.

2 oz. stale Sponge Cake-crumbs.

$\frac{3}{4}$  pint of Milk.

$\frac{1}{4}$  lb. Cocoa-nut.

2 oz. of Butter.

2 oz. of Sugar.

4 Eggs.

1 teaspoonful Essence of Vanilla.

Grate the cocoa-nut and put it in a sauce-pan with the milk, let it come slowly to the boil, and then let it boil for five minutes. Beat the butter and sugar together till it looks white, add to it the bread and cake crumbs, and pour over all gradually the boiling milk and cocoa-nut, stirring all the time. Mix well. Beat the yolks of the eggs, and add them, then two of the whites very stiffly beaten; add vanilla last of all. Pour the pudding into a well buttered and sugared shape which has been decorated with cherries, and steam very slowly for an hour and a half.



## 189. Compote of Oranges and Cocoa-Nut.

6 sweet Oranges.  
Grated Cocoa-nut.  
1 Lemon.

$\frac{1}{2}$  lb. Sugar.  
1 pint of common Cream.  
 $\frac{1}{2}$  pint of Water.

Some Hundreds and Thousands.

Peel the oranges, grating the yellow part of the rind of one and of the lemon. Remove all the white part of the rind very carefully without breaking the oranges in the least; divide them into liths very carefully. Put water, sugar, juice, and grate of the lemon, and the grate of the orange in a bright saucepan, and allow it to boil for five minutes, then add the oranges, and after it boils again, allow them to boil for five minutes. Remove the oranges from the pan, and boil the syrup till it becomes quite thick. Allow all to get quite cold. Arrange some of the orange liths neatly on a glass dish, add a good sprinkling of cocoa-nut, then a little syrup, then the remainder of the oranges, some more cocoa-nut and the remainder of the syrup. Whip up the cream to froth, and pile it on the top, sprinkling over some chopped Pistacio nuts, or the hundreds and thousands.

## 190. Spanish Soufflée.

Small round Sponge Cake.  
Jam.  
Lemon Syrup.

2 Eggs.  
Milk.  
Sugar.

Have a sponge cake (round is best) made by any simple sponge cake recipe; it should be about 4 inches in height. Cut it in 4 slices across; spread each slice except the top one with jam—raspberry or strawberry is best—and replace them one on top of another as they were originally, soaking each slice as you put it on with about 1 table-spoonful of



lemon, or other fruit syrup; failing that, with a little milk or cream. Beat the whites of the eggs to a very firm froth; add gently 1 table-spoonful of fine sifted sugar, and spread this smoothly over the top and sides of the cake; dust a little more sugar on the top, and put in a slow oven to get hard. It may become yellow but not brown. Meanwhile put the yolks of the two eggs in a small bowl; add to them 1 dessert-spoonful of sugar and a little flavouring. Put 1 teacupful of milk on to boil; pour it then over the yolks, stirring carefully all the time; return it to the saucepan and stir over the fire till the custard begins to thicken; pour this round the foot of the soufflée in the dish, and serve either hot or cold.

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### 191. Caramel Custard.

4 Eggs and 1 Yolk.

4 oz. Sugar

1 pint of Milk.

1 teaspoonful of Lemon Essence.

Have a plain tin pudding mould, put 1 table-spoonful of sugar into a small saucepan and stir till it becomes quite brown like coffee. Pour this into the mould and run it all over the bottom of it. Butter then the sides of the mould, beat the eggs and sugar together till mixed well, then add the milk and flavouring. Pour all into the prepared mould, cover with a piece of buttered paper; have a stewpan with an inch of boiling water in it; put a saucer or something flat in the bottom of it, set the pudding tin on this, and cover the pan with the lid. Let it steam very slowly for at least one hour. It must not boil, but be set on a part of the stove where it will keep hot without boiling. Turn out and serve hot or cold.



## 192. Vermecelli Pudding.

$\frac{1}{4}$  lb. Vermecelli.  
1 oz. Butter.  
1 pint of Milk.  
2 oz. Sugar.

1 oz. Almonds.  
3 Eggs.  
Grated Rind of  $\frac{1}{2}$  a Lemon.  
A little Nutmeg.

Put milk and butter on to boil, crush the vermacelli in the hand till it is in quite short pieces. Put it in the boiling milk, and stir over the fire about five minutes, till it becomes thick. Remove it then from the fire and add the sugar, the almonds (previously blanched and finely chopped), the lemon and nutmeg, and the yolks of the eggs; stir all well to mix thoroughly. Beat the whites of the eggs to snow, and stir in gently. Pour all into a well buttered and sugared plain shape; cover with a buttered paper, and steam for one hour gently. Turn out carefully and serve with fruit sauce.

## 193. Victoria Pudding.

4 oz. of Marrow or fine Suet.  
4 oz. of Flour.  
4 oz. of Bread grated.  
4 oz. of Jam—Plum or Apricot.  
4 oz. of chopped Apples.  
2 oz. of Sugar.

$\frac{1}{2}$  teaspoonful mixed Cloves and Nutmeg.  
 $\frac{1}{2}$  pint Milk. 4 Eggs.  
Juice and grate of  $\frac{1}{2}$  a small Lemon  
1 pinch of Salt.  
 $\frac{1}{4}$  lb. candied Peel or Cherries.

Chop the marrow, and mix in a basin the marrow, flour, grated bread, sugar, chopped apples, salt, the peel—cut up in very small pieces—add the jam, the rind and juice of the lemon, and the spices; beat the eggs and milk, and add last; giving the whole a thorough mixing. Butter a shape and ornament it with raisins or cherries. Pour in the pudding; cover the shape with a buttered paper, and steam for an hour and a half. Serve out carefully, and serve with Albert Sauce.



## 194. Egg Snow Pudding.

4 whites Eggs.

2 table-spoonfuls Sugar.

A little Flavouring.

Have a plain mould and put into it 1 table-spoonful of sugar; stir it over the fire till it melts and becomes as brown as coffee; run this all round the mould to coat it in every part. Beat the whites of the eggs to snow; add 1 small table-spoonful soft sugar to them gently, and a few drops of flavouring; pour them into the prepared mould; cover with a bit of buttered paper; put the pudding into a saucepan with enough water to float the mould; cover the saucepan with the lid and steam very gently for three-quarters of an hour, and turn it out. The mould should only be half filled.

## 195. Ginger Pudding.

3 oz. Flour.

3 oz. Preserved Ginger.

3 oz. Sugar.

3 Eggs.

3 oz. Butter.

 $\frac{1}{2}$  pint Milk.

2 table-spoonfuls Syrup of the Ginger.

Boil the milk and butter together, stirring all the time; stir in the flour rapidly, and stir the pan vigorously till it is well boiled and quite smooth. Let the whole then cool in the saucepan for ten minutes; then drop in the yolks of eggs one by one, stirring each thoroughly; then add the ginger, cut in small pieces, the syrup, and mix all well. Beat the whites of eggs stiffly, and add them last, and very gently; pour the pudding into a buttered and sugared plain pudding mould, and steam for one hour gently. Serve with Rose Sauce or Syrup Sauce.



## 196. D'Arioles à la Vanille.

 $\frac{1}{2}$  pint Milk. $1\frac{1}{2}$  oz. Flour.

1 teaspoonful Vanilla.

1 oz. Butter.

2 Eggs.

Some Puff Paste.

Mix the flour, sugar, and milk in a small saucepan gradually till quite smooth; dissolve the butter and add it, and stir all over the fire till it boils; then beat up the eggs till very light, and add them and the vanilla off the fire.

Have some scraps of paste, either short crust or rough puff paste will do. Roll the paste out quite thinly, butter the inside of about eight small d'ariole moulds or small tin cups, and line those neatly with the paste, wetting the parts where the paste is joined. Fill those cups three-quarters full with the mixture, and put them in a pretty quick oven to bake nearly half an hour. Remove the d'arioles from the cups, and put plenty of fine sugar on the top. Serve hot.

## 197. Lemon Sponge.

1 oz. Gelatine.

1 teacupful of Water.

 $\frac{1}{4}$  lb. Sugar.

1 large Lemon.

4 whites of Eggs.

Soak the gelatine in the water, and then dissolve it, and set it aside to cool a little. Press out the juice of the lemon and have it ready, also the sugar; have all standing ready. Now put the four whites of eggs in a basin, and with a whisk beat them up quite stiffly, then add a little gelatine, a little lemon, a little sugar, still beating; continue adding a little more of each till all are used up, beat a few minutes longer till the whole is thoroughly mixed, then put it into a wetted shape. A delf or copper shape is best. It turns out in a few minutes like a cream.



## 198. Cold Rice Pudding.

3 table-spoonfuls Carolina Rice.  
 1½ pints Milk.  
 4 oz. Sugar.

3 yolks of Eggs.  
 ½ oz. Gelatine.  
 1 gill Cream.

Soak the gelatine in ½ a teacupful of cold water. Wash the rice carefully, and pick it; put it into a saucepan with the pint of milk; put on the lid, and put it on the fire to boil gently till it has absorbed all the milk, which will take from twenty minutes to half an hour (it must not be stirred). Then add the sugar, and turn it out in a basin to get cold. Put the ¼ of a pint of milk in a small saucepan to boil; have the yolks mixed lightly in a bowl; pour the boiling milk over them, and mix thoroughly. Replace this custard on the fire with the soaked gelatine, and stir till the gelatine is melted and the custard thickens (it must not boil). Add this now to the rice, and mix thoroughly. Last of all, whip the cream and add it; decorate a border mould with cherries and angelica, and fill it with the mixture; set on ice to get quite cold. Turn out and fill the centre with a purée of fruit, or with whipped cream, which may be coloured with cochineal.

## 199. Rice Croquettes.

¼ lb. Rice.  
 1 pint Milk.  
 1 oz. Butter.  
 1 table-spoonful Sugar.

2 Eggs.  
 1 pinch Salt.  
 A little Nutmeg.  
 A little Jam.

Wash the rice well and put it in a saucepan, with the butter and milk, to boil gently at the side of the fire till it has taken up all the milk, and is quite dry (it must not be stirred at all). It will take from twenty minutes to half an hour to be ready. When dry, remove it from the fire,



and stir in the sugar, nutmeg, salt, and the yolks of the 2 eggs; stir a few minutes over the fire, and turn it all out on a dish to get quite cold. Then take up a piece like a small egg; have flour on the hands, and roll this into a ball; make a little hole with the point of the finger in the ball; put in a little jam, and cover it over with rice. Repeat till all are finished. Beat the 2 whites of the eggs a little; brush the croquettes over with this quite thickly, and roll them in fine bread-crumbs. Have some lard or dripping in a stewpan, enough to cover the croquettes; drop them in when it is hot enough, and fry a golden colour. Serve with custard sauce.

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## 200. Diplomatic Pudding.

6 oz. of grated Bread.

3 oz. Marrow.

4 oz. Sugar.

1 oz. Flour.

2 oz. Valencia Raisins.

2 oz. Currants.

2 oz. Peel. 4 Eggs.

2 oz. Sultana Raisins.

$\frac{1}{2}$  pint of Milk.

Rind of 1 Lemon.

$1\frac{1}{2}$  oz. Cherries.

Mix in a basin the bread, flour, marrow, and sugar; boil the milk with the grated rind of lemon among it, and pour it over the ingredients in the basin. Cover and allow it to stand for about ten minutes; add the fruit, carefully prepared, the raisins stoned, and the peel cut in small pieces; then add the eggs, beaten until they are very light, mix thoroughly. Butter a pudding mould, and dust it over with fine sugar; decorate the bottom with a few cherries or other candied fruits; pour in the pudding; cover with a piece of buttered paper, and steam two hours. Serve with syrup sauce made with the juice of the lemon.

## 201. Madeira Pudding.

 $\frac{1}{2}$  lb. rough puff Paste. $\frac{1}{4}$  lb. Sugar. $\frac{1}{4}$  lb. Butter. $\frac{1}{2}$  teaspoonful Baking Powder. $\frac{1}{4}$  lb. Flour. $\frac{1}{2}$  lb. Strawberry Jam.

3 Eggs.

1 teaspoonful Essence of Vanilla.

Make  $\frac{1}{2}$  lb. of flour and  $\frac{1}{4}$  lb. of butter into rough puff paste, following the instructions given for making this paste. Roll for the last time, about  $\frac{1}{8}$  of an inch thick, and with this cover a small assiette or pie dish; use the scraps to make the edges very pretty. Spread the jam in the bottom of the dish; beat the sugar and butter together till very light. Beat the yolks of eggs very well and add them; then the flour and flavouring, and last, the whites very stiffly beaten. When thoroughly mixed, spread this over the jam; dredge some sugar over, and put in a moderately hot oven to bake till it is ready (about three-quarters of an hour). Serve hot or cold.



## PUDDING SAUCES.

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### 202. Syrup Sauce.

2 oz. Sugar.		$\frac{1}{2}$ pint Water.
Rind of Lemon finely chopped.		

Boil all for five minutes, and pour over the pudding.

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### 203. Custard Whip Sauce.

1 table-spoonful Sugar.		A little Flavouring, either
1 teacupful Milk.		Lemon, Vanilla, or Orange
1 oz. Almonds.		Flower Water, to suit the
1 Egg, and 1 yolk of Egg.		Pudding.

Put all the ingredients in a small saucepan, and whisk steadily over the fire till it is all froth and hot (it must not boil); then serve.

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### 204. Albert Sauce.

$\frac{1}{4}$ lb. fresh Butter.		$\frac{1}{2}$ oz. Almonds.
2 oz. fine Sugar.		2 teaspoonfuls Lemon Juice.
2 table-spoonfuls Water.		

Beat the butter and sugar to a cream (the sugar should be very fine, and a wooden spoon used) till the whole looks perfectly white; add the water and lemon juice, a drop at a time, as the beating goes on, until it is all mixed in and perfectly smooth. It looks like clotted cream.

## 205. Rose Sauce.

1 small Beetroot.	1 lb. Sugar.
1 small Lemon.	1 pint Water.
$\frac{1}{2}$ teaspoonful Essence of Vanilla.	

Peel the beetroot and cut it in thin slices ; put it into a saucepan with the water and the lemon rind very thinly pared. Let it all boil half-an-hour ; strain it, and return it to the pan with the sugar, vanilla, and lemon juice to boil for five minutes. When cold, put it into small bottles ; cork and seal them. The sauce keeps well, and may be used as a store sauce.

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## 206. Fruit Sauce.

2 table-spoonfuls Jam or Jelly.	1 teacupful Water.
1 table-spoonful Sugar.	1 teaspoonful Corn Flour.

Mix all the ingredients together, and stir over the fire till the whole boils a few minutes. If made with jam, strain, and it is ready for use.

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## 207. Sweet Melted Butter Sauce.

1 table-spoonful of Sugar.	$\frac{1}{2}$ pint Water.
1 oz. of Flour.	Yolks of 1 or 2 Eggs.
1 oz. Fresh Butter.	Juice of $\frac{1}{2}$ a Lemon.

Mix flour, butter, sugar, and water smoothly together, and stir over the fire till they boil ; add the lemon juice, and remove from the fire, and stir in the yolks of the eggs, and mix thoroughly. Make quite hot and serve.



## JELLIES, CREAMS, & ICES.

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### 208. Sweet Jelly.

1 Ox Foot, or Calves' Feet.

$\frac{1}{2}$  lb. Raw Sugar.

4 Eggs.

4 Lemons.

1 Blade Mace.

$\frac{1}{2}$  oz. Cassia Buds.

1 inch Cinnamon.

4 Cloves.

2 Glasses Sherry Wine, if liked.

2 fed calves' feet are equal to 1 ox-foot, and make the same quantity of jelly; they are prepared in the same way as the ox-foot, but need not be boiled quite so long.

Get the ox-foot broken across several times; split it up between the toes; take out a piece of fat that is between the toes, and all the marrow from the bones. Get the foot well washed, and put it on covered with cold water, and bring it to the boil. Now take it out into a basin of cold water, and scrape it well and thoroughly (this is called blanching the foot). After again rinsing in cold water, put it on in a clean pot with 2 quarts of cold water (9 breakfast-cupfuls). Bring it to the boil, skimming well, and boil very gently for about eight hours. If very gently simmered by the side of the fire, the stock does not reduce too much. Strain it into a basin, either through a towel or sieve, and stand aside to get quite cold. There should be 6 breakfast-cupfuls of stock.

When quite cold, carefully remove all the fat from the

top with an iron spoon; then wash the top with a towel wrung out of hot water, and dry it afterwards with a dry part of the towel.

Now put the stock into a clean saucepan, add the sugar, the mace and cloves, the cassia buds crushed a little, the cinnamon broken in small bits, the lemon rind very thinly pared off, and the juice strained to keep back the seeds, the eggs (leaving out 2 yolks) beaten up a very little, the shells crushed up.

Put this on the fire and whisk briskly till it boils (no longer). Allow it to boil very gently about five or ten minutes. Withdraw it from the fire, cover it with the lid, and allow it to settle for five or ten minutes.

Have a flannel or felt jelly bag hung up. Pour a good deal of boiling water through the bag to warm and cleanse it. When the water has all run out, put a clean basin under the bag, and pour the jelly in. When a little has run through, put another basin under, and pour very gently back into the bag what first ran through. This may be done a second time, when the jelly should be a brilliant colour.

If wine is used, it is best put into the saucepan just before the jelly is poured into the bag. But with the above seasonings, the jelly is excellent without wine.

*N.B.*—The jelly bag should never be washed with soap, but with plenty of hot water.

Cassia buds have a pleasant flavour, but if not conveniently to be had, use instead  $\frac{1}{2}$  an oz. of fine cinnamon stick.

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## 209. Aspic Jelly.

1 pint good brown Stock.  
 1 pint Water.  
 1½ oz. Gelatine.  
 1 Lemon.  
 1 bouquet Garni.  
 Small Carrot.  
 Small Onion.

1 blade Mace.  
 6 Cloves.  
 ½ teaspoonful Salt.  
 1 teaspoonful Peppercorns.  
 1 dessert-spoonful Tarragon  
 Vinegar.  
 2 whites and shells of Eggs.

Put the stock, which must be quite free from fat, into a bright saucepan with the water, gelatine, rind and juice of lemon, the bouquet garni (which consists of a sprig of thyme and marjoram, 2 bay leaves, and a little parsley, all tied in a bunch), and the other vegetables and spices, the salt and peppercorns, and last, the eggs. Whisk all over the fire till it boils; let it simmer for fifteen minutes with the lid on at the side of the fire; then strain through a napkin or jelly-bag twice. Part may be coloured to suit taste and the dish. Pour it into a shape and decorate it with pieces of lobster, chicken, oysters, etc., or use it for decorations or salads.

## 210. French Oranges.

4 Oranges.  
 ¼ lb. Sugar.  
 1 oz. Gelatine.

1 Lemon.  
 2 whites and shells of Eggs.  
 ½ pint Cream.

A few drops of Vanilla.

Cut the oranges across in halves, and empty the skins carefully without breaking them. Notch the edges of the skins, and then put them in cold water.

Press all the juice out of the pulp of the oranges and strain it; add as much water as makes the whole up to a



pint. Put this pint of liquid in a saucepan with the gelatine previously soaked in 1 gill of water; add to it the sugar, rind and juice of the lemon, and the whites and shells of the eggs; whisk the whole over the fire till it boils. Let it boil gently at the side of the fire for nearly ten minutes with the lid on. Then let it stand five minutes off the fire, and strain it through a flannel bag twice. Dry the orange skins carefully, and set them evenly either among ice or salt, and fill them with the jelly, and allow it to get firm.

Now whip up the cream very stiffly, and add to it 1 teaspoonful of fine sugar, and a few drops of vanilla. Pile the cream on the top of the jelly, and put a pretty French confection in the middle.

## 211. Jelly from Gelatine.

1½ oz. of Gelatine.  
6 oz. Sugar.  
1½ pints of Water.  
2 Lemons.

Small blade of Mace.  
6 Cloves.  
¼ oz. Cinnamon.  
1 teaspoonful of Caramel.

Whites and shells of 2 Eggs.

Put into a very clean saucepan, the water, sugar, mace, and cloves; pare very thinly the skin of the lemons and add it. Squeeze out the juice and strain it into the saucepan. Break the cinnamon in small pieces and put it in, also the whites and shells of the eggs. Whisk the whole over the fire till it boils; let it simmer by the fire for ten minutes; then strain it twice through a clean flannel jelly-bag (the bag should have a quantity of hot water poured through it first to heat it).

*N.B.*—This jelly may be made of 2 oranges and 1 lemon in the very same way, or be coloured pink with a little cochineal.



## 212. Pine Apple Cream.

$\frac{1}{4}$ lb. tinned Pine Apple.	$\frac{1}{2}$ pint Double Cream.
2 oz. Sugar.	1 dessert-spoonful Lemon Juice.
$\frac{3}{4}$ oz. Gelatine.	1 teacupful Water.
$\frac{1}{2}$ teacupful Syrup.	

Reserve two slices of pine-apple, which cut up in small dice and set aside; cut the remainder in rough pieces and put them, the water, the syrup from the tin, the lemon juice, and the sugar, on to stew for about a quarter of an hour till it is a little tender; add the gelatine, previously soaked in  $\frac{1}{2}$  a teacupful of water; stir over the fire till it is quite dissolved, and rub the whole through a coarse sieve, and set it aside to cool somewhat. Whip the cream quite stiffly, and mix in gently the mixture previously prepared. When mixed and slightly cool, add the pieces of pine-apple, and mix. Pour into a wet shape and stand till it is firm.

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## 213. Rice Cream.

Some boiled Rice.	$\frac{3}{4}$ oz. Gelatine.
1 small Lemon.	2 oz. Sugar.
$\frac{1}{2}$ pint double Cream.	$\frac{1}{2}$ pint of Milk.

Have the rice boiled dry, as one would boil it for curry, and put it aside to get cold. Pare the lemon very thinly, and soak the yellow part in the milk for an hour; then add the gelatine to this; let it soak for a short time; dissolve it over the fire; strain it, and put it aside to cool. Put the cream in a basin; whip it up till it is quite thick; then add to it the sugar, stirring gently; sprinkle one handful of rice in; then add the gelatine, and last, the lemon juice. Mix gently; put into a shape to get firm.



## 214. Ginger Cream.

 $\frac{3}{4}$  oz. of Gelatine.

1 gill Milk.

2 oz. Sugar.

 $1\frac{1}{2}$  oz. preserved Ginger.1 table-spoonful Syrup of  
Ginger. $\frac{1}{2}$  teaspoonful Essence of  
Ginger. $\frac{1}{2}$  pint double Cream.

Soak and dissolve the gelatine in the milk; cut the ginger in very small pieces; whip the cream very stiffly; add to it, gently stirring, the sugar; then the syrup which is found in the jar of ginger; then the essence of ginger, the gelatine (which should be a little cool), and last, the preserved ginger. Let it be getting cool before it is poured into a wetted mould, else the ginger will sink to the bottom.

## 215. Strawberry Cream.

1 table-spoonful of Strawberry  
Jam. $\frac{3}{4}$  oz. of Gelatine.

1 gill of Water.

Cochineal.

1 gill of Milk.

1 table-spoonful of Sugar.

1 table-spoonful Essence of  
Strawberries. $\frac{1}{2}$  pint of double Cream.

Soak the gelatine in the milk for a quarter of an hour. Put the strawberry jam and water into a porcelain-lined saucepan, and stir till it boils; then rub it through a fine hair sieve, keeping back all the seeds of the strawberries; then pour it out to cool a little. Put the gelatine and milk now in the saucepan to dissolve (not to boil). Put it also aside to cool. Put the cream in a basin, and whip it with a whisk till it becomes quite thick; add gently the



strawberry, gelatine, sugar, mixing with a spoon; add a few drops of cochineal till it looks a pretty pink shade, and last of all, the strawberry essence. Pour it into a mould to cool.

Instead of strawberry jam and water,  $\frac{1}{2}$  a lb. of fresh strawberries may be used—the juice of the fruit pressed through a sieve—and in that case, neither jam, water, or strawberry essence are required. In every other respect the recipe is the very same, except that a little more sugar is required.

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## 216. Apricot Cream.

8 half Apricots (tinned).

2 table-spoonfuls Syrup.

2 table-spoonfuls Sugar.

A few drops Essence of Almonds.

$\frac{3}{4}$  of an oz. Gelatine.

$\frac{1}{2}$  a gill of Water.

$\frac{1}{2}$  a pint of Double Cream.

Dissolve the gelatine in the water for half an hour. Put the apricots, the sugar, and the syrup in a bright saucepan till the apricots are quite soft; rub the whole through a sieve, and set it aside to get a little cool. Dissolve the gelatine and add it to the apricots, and let all become a little cool without being at all stiff. Put the cream in a basin; whip it up till it is quite stiff; add all the other mixture gradually, and the flavouring; put it in a wetted shape and set aside to get firm. Then turn out carefully.

## 217. Lemon Water Ice.

4 Lemons.  
 $\frac{1}{2}$  lb. Sugar.

Water.  
 Ice and Salt.

Rub the rind of the lemons all over with the sugar, which should be lump, so as to take all the zest or flavour from it. Then cut the lemons in halves and press out the juice, and strain it. Add to the lemon juice as much water as makes  $1\frac{1}{2}$  pints in all. Put this on to boil with the sugar. Let it boil five minutes; pour it out in a large basin to get cold. Then put it in the freezer, and, using the necessary proportions of ice and salt, freeze it. It may be served in a heap, surrounded with biscuits, or pressed into fancy shapes, and left among the ice till they are required and turned out.

*N.B.*—It is unnecessary to give directions for freezing, as directions are given with the different kinds of freezers.

## 218. Chocolate Cream Ice.

(CREME DE CHOCOLAT).

$\frac{1}{4}$  lb. Chocolate.  
 3 yolks Eggs.  
 $\frac{3}{4}$  pint Milk.

$\frac{1}{2}$  pint Cream.  
 6 oz. Sugar.  
 1 gill Water.

1 teaspoonful Essence of Vanilla.

Grate the chocolate and dissolve it over the fire in the water. Boil the milk and pour it boiling over the yolks, well mixed. Return to the fire till the eggs thicken; add the chocolate, and stir a few minutes longer; pour the whole into a basin; add the sugar, the cream, and the vanilla; stir well and put aside to get cold, then freeze as usual.



## 219. Raspberry Ice Cream.

1 lb. Raspberries.  
 $\frac{1}{2}$  lb. Sugar.  
1 Lemon.

4 yolks Eggs.  
 $1\frac{1}{4}$  pints Milk.  
A few drops Carmine.

Put raspberries, 6 oz. of sugar, the juice of the lemon, and  $\frac{1}{2}$  a teacupful water to boil in a porcelain-lined pan. Let it boil two minutes, and rub the whole through a fine hair sieve and put it aside to cool. Boil the milk and have the yolks and 2 oz. of sugar well beaten in a basin; pour the boiling milk over this, stirring vigorously; then return it all to the saucepan to thicken (it must not boil); put it aside to get cold. Then mix the fruit and custard together; colour with the carmine. Put into a quart shape, and freeze.

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## 220. Pine Apple Ice Cream.

$\frac{1}{2}$  tin of Pine Apple.  
1 Lemon.

$\frac{1}{2}$  lb. Sugar.  
1 pint new Milk.

1 teacupful of Cream.

Chop the pine-apple up in small pieces, and put it in a mortar with part of the sugar, and pound it to a pulp, or as nearly so as possible; add the liquid of the  $\frac{1}{2}$  of the tin to it; rub the whole through a sieve. When this is done, add the remainder of the sugar, the cream, juice of the lemon, and the milk, until the quantity is made up in all to 1 quart. A few little square pieces of the softest part of the pine apple may be left whole and added. Pour into the shape, and freeze.

## 221. Nesselrode Pudding.

6 yolks and 3 whites of Eggs.

 $1\frac{1}{4}$  pints Milk.

2 oz. Savoy Biscuits.

1 teaspoonful Essence of Vanilla.

1 oz. Almonds.

 $\frac{1}{4}$  pint Cream. $\frac{1}{2}$  oz. Pistachio Nuts.

2 oz. Cherries.

2 oz. Currants.

6 oz. Sugar.

Juice of  $\frac{1}{2}$  a Lemon.

Boil the milk and pour it over the yolks of the eggs, and replace the whole on the fire, and stir till the custard thickens. Pour it out into a basin, and stir in the sugar and the savoy biscuits crushed up; set aside to get quite cold. Then beat the whites up quite stiffly, and stir them in, and pour the whole into the freezer to freeze. When half frozen, stir in the almonds pounded, the pistachio nuts chopped finely, the cherries cut in small pieces, and the currants cleaned; last, the cream whipped stiffly; finish the freezing. It may then be packed into pudding shapes, and put in an ice box till wanted.



## CAKES.

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### 222. Gateau Neapolitaine.

$\frac{1}{2}$ lb. Flour.	2 yolks of Eggs.
$\frac{1}{4}$ lb. Butter.	$\frac{1}{2}$ lb. Icing Sugar.
$\frac{1}{4}$ lb. Fine Sugar.	2 whites of Eggs.
$\frac{1}{4}$ lb. Almonds.	Some Cherries and Angelica.
Grate of an Orange or Lemon.	Some Jam.

Blanch, chop, and afterwards pound the almonds.

Rub the butter in among the flour; add the sugar and pounded almonds. Moisten to a paste with the yolks of eggs. Knead the paste a good deal to render it smooth. Finally, roll it into a long piece, the form of a rolling pin. Divide this then into six equal parts. Roll each out round, and cut it with a cutter about five or six inches in diameter. Place the cakes on a buttered tin, and bake a pale yellow colour. Let them get quite cold, and spread them thinly with apricot or other good jam, and place one on top of the other, reserving the best, without jam, for the top. Then ice the cake. Put the icing sugar in a basin, and mix it quite smoothly with the whites of the eggs. It should be rather thick, else it will run off the cake. It is best to mix in one white first and then add the second, or part of it, as will be necessary. A few drops of lemon juice improves the icing. Spread this smoothly over the top and sides of the cake, and decorate the top with the cherries and angelica in a pretty pattern.

This cake had better not be cut till it is two days old.

## 223. Brunswick Cakes.

$\frac{1}{2}$ lb. Flour.	$1\frac{1}{2}$ teaspoonfuls Baking Powder.
3 oz. Butter.	2 Eggs.
6 oz. Fine Sugar.	$\frac{3}{4}$ teacupful Milk.
$1\frac{1}{2}$ teaspoonfuls between Cloves, Cinnamon, and Nutmeg.	

Beat butter and sugar to a cream. Add the eggs, well beaten, and then the milk; mix thoroughly. Add the flour and baking powder, mixed, and the spices. Have small cake tins, rubbed with dripping and dusted with flour. Pour the mixture in to the depth of about one inch, and bake till ready, which is about half-an-hour. Then ice.

## I C I N G.

$\frac{1}{2}$ lb. Icing Sugar.	$\frac{1}{2}$ teaspoonful Essence of
$1\frac{1}{2}$ table-spoonful Water.	Cloves or Ginger.

Mix, heat a little, and pour on the top of the cakes when they are a little cool.

## 224. Cocoa-Nut Cake.

$\frac{1}{2}$ lb. Flour.	2 oz. Cocoa-Nut.
$\frac{1}{2}$ lb. Sugar.	3 Eggs.
1 teaspoonful Baking Powder.	1 teaspoonful Essence of Vanilla.
$\frac{1}{4}$ lb. Butter.	1 table-spoonful Milk.

Grate cocoa-nut and dry it for two days, then weigh it. Beat the butter and sugar to a cream, and add the milk. Beat the eggs very well till they are quite light and add them. Then add the flour, baking powder, and vanilla, beating each ingredient thoroughly as it is added, then the cocoa-nut. Mix, and pour into a papered cake-tin, and bake in a gentle oven about one hour.



## 225. Thin Sand Cakes.

$\frac{1}{4}$  lb. Flour.  
2 oz. Corn or Potato Flour.  
 $\frac{1}{4}$  lb. Butter.

$\frac{1}{4}$  lb. Fine Sugar.  
 $\frac{1}{2}$  Skin Lemon Peel.  
 $\frac{1}{2}$  of an Egg.

Chop the peel up very finely ; rub the butter among the flour, and add all the other ingredients, mixing to a stiff paste with the egg. Put the paste aside in a cold place to stand for half an hour. Then roll out very thinly indeed ; cut the cakes with a plain round cutter ; sift a little fine sugar over, and bake in a moderate oven till yellow.

## 226. Angel Cake.

The Whites of 5 or 6 Eggs.  
5 oz. of Fine Sifted Sugar.  
 $2\frac{1}{2}$  oz. of Flour.

1 small teaspoonful of Cream  
of Tartar.  
1 teaspoonful Vanilla Essence.

This cake bakes better in small shapes than large. Butter the inside of two small tin pudding shapes, or one will do, and sprinkle some sugar over. Put the whites in a basin (if small it is better to have six whites), and beat them up to a perfectly stiff froth. Add all the sugar at once, and beat a few minutes longer. Take out the whisk and replace it with a spoon, and sift the flour in with the cream of tartar, mixed. Mix it gently, and as little as possible ; add the vanilla, and mix. Pour it into the shape ; sprinkle a little sugar on top, and put it into a *very* gentle oven for about half an hour.

The success of this cake depends on, 1st, the thorough beating of the whites ; 2nd, the very gentle mixing of the flour, and 3rd, the slowness of the baking ; a warm, but not hot oven. The yolks may be used to make a custard, or the orange cake that follows.



## 227. Orange Cake.

 $\frac{1}{2}$  lb. Flour. $\frac{1}{2}$  lb. Sugar. $\frac{1}{2}$  lb. Butter.

Yolks of 5 Eggs.

1 large Orange.

2 Lemons.

 $1\frac{1}{4}$  teaspoonful Soda.

Pare the orange very thinly, and put the rind in a basin with the juice of the lemons to soak for at least one hour.

Beat the butter and sugar to a cream, then drop in the yolks of eggs one by one, and beat the whole for ten minutes. Then strain the lemon juice and add it, then stir in the flour, and mix thoroughly, then the soda dissolved in one tablespoonful of hot water. Put into rather a flat cake pan, and bake till ready.

## ICING.

$\frac{3}{4}$  lbs. icing sugar, the juice of the orange and rind of the lemons.

Pare the rind off the lemons very thinly, and soak it in the orange juice for one hour, then strain it. Mix the juice with the icing sugar till it is thick and smooth, spread this over the cake when it is a little cool.

## 228. Sponge Cake.

5 Eggs.

6 oz. Flour.

 $\frac{1}{2}$  lb. Soft Sugar. $\frac{1}{2}$  teaspoonful Lemon Essence.

Break the eggs into a basin, and add the sugar to them. Whisk the whole without ceasing for a quarter of an hour. Then add the milk; then sift the flour in; stir it very gently till quite mixed. Have a very clean cake-pan of the desired shape; butter it carefully, and dust it over with fine sugar, or sugar and flour mixed in equal quantities. Shake out all the superfluous sugar; pour the mixture in; sift sugar on the top, and bake gently till it is ready.



## 229. Cocoa-Nut Biscuits.

2 oz. of Grated Cocoa-Nut. |  $\frac{1}{4}$  lb. Fine Sugar.  
2 Whites of Eggs.

Grate and let the cocoa-nut dry for two days spread out on a sheet of paper. Then beat the whites of the eggs to snow, and stir in gently the cocoa-nut and sugar, and with a teaspoon drop the biscuits on a sheet of white paper placed on an oven tin. Bake in a cool oven till hard. Remove from the paper by wetting the back of the biscuits with a brush. They take about half an hour to bake, but may be left in a cool oven all night.

## 230. Plum Cake.

$\frac{3}{4}$ lb. Flour.	$\frac{1}{4}$ lb. Almonds.
$\frac{1}{2}$ lb. Sugar.	1 Orange.
6 oz. Butter.	$\frac{3}{4}$ teaspoonful Baking Powder.
$\frac{3}{4}$ lb. Currants.	$\frac{1}{4}$ oz. mixed Spice (Cinnamon, a
$\frac{1}{4}$ lb. Cherries.	little Cloves and Nutmeg).
$\frac{1}{2}$ lb. mixed Peel, Lemon Orange,	$\frac{1}{2}$ gill of Milk.
and Citron.	4 Eggs.

Rub the rind of the orange over with the sugar till the zest is pretty well rubbed off. Cut the mixed peel all up in small pieces; blanch, chop, and pound the almonds; wash and thoroughly dry the currants; chop the cherries a little.

Put butter and sugar in a basin, and beat it to a cream; then add the eggs well beaten, and the juice of the orange, mixing both thoroughly; then add the flour and baking powder; mix then the fruit and spices. When all is well mixed add the milk, which should just be enough to make a workable cake batter (a little more milk may be required). Bake in a well papered cake tin till ready.



### 231. Finger Sponge Biscuits.

2 large Eggs.

$\frac{1}{4}$  lb. Flour.

$\frac{1}{4}$  lb. Sugar.

$\frac{1}{4}$  teaspoonful Baking Powder.

Put the sugar and eggs in a basin, and whisk them over hot water till they are very light and warm; then remove from the fire and continue whisking till the batter is cold (they should be whipped in all a quarter of an hour). Then stir in very lightly the flour and baking powder. Put the whole into a forcing bag with a tube  $\frac{1}{4}$  of an inch in diameter; have a sheet of clean paper on an oven tin; force the mixture out in lengths like a finger; dredge sugar over, and put them in a quick oven for a few minutes. When ready, turn the paper over and remove the biscuits; stick two together while warm.

### 232. German Pound Cake.

$\frac{3}{4}$  lb. Flour.

$\frac{1}{2}$  lb. Butter.

$\frac{1}{2}$  lb. fine Sugar.

4 Eggs.

$\frac{1}{4}$  lb. mixed Peel.

$\frac{1}{4}$  lb. Sultana Raisins.

1 teaspoonful Essence of Lemon.

$\frac{1}{2}$  teaspoonful Baking Powder.

Put the butter and sugar in a basin, and beat it till perfectly white with a spoon. Beat up the eggs for ten minutes till very light, and stir them in, mixing them thoroughly; add the flour gradually, beating constantly. Have the fruit carefully prepared and add it, also the baking powder and flavouring. Butter a baking tin and cover it with paper, putting several folds in the bottom. When the cake mixture is thoroughly beaten up, pour it in, and bake about one hour till the cake is ready. When cold, ice the cake with  $\frac{1}{2}$  a lb. of icing sugar, mixed quite smoothly with the white of one egg, or one and a half as it may require. The white is not beaten up, only mixed with the sugar.



### 233. Arrowroot Biscuits.

$\frac{1}{2}$  lb. Arrowroot.

$\frac{1}{4}$  lb. Flour.

1 teaspoonful fine Sugar.

2 oz. Butter.

A little Milk.

Rub the butter among the dry ingredients; make the whole into a stiff paste with milk; knead it a few minutes till it is quite smooth. Roll very thinly; cut into round biscuits; prickle the top, and bake a pale yellow.

### 234. Gateau de Chantilly.

5 Eggs.

4 oz. fine Sugar.

3 oz. Flour.

$\frac{1}{2}$  teaspoonful Essence of Vanilla.

$\frac{1}{2}$  pint double Cream.

1 table-spoonful fine Sugar.

Beat the 4 oz. of sugar and the eggs with a whisk over hot water for about ten minutes, till it looks a thick froth; then remove the basin, and whip off the fire for five minutes longer till it becomes cool again. Add the flour very gently, stirring only till the whole is mixed. Butter very carefully the inside of a casserole mould, and dust it over with fine sugar; pour in the cake. The mould should only be three-quarters full, or if more than that, should have a buttered paper fastened outside the mould, and another piece in the centre, to prevent the mixture running over. Put this into a moderate oven and bake gently. It is best to set the tin up on a ring, or something to prevent the shape touching the iron of the oven, as it is apt to burn when it touches. Turn out.

Whip up the cream quite stiffly; add to it 1 dessert-spoonful of sifted sugar and a few drops of vanilla, mixing carefully. Fill up the centre of the cake with this, and serve.



## 235. Macaroons.

 $\frac{1}{4}$  lb. Almonds. $\frac{1}{4}$  lb. Fine Sugar.

2 small whites of Eggs.

Blanch the almonds; wash and dry them in a towel; chop them very finely, and spread them out on a dish to dry for two or three days. Spread a sheet of paper on an oven tin—it need not be greased. Pound the almonds. Beat the whites very stiffly, and add to them the pounded almonds and sugar, mixing them in quickly. Put the mixture out in teaspoonfuls on the paper, a little distance apart from each other; touch the tops lightly with a wet brush, and put a strip of blanched almonds on the top of each. Put them into a slow oven till they are quite hard. Then remove the paper from the tin; turn it upside down, and wet the back of each biscuit with cold water; in a few minutes they will easily come off the paper.

## 236. German Cakes.

 $\frac{1}{2}$  lb. Flour. $\frac{1}{4}$  lb. Butter. $\frac{1}{4}$  lb. Sugar.

1 Egg.

 $\frac{3}{4}$  teaspoonful Baking Powder.1 teaspoonful Essence Lemon  
or Ground Cinnamon.

Some Jam.

Rub butter, sugar, flour, and baking powder roughly together; beat up the egg; add the essence to it, and with this make the whole up into a smooth piece of paste. Divide this paste in two equal parts. Grease a dinner plate, or round tin of the same size, and roll each piece of paste round, the size of the centre of the plate; place one piece on the plate, spread jam on the top, place the other piece above that. Pinch the edges neatly, and bake till ready, about three-quarters of an hour. Cut up like a wheel.



## 237. Coffee Biscuits.

$\frac{1}{2}$ lb. Flour.	2 oz. Sugar.	$\frac{1}{4}$ lb. Butter.
$\frac{1}{2}$ teaspoonful of Baking Powder.	1 Egg.	A little Milk.

Rub the butter among the dry ingredients; make those into a paste with the egg and a very little milk beaten up together. Knead very well to make the paste smooth; roll it very thinly; cut it out in pieces 3 inches long by  $1\frac{1}{2}$  broad; mark the top with a fork or biscuit stamp; bake a yellow colour in rather a quick oven.

## 238. Gateau Turc, with Coffee Icing.

4 Eggs.	4 oz. fine Sugar.
4 oz. fine Flour.	$\frac{1}{2}$ teaspoonful of Baking Powder.

## COFFEE ICING.

2 oz. fresh Butter.	$\frac{1}{4}$ lb. fine Sugar.
1 table-spoonful of clear strong Coffee.	

Put the eggs and sugar in a basin, and beat them over hot water till they are warm, about ten minutes; remove the basin to the table and beat five minutes longer; then sift in the flour and baking powder; stir gently. Put it into a plain mould buttered and dusted over with sugar, and bake till ready. Remove from the tin and let it get quite cold.

## ICING.

Beat the butter and sugar till it is quite white like cream; add the coffee (which must be cold) very gradually, a few drops at a time, till it is a firm smooth paste. Put this into a forcing bag with tube, and decorate the cake prettily in somewhat of a Turkish pattern, and put it in a cold place for use.



## 239. Cheese Cakes.

Scraps of Puff Paste.

 $\frac{1}{2}$  lb. Flour.

3 oz. of Butter.

6 oz. Sugar.      2 Eggs.

 $\frac{1}{2}$  teaspoonful Baking Powder.

1 teaspoonful Essence of Lemon.

Butter and line twelve small patty pans with scraps of puff paste rolled out  $\frac{1}{8}$  of an inch thick; then prepare the following mixture:—Put butter and sugar in a basin and beat it to a cream, then add the eggs one by one and beat thoroughly, then add the flour, baking powder, and essence, and give all a good beating. Put a small spoonful in each pan; cut a narrow stripe of paste and twist it on top. Put in a quick oven, and bake a quarter of an hour.

## 240. Simnel Cake.

6 oz. Butter.

 $\frac{3}{4}$  lb. Flour. $\frac{1}{2}$  lb. Sultanas. $\frac{1}{4}$  lb. Candied Peel. $\frac{1}{2}$  Valencia Raisins.

1 teaspoonful Mixed Spice.

6 oz. Sugar.

 $\frac{3}{4}$  lb. Currants.

1 teaspoonful Cinnamon.

 $\frac{1}{2}$  teaspoonful Ginger. $\frac{1}{2}$  teaspoonful Baking Powder.

A little Nutmeg.

4 Eggs.

 $\frac{1}{2}$  teacupful Milk.

Wash and dry the currants and sultana raisins; cut the peel up into small square pieces, and stone the raisins. Put the butter and sugar in a basin and beat to a cream. Beat the eggs separately and very well, and add them; then add the flour, baking powder, and spices; mix well. Add all the fruit. When all is thoroughly mixed, add the milk if necessary, which depends greatly on the size of the eggs. The mixture should be a paste that can be stirred easily. Grease several folds of paper for the bottom and sides of a cake-tin; pour in the mixture; smooth it over the top;



sprinkle the top with a little water; dust it over with sugar; cover it with sweetmeats, and bake about one and a-half hours, protecting it both above and below to prevent it burning.

This cake is much improved by being kept four weeks before it is cut, as the fruit causes it to undergo a fermenting process which improves it very much.

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### 241. Madeira Cake.

6 oz. Fresh Butter.

8 oz. Flour.

6 oz. Castor Sugar.

5 Eggs.

$\frac{1}{2}$  teaspoonful Essence of Almonds.

Beat the butter and sugar to a perfectly white cream with a wooden spoon. Beat the eggs separately for ten minutes and add them; thoroughly beat them into the butter and sugar. Then sift in the flour and mix it, add the flavouring, and beat for five minutes longer. Pour into a well-papered cake tin, put a broad strip of citron peel on the top, and bake in a moderate oven till ready.

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### 242. Rice Biscuits.

$\frac{1}{4}$  lb. Rice Flour.

2 Eggs.

$\frac{1}{4}$  lb. fine Sugar.

$\frac{1}{2}$  teaspoonful Baking Powder.

$\frac{1}{2}$  teaspoonful Essence of Lemon.

Put sugar and eggs in a basin and beat them for a quarter of an hour till they are very light; add the flavouring, the flour, and baking powder, mixing gently. Cover a baking tin with a sheet of paper; drop the mixture on it in small spoonfuls, and bake in a quick oven till ready, that is a few minutes only. Remove them from the paper when they are a few minutes out of the oven.



### 243. Chocolate Cake.

$\frac{1}{4}$ lb. Butter.	1 teaspoonful Essence Vanilla.
6 oz. Sugar.	3 Eggs.
8 oz. Flour.	$\frac{3}{4}$ teacupful of Milk.
1 teaspoonful Baking Powder.	2 oz. grated Chocolate.
$\frac{1}{2}$ teaspoonful Ground Cinnamon.	

Beat butter and sugar to a cream; add eggs, well beaten, and mix thoroughly. Grate the chocolate and dissolve it in the milk over the fire till it is quite melted and warm, and add it, then flour, baking powder, spice, and essence. Give the mixture a good beating, and pour into a buttered and floured cake-pan, and bake about one hour or till quite firm.

### 244. Wheaten Meal Biscuits.

$\frac{1}{2}$ lb. Wheaten Meal.	A little Milk.
2 oz. Butter.	2 oz. Sugar.
1 Egg.	2 teaspoonfuls of Baking Powder.

Rub the butter carefully among the flour and baking powder; add the sugar. Beat up the egg, and stir it in; adding as much milk as is necessary to make a stiff paste. Roll this paste one-eighth of an inch thick; cut into round biscuits, prickle on the top, and bake till ready in a moderate oven.

### 245. Wheaten Bread.

1 lb. Wheaten Meal.	1 teaspoonful Carbonate of Soda.
2 oz. Butter.	About 1 breakfast-cupful of Milk
1 oz. Soft Sugar.	and Water.
$\frac{1}{2}$ teaspoonful Tartaric Acid.	

Rub the butter among the meal; add the other dry ingredients, mixing well; moisten the whole to a firm paste with the liquid. Make this all up into a round smooth lump. Butter an oven shelf, dust a little flour on it, and



put the paste down; press it out with the hand into a round scone, rather more than an inch thick. Cut this down quite through, dividing it into four without separating the pieces; prickle on the top, and bake in a pretty hot oven till ready, about twenty minutes.

### 246. Chocolate Dessert Biscuits.

3 Whites of Eggs.	$\frac{1}{2}$ lb. Sugar.
2 oz. Chocolate.	$\frac{1}{4}$ teaspoonful Vanilla.
$\frac{1}{2}$ teaspoonful Lemon Juice.	

Beat the whites of the eggs and the sugar together for a quarter of an hour, adding the vanilla and the lemon juice gradually; then stir in the chocolate grated. Have an oven tin covered with paper; put the mixture at once on it in small rounded teaspoonfuls; dredge with a little fine sugar, and put into a cool oven at once till they become hard. When ready, brush the back of the paper with water and they will come off.

### 247. Macaroon Cheese Cakes.

2 oz. Almonds.	2 Whites of Eggs.
3 oz. Fine Sugar.	1 tablespoonful Rice Flour.
$\frac{1}{2}$ teaspoonful Baking Powder.	Puff Paste.

With some trimmings of puff paste, rolled out one-eighth of an inch thick, line 8 small patty pans.

Then blanch 2 oz. sweet almonds and dry them; pound them in a mortar, or grind them down quite finely, and mix them with the sugar and the 2 whites of the eggs, beating all together for ten minutes; add the rice flour and the baking powder; put a little of the mixture in each of the lined pans; touch the top of each with a brush dipped in cold water, and bake in a moderate oven for about ten minutes.



## PASTRY.

### 248. Puff Paste.

$\frac{1}{2}$  lb. Flour.

$\frac{1}{2}$  lb. Butter.

1 yolk of Egg.

Water.

1 teaspoonful Lemon Juice.

The butter for this paste ought to be firm, and the paste made in a cool, or even a cold place.

Put the flour on a table, and make a well in the middle of the heap. Mix together in a cup the yolk of egg, lemon juice, and a little water; pour this into the well, and make the paste up into a firm, smooth piece of paste, using as much more water as is necessary to make up the flour. The paste must be firm and smooth. Knead it a little, and roll it out into an oblong square piece, and about  $\frac{1}{4}$  of an inch thick. Put the butter now between the folds of a clean towel, and press it out flat till it is about half the size of the piece of paste; place the butter on one end of the paste; double over the other half on the top of it, and pinch the edges to enclose the butter. Turn it round so as to have the open edges to each end; dredge a little flour over, and roll it very lightly from end to end, thus making it into a long narrow stripe. Dredge a little flour; fold it in three even parts, and put it away into some cold place for a quarter of an hour at least. Then bring it back and roll it in the same way (always having the open ends at the end, not at the side); dredge with flour, fold, and roll again; fold and put it aside in a cold place once more—that is three times it has been rolled. It must be rolled in the same manner three times more; then the paste is to be doubled only, and rolled the thickness required. Cut up into patties, or use in any manner required.



## 249. Rough Puff Paste.

$\frac{1}{2}$  lb. Flour.

6 oz. Butter.

1 yolk of Egg.

1 teaspoonful of Lemon Juice.

This paste is well adapted for pies and dishes in which very good light paste is required.

Put flour and butter on the table, and, with a knife, roll the butter among the flour; then chop the butter up into pieces about half an inch large. Mix the egg, lemon juice, and a little water together, and with this make up the flour and butter into a firm piece of paste. When this is mixed lightly into a compact piece, put it on the table, and sprinkle with a little flour. Sprinkle flour on the top, and roll it out into a long narrow piece, observing always to roll one way, that is outward, and back again. When it is all about a quarter of an inch thick, sprinkle a little flour over; fold the paste evenly in three parts; turn it half round and roll again in the same manner, which rolls it out in the opposite direction. Repeat this once more; then sprinkle a little flour over; double the piece of paste, and roll the required thickness and size.

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## 250. Chicken Pie.

1 Chicken.

$\frac{1}{2}$  lb. Pork Sausages.

1 dozen button Mushrooms.

2 Eggs, hard-boiled.

1 teacupful of white Stock.

Pepper, Salt, a little Nutmeg.

Cut the chicken up in small members; cut the sausages in inch lengths; slice the eggs and the mushrooms. Put some chicken in the pie dish, then some of the sausage here and there, then mushrooms and eggs, then a sprinkling of the different seasonings. Repeat the chicken and other things till all are used up; pour in the stock for sauce, and cover very neatly with rough puff paste, as described above. Cook one hour.



## 251. Short Crust.

 $\frac{1}{2}$  lb. Flour.

6 oz. Butter.

1 table-spoonful fine Sugar.

1 yolk of Egg.

A few drops of some Acid.

A little cold Water.

Rub the butter with the tips of the fingers *very lightly* among the flour, taking care that the butter does not get at all warm, and so gather the flour into lumps. Mix the yolk, a little water, and a few drops of lemon juice, or any other acid together; with this make the flour and butter into a firm paste. (It ought to be rather dry). Roll the piece of paste out once to the size and thickness required. This paste is admirably suited for fruit tarts, small lemon, or chocolate cheese cakes, or other sorts of small pastry.

## 252. Vol au Vent of Oysters.

Puff Paste.

1 dozen Oysters.

 $\frac{1}{2}$  oz. Butter. $\frac{1}{2}$  oz. Flour. $\frac{1}{2}$  a Lemon.

Pepper, Salt.

Nutmeg.

1 Egg.

1 gill Cream.

Make 6 oz. of flour and 5 oz. of butter into puff paste, using a little lemon juice, water, and yolk of egg to make it, and following the instructions given for making puff paste. Roll the paste the last time rather over half an inch in thickness, and cut out a vol au vent. Make half through the paste an incision in the centre to hold the mixture of oysters. Egg the paste over the top, and put it in a moderate oven till it has risen and is cooked enough; then take it out and carefully remove the centre-piece.

Put the oysters and their liquor in a small saucepan, and put it on the fire to scald. Take out the oysters and beard them; strain the liquor through a very fine strainer, and put it aside. Now put into the saucepan the butter and



flour, and mix; add the liquor of the oysters, a little lemon juice, a little nutmeg, pepper and salt to taste, and then the cream. Stir over the fire till it becomes thick; add now the yolk of the egg, and stir over the fire once more till the mixture thickens; add last of all the oysters cut in halves, and let them warm through. With this preparation fill the vol au vent just as it is to be sent to table, and replace the lid of the centre-piece that was removed. Serve hot.

### 253. Chicken Patties.

$\frac{1}{2}$  lb. puff Paste.  
1 oz. Butter.  
1 oz. Flour.  
1 gill White Stock.  
1 gill Cream.

$\frac{1}{2}$  of a Chicken.  
Pepper and Salt.  
Nutmeg and Lemon Juice.  
3 Truffles.  
6 Mushrooms.

Make  $\frac{1}{2}$  lb. flour and  $\frac{1}{2}$  lb. butter into puff paste, following the instructions previously given for making this paste. Roll out last about half an inch thick, and cut the paste into patties with a cutter about 3 or 4 inches in diameter. Cut an incision in the middle, half-way through the paste with a cutter two sizes smaller; brush the top over with egg, and put the patties into a moderate oven about twenty minutes to bake till ready. Then take from the oven and remove the centre-piece.

**The Chicken.**—Cut the chicken into small pieces; put into a saucepan the butter and flour, and mix; then add the stock and milk; then season with pepper and salt, lemon juice and nutmeg, a little of each. Into this mixture stir the chicken, the truffles, and mushrooms chopped up, and put it over the fire to get hot; fill the patties with this mixture, and replace the lids. Serve hot.



## 254. Mince Pies.

1 lb. Flour.

 $\frac{3}{4}$  lb. Butter.

1 Egg.

1 teaspoonful Lemon Juice.

Make paste with the flour, butter, yolk of egg, and lemon juice, following the directions given for Rough Puff Paste. The last time it is rolled, let it be rolled quite thinly. Butter 12 patty pans; cut out 24 rounds of paste with a cutter that fits the pans, rolling out the scraps to make the number. Put one in each of the pans neatly, and wet the paste round the edges; fill this with mince meat. Make a small cut in the centre of a round of paste and put it on as a lid. Repeat till all are finished. Beat the white of the egg a little, and brush the top over. Sift over plenty of fine sugar, and put them in the oven for about twenty minutes. Serve hot.

## 255. Mince Meat.

3 Lemons.

1 lb. Suet.

2 lbs. Apples.

1 lb. Currants.

 $1\frac{1}{2}$  lbs. Sugar.

1 lb. Valencia Raisins.

1 Nutmeg.

Pare the rinds of the lemons very thinly, and boil them for a quarter of an hour. Then chop up the rind into very small pieces; chop the suet; stone the raisins, and chop them a little; peel and chop the apples, and mix all the ingredients together, straining the lemon juice among them and mixing well. Press the mince meat into a jar, cover with a lid, and keep two weeks before using. This mince-meat keeps any length of time. The lemon juice prevents it being indigestible.



## 256. Apricot Tart.

3 oz. Butter.

Some fine sifted Sugar.

1 whole Egg, and 2 additional Whites.

6 oz. Flour.

 $\frac{1}{2}$  a tin of Apricots. $\frac{1}{2}$  a Lemon. $\frac{1}{4}$  lb. Sugar.

Put the syrup of  $\frac{1}{2}$  a tin of apricots in a saucepan with the  $\frac{1}{4}$  lb. sugar, the grated rind, and juice of the half lemon; let it boil five minutes; then add the apricots, and boil for a quarter of an hour; then pour all out on a dish to get cold. Put the flour, butter, and one table-spoonful of the fine sifted sugar in a basin; rub the butter carefully and lightly among the other ingredients; mix 1 yolk of an egg and a little water, and make this up to a very firm paste, which roll out into a round piece. Now take a tart ring and butter it inside, also butter a baking tin, and stand the ring on it. Line this ring now with the round of paste, filling the centre and making it quite even round the upper edges of the ring; put the apricots all in on the top of the paste (they ought nearly to fill the ring), and put it in the oven to bake about half an hour. When ready, take off the ring, and beat up the three whites of the eggs very stiffly indeed; mix lightly in among them 3 table-spoonfuls of fine sifted sugar, and spread this all over the tart, decorating the top nicely with an icing tube and some of the meringue. Put it twenty minutes in a slow oven to get hard. Serve hot or cold.

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## 257. Game Pie.

2 Birds—Partridge, Grouse, or  
even Pigeons.  
1 lb. Sausage Meat.  
2 oz. Bread Crumbs.  
6 Truffles or Pickled Walnuts.  
A bit of Cooked Tongue.

1 teaspoonful Salt.  
 $\frac{1}{2}$  teaspoonful Pepper.  
 $\frac{1}{4}$  teaspoonful Nutmeg.  
 $\frac{3}{4}$  lb. Flour.  
 $\frac{1}{4}$  lb. Butter.  
1 Egg.

Have a raised pie mould and butter it carefully inside. Mix in a basin the butter and flour, rubbing the butter in among the flour. Beat up the egg; mix half of it with water enough to moisten the paste. Make it up into a lump of very firm paste, kneading it a good deal to make it firm. Take off a bit the size of an apple for the lid. Roll this paste into an oblong piece, large enough to line the shape. Put it neatly inside, press it into the shape very neatly and carefully, and cut it even at the top; leave about half an inch above the edge of the shape. Roll out the piece left for the lid, and have it ready. Now empty and wash the birds, and split them up lengthways, and remove all the bones; wash the hearts and livers and chop them up. Now mix the sausage meat, bread-crumbs, the chopped livers and hearts all together. With the hand add pepper and  $\frac{1}{2}$  teaspoonful salt to this, and mix it thoroughly. Put a little of this mixture in the bottom of the mould, then half of one of the birds, a little pepper, salt, and nutmeg; then a little sausage meat, and a truffle or two cut in halves, and a few pieces of tongue cut in square bits. Repeat this till all is used up, filling up the spaces with sausage meat. Wet the edges with water, put the lid neatly on; make an opening in the top. Decorate the top, and brush over with the egg, and put in the oven for about one and a-half hours. In the meantime boil the bones of the



birds for one and a-half hours with water, and when the pie is cooked pour the liquid obtained from the bones through a funnel into the pie and take the shape off.

This pie is usually served cold, and the lid may be removed when it is cold, and the top filled in with chopped-up aspic jelly, and have some aspic round the pie in the dish for decoration.

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### 258. Fife Pie.

1 Rabbit.  $\frac{1}{4}$  lb. bacon Ham.  
1 dessert-spoonful chopped Pars-  
ley. 1 Egg.

1 table-spoonful grated Bread.  
1 teaspoonful Salt.  
A little Pepper and Nutmeg.

Wash the rabbit and dry it thoroughly; cut it up in small members. Chop up 1 table-spoonful of the fat part of the ham; cook slightly the remainder of it, and cut it up in neat small pieces. Parboil and chop up the heart and liver of the rabbit very finely. Mix in a small basin the chopped fat, the parsley, liver and heart, the bread, a little salt, pepper, and nutmeg; mix all thoroughly together with half of the egg beaten up, and divide it in small pieces, which roll into balls.

Now put some of the rabbit in the bottom of a pie dish, some of the bacon, some of the balls, some pepper and salt; repeat till all is used up. Fill up the dish with either stock or water for gravy. Make  $\frac{1}{2}$  lb. of flour into rough puff paste, as given in page 151; with this cover the pie very neatly; brush over with the other half of the egg, and bake in a moderately hot oven for one hour.



## CRYSTALLISED FRUIT.

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### 259. Caramel Walnuts.

$\frac{1}{2}$ lb. Walnuts.	1 white of Egg.
2 oz. Almonds.	$\frac{1}{2}$ lb. common Sugar.
$\frac{1}{4}$ lb. Icing Sugar.	$\frac{1}{2}$ teacupful of Water.
$\frac{1}{2}$ teaspoonful Cream of Tartar.	

Break the walnuts and remove the inner husk (it does not matter even if they are broken a little). Blanch the almonds and remove the skins; wash and pound them quite finely; add the icing sugar, free from lumps; then add the white of the egg, and mix with the pestle. The mixture must be *barely* moistened; if the least soft, more sugar must be added to make it dry and almost hard. Take up a piece of this mixture and roll it to a round ball; put half a walnut on one side and half on the other; roll it round and set it aside; repeat till the whole is finished. Set the stuffed walnuts aside for about a day to get quite hard. Then put the common sugar, the water, and the cream of tartar in a small saucepan; let it boil till it becomes thick; dip the walnuts one by one in this; put them on a buttered plate till cold. Heat the plate slightly, when they can be easily removed from it.

*N.B.*—The way to test if the sugar is boiled enough is to have an iron spoon in cold water; then dip it quickly in the sugar, and back again in the water. If the sugar gets hard on the spoon it is ready.



## 260. Frosted Fruit.

Some Fruit that is quite sound,  
 Currants in bunches, Grapes,  
 Strawberries, etc.

$\frac{1}{2}$  lb. fine sifted Sugar.  
 1 white of Egg.

Put the sugar on a paper near the fire or on the top of the stove to get quite hot, without melting in the very least. Put the white of egg on a plate with 1 tablespoonful of cold water; beat it till it is quite mixed; dip the fruit in this, and shake off all superfluous moisture; drop it in among the sugar, and roll it about till quite covered. Then put it on a sieve near the fire for the frosting to dry and become quite hard. Serve neatly with some leaves on the dish.

## 261. Pine Apple Glacé.

1 Pine Apple, or  
 1 tin of Preserved Pine Apple.

1 lb. Sugar.  
 1 pint Water.

Pare the pine apple, and remove all the specks and eyes, and cut it in slices about half an inch thick.

Put the sugar and water in a preserving pan, and boil it for ten minutes; then put in the slices of pine apple, and boil for fifteen minutes (after it begins to boil). Take out the fruit and place it on a sieve in the sun, or near the fire, to dry for half an hour. Meanwhile boil the sugar and water till it becomes thick, or it gets hard on a spoon dipped in cold water. Now dip the pieces of pine apple in this, and put them to dry on a sieve or buttered plate; a little fine sugar may be dusted over them. If tinned pine apple is used, the liquid in the tin can be used as part of the water.



## 262. To Preserve Citron.

5 lbs. Citrons.

5 lbs. Sugar.

1 Lemon.

1 oz. Whole Ginger.

2 breakfast-cupfuls Water.

Pare the citrons, and cut them in pieces the length of the fruit, and about one inch thick both ways; pick out the seeds with a small knife. Boil the sugar and water together for ten minutes; put in the fruit and boil nearly one hour, or till it is tender and clear. Pare and cut the lemon in thin slices, take out all the seeds, and put it into the pan twenty minutes before the citron is to be ready; add also at the same time the ginger; boil gently, without stirring much, and put in jars for use.

## 263. Candied Greengages.

1 lb. Greengages.

1½ lbs. Sugar.

1 teacupful Water.

Gather the fruit on a dry day, and when it is not quite ripe, and leave the stalk on. Prick the fruit with a thick needle a few times near the stalk; put it into a pan with cold water; put it on the fire till it just boils. Take off the fire, and leave till next day. Then heat them once more, putting  $\frac{1}{4}$  teaspoonful of carbonate of soda in the water; this time do not boil. Take them out when they get hot, and put them in cold water; then lift out on a sieve to drain dry.

Put sugar and water into a pan, and boil it for a few minutes; put in the greengages, and let them boil gently for five minutes. Pour all out, and leave for twenty-four hours; boil the syrup again, put in the fruit, and boil again for five minutes. Repeat this for four days in succession. The last day lift the plums out on a sieve to dry in the sun or near the fire, and dust sugar over them.



## 264. Preserved Cherries.

3 lbs. Cherries.

2 lbs. Sugar.

1½ pints Water.

Stone the cherries by loosening them round the stalk with a pen-knife, and pulling the stone out; but practice enables this to be done easily.

Put the sugar and water on to boil; put in the cherries, and boil gently about ten minutes; pour the whole out in a basin for twenty-four hours. Then drain off the syrup, boil it up, and pour it over the cherries, boiling for four days more. Then boil the syrup and ½ lb. more of sugar; put in the cherries, and boil ten minutes. They may then be taken up on a sieve, placed in the sun or in a warm place to dry, and plenty of fine sugar dusted over them; or they may be washed in a little warm water, put on a sieve in the stove to dry, then brushed with a little of the syrup to glaze them.

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## 265. Preserved Melon in Slices.

1 lb. Sugar.

1 small Melon.

1 pint Water.

1 pinch Alum.

Slice the melon about three-quarters of an inch in thickness, and put the slices in salted water to soak for twenty-four hours. Then put them in hot water for a few hours to soak, afterwards wash in cold water. Now boil sugar, water, and alum together, for five minutes; put in the slices of melon and boil gently ten or fifteen minutes till they are tender; lift them out, and pour the syrup over. Boil up the syrup, and pour it over the fruit four days; at last boil both together ten minutes gently; take out, drain, and dry either in a cool oven or in the sun, dusting sugar over.



**266. Peaches or Apricots Glacé.**

1 lb. Sugar.

|

1 pint Water.

1 lb. Ripe Fruit.

Either halve the fruit and remove the stones, or remove the stones without halving the fruit. It may be done thus: Take a fine pen-knife, and put it in at the stalk, and slip it round and round the stone to loosen it; then gently press the fruit, and the stone will slip out. Prick the fruit quite to the centre with the sharp knife.

Boil the sugar and water together, removing any scum that may rise. Then put the fruit in to boil for about ten minutes very slowly; pour the whole into a basin, and let it stand twenty-four hours. Then pour the syrup off, and boil it up, and pour it boiling over the peaches to stand twenty-four hours longer; repeat this for other four days. Then, at the last, boil up the syrup; put in the fruit to boil ten minutes. Lift the peaches out on a sieve to dry, and dust fine sugar over. More sugar and water may require to be added at last if it is too much taken up by the fruit.



## PRESERVES.

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### 267. Vegetable Marrow Preserve.

2 Vegetable Marrows.  
Crystallised Sugar.

2 Lemons.  
Essence of Ginger.

Wash and dry the marrows, and pare them rather thickly; cut them in quarters, and remove all the seeds and inner part. Put those and the skins into a jelly-pan covered with water, and boil them for about half an hour, and then strain. Now cut the marrow all up into pieces about two inches long and one square, and weigh it all. Take 1 lb. of sugar to each pound of marrow, and for each two pounds, 1 lemon. Now put the sugar into a preserving pan, and add to each pound of the sugar, 1 tea-cupful of the liquid got by boiling the skins and inner part of the marrows. Let this boil up; add the rind grated, and the juice of the lemons. Now add all the marrow, and 1 dessert-spoonful of essence of ginger. Let the whole boil from half an hour to three-quarters of an hour till the pieces of marrow look transparent. Taste if it is flavoured sufficiently with ginger, and put it into pots. This is a pretty good substitute for preserved ginger.

*N.B.*—The marrows ought not to be too ripe, as they are rather tasteless then, but good firm fruit just getting ripe.



## 268. Lemon Marmalade.

3 lbs. Lemons.		Sugar.
7 Breakfast-cupfuls Water.		

Pare the skin very thinly from the lemons, after carefully wiping them, and cut this up into very slender chips. Put the chips on to boil in a little pan, with 2 breakfast-cupfuls of water for half an hour; now take all the white part from the lemons, and cut up all the pulp roughly, and put it into the preserving pan with the remainder of the water to boil for one hour. (This is counted after it begins to boil.) Stir it frequently; then strain it through a jelly-bag without pressure. Put the skins and the liquid with them along with this. Now measure this liquid, and for each breakfast-cupful put 1 lb. of sugar. Put it in the preserving pan, and boil for half-an-hour. Put into jars, and cover for use.

## 269. Rhubarb Jelly.

7 lbs. Rhubarb.		2 teaspoonfuls of Powdered
Sugar.		Alum.

The rhubarb for this jelly should be a fine quality, and very fresh and in good season. Wash and cut the rhubarb up in half-inch pieces. Wash again, and put into the preserving pan with one breakfast-cupful of water. Put it over a slow fire, and let it remain till it is quite cooked and the juice extracted. Pour it all into a jelly bag, and let it drip all night. Then measure the juice, and to each large breakfast-cupful add 1 lb. of sugar, and to the whole quantity, 2 teaspoonfuls of powdered alum. Stir till it boils, and let it boil for ten minutes. Put in pots for use. This jelly is delicious, and always turns out well.



## 270. Preserved Melon.

2 lbs. Sugar.  
1 quart Water.

2 Small Melons.  
 $\frac{1}{4}$  teaspoonful Alum.

Pare the skin from the melons, and stab them with a sharp pen knife into the heart; put them on to boil in warm water, with a pinch of salt in it, for ten minutes; take them out, and put them in cold water for a few hours. Now boil the sugar and water together with the alum; put in the melons, and boil gently for fifteen or twenty minutes till they feel quite tender. Take them out in a basin, and pour the syrup gently over them; let them lie in this for two days. Drain the syrup off, boil it up, and skim it carefully till clear; pour it boiling over the melons, and do the same each day for a week. If necessary add a little more sugar and water near the end of the week, as the fruit sometimes absorbs a good deal of the syrup. After this boil up the syrup once more; put in the melons, boil ten minutes, and lift them out on a sieve to drain, and dry in a warm place, or in the sun; dust fine sugar over, and use.

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## 271. Orange Jelly.

4 lbs. Bitter Oranges.

|  
Sugar.

2 Lemons.

Wipe the oranges carefully and the lemons, and grate all the outside part of the skins off, and then take it carefully from the grater. The best way to do this is to rub the grater clean with some of the sugar to be used for the preserve. Then take off all the white part of the skins and put it away altogether. Take the pulp of both oranges and



lemons and break it up a great deal, and put it into a preserving pan with 8 breakfast-cupfuls of water. Put it on the fire and let it boil for half an hour, stirring frequently; then strain through a jelly-bag, allowing it to drop without pressure.

Measure the liquor thus obtained, and put it into the preserving pan, with 1 lb. crystallised sugar to each large breakfast-cupful, and the grate from the skins, and let it boil. After it begins to boil, let it boil ten minutes. Skim and put it into jars for use.

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## 272. Orange Marmalade.

2 lbs. Bitter Oranges.

1 Sweet Orange.

1 Lemon.

6 lbs. Sugar.

Pare the skins of the oranges and lemons very thinly, and cut them into very thin chips. Then slice the whole of the orange across with a sharp knife into the thinnest possible slices, taking out all the pips. Put all this, that is the sliced oranges and the skins—everything except the pips—into a basin, and cover with 8 pints of cold water, that is about 16 small breakfast-cupfuls. Let this stand for twenty-four hours. Then put the whole in a preserving pan, and boil till quite tender and transparent, which is for at least three hours. Pour it all out, and allow it to stand for twenty-four hours more. Then put it into the preserving pan with  $1\frac{1}{4}$  lbs. of sugar to each pint of juice, and let it boil for half an hour (after it begins) at least, or until it jellies.



## 273. Tomato Jam.

4 lbs. Tomatoes.

6 lbs. Sugar.

2 Breakfast-cupfuls Water.

Wipe the tomatoes thoroughly, and put them in a basin, and pour over them boiling water. Let them stand for a few minutes till the skins can be easily removed. Then skin them and cut them across, and take out as many of the seeds as possible, without breaking up the fruit very much. Put the seeds, skins, and liquid that may have run out, into a small brass or porcelain-lined pan with two breakfast-cupfuls of the water the tomatoes were soaked in; let this all boil gently for half an hour; then strain it through muslin or a fine sieve. Now put the sugar and all this liquid in the preserving pan and bring it to the boil; then add the fruit, and boil all for three-quarters of an hour, or till it jellies, which varies a little with different kinds of tomato. The home-grown is best.

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## 274. Apple Jam.

6 lbs. Apples.

Sugar. Ginger.

Take good baking apples; wash and dry them; quarter, core, and peel them, and cut them up in pieces the size you desire, dropping them into a basin of cold water to keep the colour. Lift them out and weigh them, and instantly turn them into a deep dish, and cover them with the same weight of sugar, and to each 3 lbs. of apples, 1 table-spoonful of ground ginger. Let them stand thus for three days. Meanwhile put the skins and cores into the preserving pan covered with water: let them boil for half an hour,



and strain and set aside till wanted. When the apples are ready for boiling, stir them up and run all the syrup into the preserving pan, also the juice of the skins. Let the whole boil for ten minutes; then put in all the apples, and boil for about half an hour or three-quarters of an hour till they look quite transparent. Put it then into jars and cover for use.

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### 275. Preserved Magnum Bonum Plums.

4 lbs. Plums.

| 4 lbs. Sugar.

4 teacupfuls Water.

Pour boiling water over the plums, and cover them over till they are cold, then take the skins off.

Boil the water and sugar together for five minutes; put the plums in a deep jar or basin, and pour the boiling sugar over them; let them stand twenty-four hours. Pour the syrup all off into the preserving pan, let it boil again for a few minutes, and pour it once more over the plums, and stand again twenty-four hours. Then boil the syrup in the same way once more, put in the plums among it; let them boil gently for about twenty minutes or half an hour, till they are clear and tender. Take them up into a dish or jar very carefully with a skimmer. Let the syrup boil till it is thick and rich looking, probably ten minutes longer; pour it all over the plums, and keep for use. The length of time the syrup needs to boil depends a little on the heat of the fire and the nature of the plums.



## 276. Quince Jam.

4 lbs. Quinces.

1 lb. Apples.

5 lbs. Sugar.

5 teacupfuls Water.

Pare the quinces and apples and quarter them, and cut out the cores; put the skins and cores into a preserving pan with the water, and boil them for about half an hour, then strain them. Now put the quinces, apples, and the water got from the skins into the pan, and boil them till quite tender enough to mash; mash them with a wooden spoon till they are quite a pulp, and put sugar and all the quince pulp into a preserving pan, and boil twenty minutes. Put into jars for use.

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## 277. Mixed Preserve or Plum Cheese.

2 lbs. Apples.

2 lbs. Pears.

2 lbs. Plums.

6 lbs. Sugar.

Pare and slice the apples and pears, taking out the cores; skin and split the plums, and remove the stones. Put some apples in the bottom of a stone jar that will go into the oven, then a layer of plums, then of pears, and repeat until all are used up; cover the jar tightly and put it in a slow oven, and leave them there till the fruit is all quite tender. It is best to leave them all night in the oven. Put the whole of the fruit and the sugar into a preserving pan, stir till it boils, and boil about half an hour, till it is quite thick. It is cut in slices when cold, and served.



# PICKLES.

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## 278. To Pickle Tomatoes.

2 lbs. Tomatoes.  
1 quart Vinegar.  
 $\frac{1}{4}$  oz. Peppercorns.

$\frac{1}{4}$  oz. Cloves.  
2 good blades of Celery.  
2 small Onions.

Salt.

Small ripe tomatoes are best. Prick them with a fork, and save the liquid that runs out. Shred the celery and onions, put them all in a jar in layers with salt between; let them remain thus for three or four days; then take them up and wash them, and put them in jars. Boil the vinegar with all the spices, and let it get cold; pour this over the tomatoes, adding all the juice saved from them at first, and cover closely.

The celery and onions may be omitted.

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## 279. To Pickle French Beans.

2 lbs. French Beans.  
1 quart Vinegar.  
1 oz. Peppercorns.

$\frac{1}{2}$  oz. Mace.  
 $\frac{1}{2}$  teaspoonful Alum.  
Salt.

Gather the French beans young, and leave on a small bit of the stalk. Make a strong brine with salt and water, strong enough to float an egg in (just dissolve salt in cold water till it is the strength required); put the beans into this for two days. They turn rather yellow in this. Take them out then, and wash and dry them lightly, and put them in a stone jar. Put the vinegar and the spices in a porcelain-lined saucepan, let it boil, and pour it boiling over the beans in the jar; instantly cover the jar with a lid or



plate, and let it stand twenty-four hours. Then pour all the vinegar off, and boil it again, and once more pour over the beans, and cover till cold, when they may be bottled. The fumes of the vinegar restores the green colour, and the alum assists that. A brass or metal pan more readily makes the pickle green, but the vinegar extracts poison from the metal, and this is the safest way. The alum also crisps the pickles.

## 280. To Pickle Broccoli or Cauliflower.

1 quart Vinegar.

8 small Broccoli.

3 oz. Peppercorns.

$\frac{1}{2}$  oz. Mace.

Alum

A small bit of Ginger.

Select the broccoli firm and white; cut it into nice branches; put those into a saucepan with warm water and salt enough to taste it, and to each quart of water  $\frac{1}{4}$  teaspoonful of alum; bring it to boiling point, and then leave them in the water off the boil for five minutes. Lift them up carefully on a sieve, drain off all the water, and when cold put them in glass bottles. Boil the vinegar with all the spices for five minutes, and allow it to get cold; then fill up the bottles and cork tightly. A few French beans and one or two capsicums put in the bottle with the broccoli improves the appearance and taste.

## 281. To Pickle Capsicums.

$\frac{1}{2}$  pint Capsicums.

$\frac{3}{4}$  pint Vinegar.

1 blade Mace.

Gather the pods before they are quite red, slit them up the side and take out the seeds, put them in strong salt and water for twenty-four hours. Drain them from the water and dry them softly; put them in a glass bottle. Boil the



vinegar and spice five minutes, and, when cold, pour over the capsicums. In a few weeks they are ready for use.

The vinegar from this pickle, and, indeed, from all pickles, are excellent for use in sauces, and in any other way vinegar is used, when the particular flavour suits.

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## 282. Nasturtium Seeds Pickled.

(A SUBSTITUTE FOR CAPERS.)

$\frac{1}{2}$  pint Vinegar.      Salt.      |      1 teaspoonful Peppercorns.

Gather the seeds before they are too old, and put them in salt and water for twenty-four hours, then rub them dry and put them in a bottle. Boil the vinegar and peppercorns and strain it; when cold put it in the bottles with the nasturtiums, adding more as they are ready. Afterwards seal the bottles and keep a year.



## BEVERAGES.

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### 283. Lemon Whey.

2 Lemons.

2 oz. Sifted Sugar.

2 pints Milk.

Put the milk in a porcelain-lined pan with the rind and juice of the lemons. The rind *very* thinly pared off. Let it boil, then simmer by the fire for five minutes. Strain either through muslin or a very fine strainer. Sweeten with the sugar or to taste. Use cold.

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### 284. Milk Lemonade.

3 Lemons.

2 oz. Sugar.

3 breakfast-cupfuls Boiling Water.

1 teacupful Milk.

Pare one of the lemons very thinly and put the rind, the juice of all three, and the sugar in a basin with the boiling water. Cover closely for twelve hours, then add the milk boiling. Let it stand ten minutes, and strain through a jelly bag till clear.

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### 285. Raspberry Water.

1 pint Raspberries.

1 Lemon.

1 quart Cold Water.

4 oz. fine Sifted Sugar.

Pick the raspberries and press the juice through a fine hair sieve or cloth. Mix with the juice the sugar, the juice of the lemon and the water, and serve. The sugar may be varied in quantity to taste.

Currants, strawberries, gooseberries, may be used in the same way, only currants do not need lemon as they are acid enough themselves.



## 286. Lemon Sherbet.

2 Lemons. | 4 table-spoonfuls of Sugar.  
3 breakfast-cupfuls Water.

Thinly pare one of the lemons and squeeze out the juice of both on the sugar, add a little of the water, and let it stand till the sugar is melted, about half an hour. Fill up with the rest of the water; strain and use. It should be iced in warm weather.

## 287. Strawberry Sherbet.

1 pound of Strawberries. | Juice of 1 Lemon.  
3 large breakfast-cupfuls Water. |  $\frac{1}{2}$  lb. Sifted Sugar.  
1 dessert-spoonful of Orange Flower Water.

Mash up the strawberries in a basin, add the lemon juice and orange flower water, and last the water. Stir and stand for a few hours. Then put the sugar in another basin and strain the strawberries, etc., on the top of it; stir till the sugar is dissolved. Strain again through fine muslin, and use. It is better to be set on ice, and the strawberries should be fresh and ripe.

## 288. Fruit Syrup for using with Gazogene.

$\frac{1}{2}$  lb. Sugar. |  $\frac{1}{2}$  pint Water.  
1 pint of Strawberry or other Fruit Juice.

Press the juice from the strawberries and measure 1 pint (2 small breakfast-cupfuls). Put the sugar and water into a porcelain-lined saucepan and boil it five minutes, then add the fruit juice, and simmer gently for three-quarters of an hour, removing all scum that rises. When cold, bottle and cork tightly. It may be used with iced water, and is delicious.



## 289. Lintseed Drink.

1 teaspoonful Lintseed.  
 $\frac{1}{4}$  oz. Candy Sugar.

Juice of  $\frac{1}{2}$  a Small Lemon.  
2 breakfast-cupfuls Water.

Put the lintseed, the sugar, and lemon juice in a jug ; pour over them the water boiling ; cover the jug, and stand till cold. If this drink is used for a bad cough, a little more lintseed may be used.

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## 289.\* Cocoa.

1 oz. Cocoa Nibs.

1 pint Milk. | 1 $\frac{1}{2}$  pints Water.

Put the cocoa nibs into a saucepan with the water, and let it boil gently for two hours ; then strain it, and remove some of the fat from the top ; put it on again with the milk, and let it come to boiling point ; sweeten to taste, and serve. The cocoa nib is the broken kernel of the nut, and when cooked in this way is a most refreshing as well as nourishing beverage for an invalid. Cocoa, as sold ground, is adulterated to a very great extent, sometimes to as much as 75 per cent., and for that reason is not suitable for an invalid. The nibs may be boiled a second time for two hours longer.



## SICK ROOM COOKERY.

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### 290. Bread Jelly.

1 slice Bread.	Sugar.	Nutmeg.
2 table-spoonfuls Milk or Cream.	$\frac{1}{2}$ a Lemon.	

Have a thin slice of bread toasted till dry and brown. It must be carefully done; remove the crusts and break it up. Put it in a small saucepan with enough water to cover it well and allow it to simmer for at least two hours (adding more water, if necessary) till it is quite a jelly. Strain the water off and add a little milk, and either the grated rind of the half lemon or a little nutmeg, and sugar enough for the taste of the invalid. Mix all thoroughly and serve hot or cold.

This Bread Jelly can be varied in preparation greatly, and is most nourishing, and having the bread toasted prevents the bread becoming acid on the stomach. For instance, yolk of egg may be added instead of milk, or as well as milk, and lemon juice instead of lemon rind; also wine or brandy if either of those stimulants are required.

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### 291. Artificial Milk.

2 yolks Eggs.	1 teaspoonful Sugar.
1 table-spoonful Orange Flower Water.	1 teacupful of Boiling Water.

Beat the yolks with the sugar for five minutes; add the orange flower water and beat five minutes longer; add the sugar. Pour in the boiling water gradually, stirring all the time, and serve at once.



## 292. Egg Flip.

1 White of Egg.  
1 teacupful of Milk.

Pinch of White Pepper.  
Sugar.

Put the milk on to boil. Beat the white of the egg pretty stiffly, and sprinkle the pepper over it. Pour the boiling milk over the white, stirring vigorously; add sugar to taste, and serve.

The pepper prevents flatulency. Brandy may be added if required.

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## 293. Tripe Fricasee.

1 lb. Fine Tripe.  
1 Small Onion.  
1 breakfast-cupful Milk.

1 Yolk of Egg.  
A little Nutmeg.  
1 dessert-spoonful Corn Flour.

Salt and Pepper.

Prepare the raw tripe by thoroughly scraping and scalding after it has been procured cleansed; afterwards cut it in small pieces, and cover it with cold water; let it boil for a quarter of an hour, throw away the water, and wash the tripe once more. Then put it on covered with cold water; let it boil, then simmer for four hours very gently; then add the onion, and allow it to boil for a quarter of an hour longer. Take out the onion then, and chop it up finely. Drain all the water from the tripe, and replace it with the milk; add the chopped onion, and let it simmer ten minutes. Now stir in the corn flour and nutmeg, salt and pepper; stir till it boils. Remove it from the fire, and add the yolk of egg; mix thoroughly, and serve hot. Tripe has some property resembling pancreatic juice in its formation which aids digestion; it makes a slightly artificial digestion.



## 294. Beef Pounded or Invalids' Quenelle.

$\frac{3}{4}$  lb. best Steak, or  
 $\frac{1}{2}$  the Breast of a Chicken.  
 2 table-spoonfuls of Bread-  
 crumbs.

2 table-spoonfuls of Milk.  
 1 Egg.  
 $\frac{1}{2}$  teacupful Milk.  
 A little Salt and Pepper.

The steak or fillet of beef, or a good thick chop, must be slightly grilled or roasted in the oven for a very short time till it is about half cooked. Then the outside pieces are carefully removed, as well as all fat, and it is chopped finely, then pounded and passed through a wire sieve. After this it is served to the invalid in any palatable way; such as, add a few bread-crumbs and a little milk and seasoning, and heat it and serve; or spread the meat on a piece of thin toast and serve in that way; or it may be mixed with a well-beaten egg, the bread-crumbs and the milk, the whole put in a cup or small shape, steamed for ten or fifteen minutes, and served in that way.

This process of preparing the meat saves the stomach a great part of the labour of digestion, and is specially well adapted for cases of severe illness.

Chicken may be either roasted slightly or boiled, and afterwards pounded and passed through the sieve, and used in exactly the same way as the meat. It is always best to prepare a small quantity of any dish for an invalid.

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## 295. Toast and Water.

1 slice of Bread.

1 thin slice of Lemon.

Toast the bread very carefully till it is all a rich brown colour; cut it in pieces. Put the lemon in a jug, pour on it 3 breakfast-cupfuls of boiling water, then drop in the pieces of toast, and stand to get cold; then strain it for use.



## 296. Water Souchy.

2 lbs. Fresh Fish.

Some Parsley.

Small Onion.

Small bunch of Herbs.

Small bit of Carrot.

Small bit of Celery.

Blade of Mace.

4 Cloves.

1 oz. Butter.

Salt and Pepper.

1 quart Water.

Remove the skins, heads, and bones from the fish, throwing away the eyes. White fish is best, and may be of different kinds. Put all the skins and trimmings into a saucepan with the water. Let it boil, then add the stalks of a good handful of parsley, the onion, the carrot, and celery, and the herbs and spices; let all boil for one hour, strain, and return to the saucepan. Cut the flesh of the fish in neat pieces, and add it; also 1 table-spoonful of finely-chopped parsley, the pepper and salt, and the butter. Let all boil gently ten minutes, and serve with brown bread. No better way can be of serving fish for an invalid.

## 297. Beef Steak.

$\frac{1}{2}$  lb. best Steak.

Salt and Pepper.

Let the steak be cut rather thickly; and it will be best to grill the half of this only for an invalid. Melt a little butter on a plate, and dip the steak in it on both sides. Have the gridiron hot and the bars greased; put on the steak, turning it every minute, for eight minutes. Put it quickly on a hot plate; sprinkle over it a little salt and pepper; put another hot plate on the top, and let it stand thus for three minutes, then serve. The juice of this meat is considered more nourishing than beef tea.

A mutton chop may be cooked in the same way.



### 298. Invalids' Wafer Biscuits.

 $\frac{1}{2}$  lb. Flour. $1\frac{1}{2}$  oz. Butter. $\frac{1}{4}$  teaspoonful Salt.

Some Sweet Milk.

Rub the butter among the flour and salt, and make into a stiff dough with milk, which dough knead very well. Roll out thinly and cut into round biscuits. Roll each biscuit very thinly, not much thicker than paper; stamp in the middle, and put carefully on a floured baking pan, and bake very quickly till ready.

### 299. Unleavened Biscuits.

 $\frac{1}{2}$  lb. Flour.

Milk.

 $\frac{1}{2}$  teaspoonful of Salt.

Mix the flour and salt to a stiff dough with the milk, and knead it very well, and roll as thin as possible; cut with a round cutter; prickle or stamp in the middle, and bake quickly.

### 300. Invalid Tart.

1 lb. Apples.

Sugar.

2 Eggs.

A little Nutmeg.

1 Penny Sponge Cake.

1 teacupful Milk.

Pare and slice the apples, and put them to stew with 1 table-spoonful of sugar and the nutmeg. When ready, turn them into a pie dish, and smooth the top. Slice the sponge cake and put it on the top of the apples. Put the milk on to boil, and stir it into the yolks of the eggs and 1 dessert-spoonful of sugar well mixed together, in a bowl. Return the whole to the saucepan, and stir till it thickens, and pour it over all. Now beat the whites of the eggs up very stiffly; add to them 1 table-spoonful of fine sugar; spread this over the custard, and put in the oven to get firm.



### 301. Chicken en Papillotes.

2 Sheets of Note Paper.	1 dessert-spoonful of Chopped Parsley.
2 nice slices of Cooked Breast of Chicken.	1 oz. of Butter.
4 thin slices of Cooked Ham.	Pepper and Salt.

Have the note paper cut in an oval shape, not separating the sheet; then brush over with some of the butter melted; add the parsley and salt and pepper to the remainder of the butter, and brush the slices of chicken with this; put a nice slice of bacon thinly cut on each side of the chicken; put all in the paper, and fasten the edges all round. Grill this on a double gridiron over a slow fire for ten minutes, taking care the paper does not burn. Serve in the paper, and very hot. The invalid may or may not use the ham. Chicken legs with the skin removed, if very tender, may be substituted for the breast of chicken.

### 302. Invalids' Apple Soufflee.

2 large Apples.	1 White of Egg.
1 table-spoonful Fine Sugar.	$\frac{1}{4}$ of a Lemon.

Put the apples on a tin in the oven to bake till quite soft; then scrape out all the pulp, and beat it smooth; add a little of the rind of a lemon grated, and a little of the juice—about  $\frac{1}{4}$  of the lemon in all—then the sugar. Beat the white of egg up very stiffly, and add it; pour the whole into a small pie dish, and bake till it has risen well. Dust a little sugar over, and serve at once.

### 303. Eau Sucree.

1 dessert-spoonful of fine Sugar.	$\frac{1}{2}$ pint of Ice Cold Water.
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Dissolve the sugar in the water, and take a teaspoonful at a time for a tickling in the throat, or a troublesome cough. Simple but good remedy.



### 304. Wheys.

Wheys are sudorifics, and are useful for that reason. They are also useful for this reason, that the casein of the milk is separated and strained off in the curd, and *it* sometimes is indigestible, and causes pain and diarrhoea. Whey can consequently be taken by many with whom milk disagrees.

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### 305. Lemon Whey.

1 pint Milk.		$\frac{1}{2}$ Lemon.
	Sugar.	

Heat the milk till it almost boils, then add the juice of the lemon ; let it stand till it curdles. Strain, and sweeten to taste, and it is ready.

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### 306. Cream Whey.

1 pint Skimmed Milk.		2 table-spoonfuls Cream.
1 dessert-spoonful Vinegar.		Sugar.

Nearly boil the milk, and add to it the vinegar ; let it stand till it curdles ; strain it through muslin, and stir in the cream and sugar to taste. This whey retains the richness of the milk without the casein.

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### 307. Prune Water.

$\frac{1}{4}$ lb. Prunes.		3 breakfast-cupfuls Water.
$\frac{1}{2}$ a small Lemon.		Sugar.

Slit each prune down the side and put them in a saucepan with the lemon rind very thinly pared. Let them boil slowly for half an hour ; add the juice of the lemon, and strain. Sweeten the water to taste, and use cold. A refreshing and excellent drink.



## 308. Stewed Partridge.

1 Partridge.

 $\frac{1}{2}$  oz. Butter.

1 teaspoonful of Flour.

1 Blade of Mace.

Lemon.

Pepper and Salt.

Cut the partridge into joints, and take out the largest bones. Put the butter in a small nice stewpan; when it gets hot put in the best parts of the partridge, and fry it very carefully; then add to this a small bit of lemon peel, a very small bit of mace, and pepper and salt to taste; add the flour, 1 teacupful of water, and the bones that were removed. When this all boils up put on the lid, and let it all stew slowly for three-quarters of an hour, or till tender. Take up the best bits on a dish, and strain the gravy over them. All game is light cooked in this way.

## 309. Veal Soup.

1 lb. Veal.

1 small Knuckle of Veal.

6 breakfast-cupfuls Water.

1 table-spoonful prepared

Tapioca.

1 gill Cream.

2 Yolks.

2 square inches of Turnip.

Cut the veal up in small pieces and break the knuckle up well. Put all on with the cold water. Bring to the boil and skim carefully; add the turnip cut in small pieces, and boil for at least five hours very gently. Strain the soup then and add the tapioca, previously soaked in cold water, and boil fifteen minutes, stirring frequently. Put the yolks in a small basin and mix them well for five minutes; add to them the cream, stirring well together. Take a small ladleful of soup and stir it in gradually among the eggs and cream, stirring constantly; then another and another; afterwards remove the soup from the fire, pour all the eggs, cream, etc., among it; also salt to taste and it is ready.



### 310. Veal Jelly.

1 lb. Veal.

2 thin Slices of Turnip.

1 teacupful of Water.

Pinch of Salt.

Slice the veal very thinly, and place a layer of it in a jar, then a layer of thinly sliced turnip, and repeat this till all is used up; add the salt and the water. Cover the jar, put it in a saucepan with boiling water to reach up half way, and simmer for four hours. Strain, and serve hot or cold; when cold it is a strong jelly, and very nourishing.

### 311. Restorative Jelly.

1 oz. Rice.

1 oz. Sago.

1 oz. Pearl Barley.

2 pints Water.

 $\frac{1}{2}$  a small Lemon.

1 table-spoonful Sugar.

Wash the rice and the barley separately, and very thoroughly; rinse the sago, and put all into a porcelain-lined saucepan, with the rind and juice of the lemon, and the water; let all boil for three hours, then strain. This is a substitute for gruel, and may be used either hot or cold. If cold, it becomes a jelly that is very nourishing and refreshing.

### 312. Broiled Trout.

1 Trout.

1 teaspoonful Butter, or Clarified Suet.

Empty the trout, wash and dry thoroughly. Take off the head, and split up; take out the bone, beginning at the top. Dredge a little flour over. Heat a double gridiron, and rub the bars with a piece of suet; place the trout between, and grill for about five minutes, or till ready, turning out neatly on a dish. Put the butter in small pieces over it, sprinkle over a little salt, and serve hot.



### 313. To Fry Trout.

1 Trout.

Some Flour.

Pepper and Salt.

Empty the trout, wash and dry thoroughly both outside and inside. Have some flour in a paper, mixed with plenty of pepper and salt; roll the trout in this. Have plenty of dripping in a stewpan, put in the trout, and fry a golden colour.

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### 314. Quenelle of Fish.

1 lb. Haddock.

1 teacupful of Milk.

 $\frac{1}{2}$  slice of Bread.

1 teaspoonful of Parsley.

 $\frac{1}{2}$  oz. Butter.

1 Egg and 1 Yolk.

Pepper and Salt.

Remove the skin and bones from the haddock, and scrape it down, putting aside any part that is not quite nice. Soak the crumb of the bread in milk, and when quite soaked strain it, and put the bread in a small saucepan with the butter, the parsley, the yolk of one egg, and stir over the fire till it becomes a thick paste. Put it in a mortar with the flesh of the haddock, and pound all to a smooth paste; add 1 egg beaten a little, and mix thoroughly; also more pepper and salt. When well mixed put it in a nicely buttered shape, and steam for one and a half hours. Serve with white sauce over.

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### 315. Simple Antidote to Poison.

To a child, give instantly the whites of 2 or 3 eggs; to an adult the whites of 6, to be drunk all at once. Another simple antidote is to stir 1 teaspoonful of mustard into a tumbler of warm water, and drink it all at once. Those are simple household remedies till medical aid can be got.



### 316. Roast Chicken.

$\frac{1}{2}$  a Chicken.

2 oz. Butter, or 2 slices of Fat Bacon.

Cut a very tender young chicken in half lengthways, and flatten it a little with a chopper. Remove the skin, and either brush it over with dissolved butter, or cover the flesh with the fat bacon; put this in a Dutch oven, and roast for half an hour, basting frequently. Then remove the bacon, and roast five minutes longer without the bacon. Carve the chicken then, and serve to the invalid only the best parts.

### 317. Broiled Chicken.

$\frac{1}{2}$  a Chicken.

1 oz. Butter.

Pepper and Salt.

Split a chicken in halves lengthways, flatten it, and brush with dissolved butter; heat a gridiron, and rub the bars with a bit of suet; put the chicken on, and set it over a clear fire with the bone side next the fire, for nearly a quarter of an hour; then turn for a few minutes. Have butter tied up in a bit muslin, and baste with that frequently; turn every five minutes, and broil in all half an hour, taking care it does not burn; then cut the chicken in neat members, and serve hot.

### 318. Remedy for a Burn.

The white of an egg mixed a little, and poured over a burn, is one of the most soothing and healing things that can be applied. It also effectually excludes the air, and thus helps to heal; as contact with the air is what causes great pain and inflammation. This remedy is also convenient.



### 319. Mutton Broth.

1 lb. Mutton (Lean).	2 oz. of Pearl Barley.
1 quart of Water.	A little chopped Parsley.
$\frac{1}{2}$ teacupful Milk.	

Cut the mutton up in small pieces, and put it on with the cold water and the barley, previously washed and soaked for half an hour in cold water. Let it all simmer slowly for 4 hours. Then strain it and remove all the fat from the top. It is better to stand till quite cold before doing this. Put it on then to boil, adding the milk and the parsley, very finely chopped; season to taste with salt and pepper.

Chicken is very good cooked in the same manner as this.

### 320. Boiled Milk.

(Useful in Bowel Complaints, and for Consumptive Patients.)

$\frac{1}{2}$ pint of Milk.	$\frac{1}{2}$ an inch of Stick Cinnamon.
1 oz. of Mutton Suet.	A few grains of Nutmeg.

Shred the suet very finely, and put it with the other ingredients to boil for five minutes. Pick out the cinnamon, and set it aside, and remove the skin that will rise to the top. It may be used warm or cold, with dry toast or biscuit.

### 321. Remedy for Dysentery.

1 Egg.	1 teaspoonful Sugar.
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Beat the egg and sugar up very lightly, and swallow it at one gulp if possible. It soothes the inflammation in the stomach and intestines, and forms a transient coating to those organs, till gradually the disease is removed. Two or even three eggs a day may be used in this way, and the patient kept very quiet, with very light diet otherwise than the egg.



### 322. Anchovy Relish.

4 Anchovies.

$\frac{1}{2}$  teacupful of Milk.

$\frac{1}{2}$  oz. Clarified Beef Suet.

Dry Toast or Thin Biscuits.

Soak the best anchovies in the milk, then split and remove the bones; dry thoroughly, and put into the mortar with the clarified suet, and pound to a paste; spread this on dry toast or biscuit. It is a relish that helps an invalid to enjoy food.

### 323. To Clarify the Suet.

1 lb. Suet.

Cut it up very finely, and put it in a small saucepan with  $\frac{1}{2}$  a teacupful of water; let it boil till it is quite dissolved, then strain it into a bowl with some cold water. When quite cold remove the cake of fat, scrape it quite clean, and put it aside for use. It is lighter than butter.

### 324. Fillets of Sole.

1 small Sole.

1 Egg.

A few drops of Lemon.

4 small pieces of Toast.

Pepper and Salt.

Skin and fillet the sole, and twist the fillets neatly, and put them in a small saucepan with half a teacupful of water and a few drops of lemon juice, and a little pepper and salt; put on the lid, and when it boils up let it simmer for five minutes. Remove the fillets, and place one on each piece of toast; add the yolk of the egg in the usual gradual manner to the liquid the fish was cooked in, stir till it thickens, and pour a little of it over each fillet. The half of a small sole would be enough at one time for an invalid.



## MISCELLANEOUS.

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### 325. Lemon Preserve for Tarts.

$\frac{1}{2}$  lb. Sugar.

2 oz. Butter.

3 Eggs.

Rind and juice of 1 large Lemon.

Put the sugar, butter, eggs, the rind, grated, and the juice of the lemon, strained, into a bright saucepan; stir all over the fire till like honey, and just boiling; pour into a jar and keep in a cool place to use. Have paste baked on patty pans, and cool. Fill with preserve, and serve.

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### 326. Flavouring Spices.

1 oz. Bay Leaves.

1 oz. Marjorum.

1 oz. Sweet Basil.

1 oz. Thyme.

1 oz. Ground Cloves.

1 oz. White Pepper.

1 oz. Ground Mace.

1 oz. Nutmeg.

Dry the herbs in the sun carefully, pull off all the stalks, pound all together. Rub through a fine wire sieve, and put in bottles for use. This makes a delightful flavouring for forcemeats, stews, soups, etc.

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### 327. Spinach Colouring.

$\frac{1}{2}$  lb. Spinach.

$\frac{1}{2}$  teacupful Water.

$\frac{1}{2}$  teaspoonful Salt.

Wash the spinach and pick the stalks off, and put it into a porcelain saucepan with the water and salt. Cover closely; boil for ten minutes; press the juice out through a hair sieve, and then strain it through muslin. This is a simple way to prepare a green colour for jellies, etc., and the spinach itself is quite good to use as a dish.



### 328. Parsley Green Colouring.

Take a good deal of fresh parsley with a good colour, wash it perfectly clean ; pick all the stalks off and dry it lightly, then chop it fine. Put it in a mortar and mash it and bruise it, and afterwards put it in a cheese cloth and wring as much as possible of the juice out. Collect it into a glass bottle, put the bottle in a saucepan of cold water, with a good deal of brown paper under it. Let it get hot, when the bottle may be removed, and when it becomes quite cold cork for use. Spinach may be done like this, and parsley like the recipe for spinach given above. They don't keep long.

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### 329. Polish Baba, or Savarin au Sirop.

1 lb. Flour.  
1 oz. German Yeast.  
8 oz. Butter.  
2 oz. Sugar. 6 Eggs.

$\frac{1}{2}$  lb. Fruit—Mixed Citron,  
Pistachio Nuts, Cherries,  
and Currants.  
 $1\frac{1}{2}$  teacupfuls Milk.

Make the milk tepid, and with it mix the yeast quite smooth. Put half of the flour in a basin, and mix the yeast with it till it is a very soft batter. Sprinkle the remainder of the flour on the top of it ; cover the basin with a lid, and set it above the stove in a warm place, till the batter comes up through the flour, then it is risen enough. Now beat the butter to a cream with the sugar in a separate basin, and add to that 2 eggs. When thoroughly mixed, add this to the mixture in the other basin, and beat with the hand till it is very light. Then drop in 2 eggs and beat again, and then the other two, and beat till the whole is smooth and very light. Prepare the fruit, and add it next. The cherries are cut in pieces ; the green almonds chopped roughly, and the citron in square bits. Have 3 or



4 small pudding tins carefully buttered; divide the batter among them, and set the tins in a warm place to rise. Then bake in a moderate oven till ready. The cake may be put all in one tin, and the tins are sometimes lined with a few blanched and split almonds over them after being buttered. The tins must only be half full when set to rise, or they must have buttered paper tied outside to prevent the mixture running over. Have a good syrup, flavoured with lemon, vanilla, or strawberry to taste, and when the cake is cold, pour the syrup over it.

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### 330. Chocolate Eclairs.

$\frac{1}{4}$  lb. Flour.

$\frac{1}{2}$  pint Water.

2 oz. Butter.

1 oz. Sugar.

3 Eggs.

$\frac{1}{2}$  lb. Sugar.

2 oz. Chocolate.

1 teaspoonful Essence of Vanilla.

Put the water, butter, and sugar in a saucepan to boil. Have the flour sifted, and when the water is boiling, drop the flour all in and stir vigorously over the fire till it becomes a perfectly smooth thick paste, and leaves the side of the saucepan—it must boil five minutes at least. Remove the pan from the fire, and put it all away to cool for a quarter of an hour. When cool, drop in 1 egg, and with a wooden spoon beat till the egg is thoroughly mixed and quite smooth; then drop in another and do the same, and then the third. On this beating, and the previous careful boiling long enough, the success of the dish entirely depends. Put the whole of the preparation into a forcing-bag with plain tube, about  $\frac{1}{3}$  of an inch in diameter, and put the eclairs out on a buttered baking tin, in the length and thickness of finger biscuits. Put them in the oven to bake



till ready (that is till they have risen a great deal and feel firm), about twenty minutes in a moderately hot oven. Take them out, and when cool, open them at the side or end, and fill them either with a purée of fruit, or the pastry cream that follows (if opened at the end, the forcing-bag is used to fill them):—

### 331. Pastry Cream.

1 oz. Flour.

1 oz. Sugar.

$\frac{1}{2}$  pint Milk.

2 Eggs.

$\frac{1}{2}$  teaspoonful Vanilla Essence.

Beat up the eggs well, and make the whole into a perfectly smooth batter, which stir over the fire till it boils, and is a nice smooth paste. To this paste may be added a few ratafia biscuits broken up, or a few chopped almonds. With this fill the eclairs, and then ice them with the following

### 332. Chocolate Icing.

Put  $\frac{1}{2}$  a lb. of sugar and  $\frac{1}{2}$  a teacupful water in a small saucepan, and stir constantly till it boils a few minutes (three or five), until a little put on the fingers feels quite sticky, or till it is thick; then stir in the chocolate, grated, and  $\frac{1}{2}$  teaspoonful vanilla essence; stir till the chocolate is mixed and smooth. With this ice over the top of the eclairs, and leave to harden, and serve cold.

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### 333. Vanilla Pods.

Vanilla pods have a much better flavour than vanilla essence. Stir the pod among the substance to be flavoured until it has enough, then wash the pod in two waters and dry it for future use. It will last a long time.



### 334. Spanish Puffs.

$\frac{1}{2}$  lb. Flour.  
2 oz. Butter.  
1 oz. Sugar.  
Fat for Frying.

$\frac{1}{2}$  pint Water.  
3 Eggs.  
 $\frac{1}{2}$  pint Cream.  
1 teaspoonful Vanilla.

Make the preparation exactly the same as the Eclairs given in previous recipe ; boiling, putting in the flour, boiling again, cooling, and adding the eggs ; after that, have a saucepan of good fresh lard just beginning to smoke. Drop in the mixture in a smooth round lump out of a dessert-spoon, in pieces rather larger than an egg. The saucepan will probably only hold four at a time, as they increase in size greatly. Fry them till brown all over, and double the original size at least. (The frying must not be too quick). Take them up on paper to drain and get cold. Then open at the side and fill with whipped cream, sweetened a little, and flavoured with vanilla, and sprinkle over them a good deal of icing sugar. Serve cold for luncheon sweet.

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### 335. To Dry Herbs.

Herbs ought to be pulled on a dry day, and just before they flower. Cut off the roots and free them from dust. It may be necessary to wash them ; put them either in a Dutch oven some distance from the fire, or in a slow oven, or in the sun till they are quite dry and crisp, but not at all brown. Pull all the leaves off and rub them down, and then rub them through a coarse sieve and bottle for use, or they may be tied in bunches by the stems and hung till dry, then put in paper bags for use.

Mushrooms may be dried slowly in the same way, and pounded and rubbed through a sieve. It is excellent for adding to soups and stews.



### 336. Jugged Hare, or Civet of Hare.

1 Hare.

$\frac{1}{4}$  lb. fat Bacon.

$1\frac{1}{2}$  teaspoonfuls of flavouring  
Spices.

6 Shalots.

1 Tomato.

1 dessert-spoonful Red Currant  
Jelly.

$\frac{1}{2}$  lb. rough Puff Paste.

Juice of  $\frac{1}{2}$  a Lemon.

1 oz. Flour.

Salt to taste.

Cut the bacon in small neat pieces, and cut the hare into joints, wipe the pieces after washing, as far as necessary only; fry the bacon lightly and take it out. Then in the bacon fat fry the pieces of hare lightly. Put the hare, the bacon, the shalots left whole, the tomato cut in pieces, the flavouring spices, and a little salt, all in alternate layers, in a jar large enough to hold it all; add the stock, cover with strong paper, put it into a saucepan with water to come up nearly, but not quite, to the top of the jar, and cook till tender, which is from  $2\frac{1}{2}$  to 3 hours.

Make a border on a dish with the pastry, and bake it till ready. Take out the hare on the dish, add the flour to the stock, etc., in the jar, and the lemon juice and the red currant jelly; boil it up, and pour the sauce all over, and serve hot.

### 337. To Improve Meat when Beginning to Spoil.

Have water boiling in a saucepan; also have two pieces of burnt wood, that is, charcoal. Put the meat in the boiling water; then put the burnt wood in the fire till it gets quite red, and then drop it into the pot; when the fire is extinguished take off the saucepan; skim it; remove the meat, and use it.



### 338. French Rolls.

2 lbs. Flour.

2 oz. Butter.

1½ teaspoonful Salt.

1 Egg.

1½ breakfast-cupfuls Milk.

1 table-spoonful Soft Sugar.

1 oz. German Yeast.

Put flour in a basin, and mix the salt with it. Melt the butter in a small saucepan, and add to it the milk (the milk should be made tepid), beat up the egg and add it to the warm milk and butter, mixing thoroughly. Put the yeast and sugar in a basin, and dissolve it gradually and smoothly with the warm milk, etc. Pour the whole in among the flour; mix it thoroughly with a wooden spoon; cover it with a towel, and set it to rise in a warm place for one and a half hours. Then knead it down in the basin, and set it to rise half an hour longer. Then knead it to separate it from the basin; take it out on the table; flatten it out with the hand or a rolling pin, half an inch thick; double it over and pinch the edges all round, this encloses a good deal of air; flatten it again; double and pinch. Repeat this a good many times, when the dough will be full of bubbles of air. Divide this into cleft rolls, doubled rolls, or twists; set to rise once more on a warm oven tin for a quarter of an hour; put in the oven and bake a quarter of an hour. The rolls may be brushed with milk and egg when half baked.

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### 339. Means to Remove Acidity from Soup.

Put the soup in a saucepan to boil, then put in ½ a teaspoonful of carbonate of soda to each quart of soup; boil a minute, skim it carefully, and serve. It is not so delicate in flavour, but quite fit to use.



## 340. Meringues à la Vanilla.

 $\frac{1}{2}$  lb. fine Sifted Sugar.

4 Whites of Eggs.

 $\frac{1}{2}$  pint Double Cream. $\frac{1}{2}$  teaspoonful Essence of Vanilla.

Beat the whites of eggs in a basin with a whisk for about ten minutes, adding during the process of beating 3 large pinches of the sugar; by this time the whites should be a firm solid froth. Take out the whisk and replace it with an iron spoon; put in the sugar, and stir it very lightly till the sugar is mixed, and only mixed. Have an oven tin with a sheet of white paper on it; put the meringues on the paper neatly with a spoon, in the shape of a half egg; or else put it into a forcing bag with tube, and put out the meringues that way. Sift sugar over, and put in a very slow oven till hard. Wet a knife in boiling water, and with that slip them off the paper. Scoop a teaspoonful of the soft part out of the middle, and put them again in a slow oven to harden. Then when they are to be served, whip up the cream stiffly; add the vanilla and 1 teaspoonful of sugar, mix lightly; fill the meringues, and serve at once. They keep a long time, but the cream must not be added till the very last.



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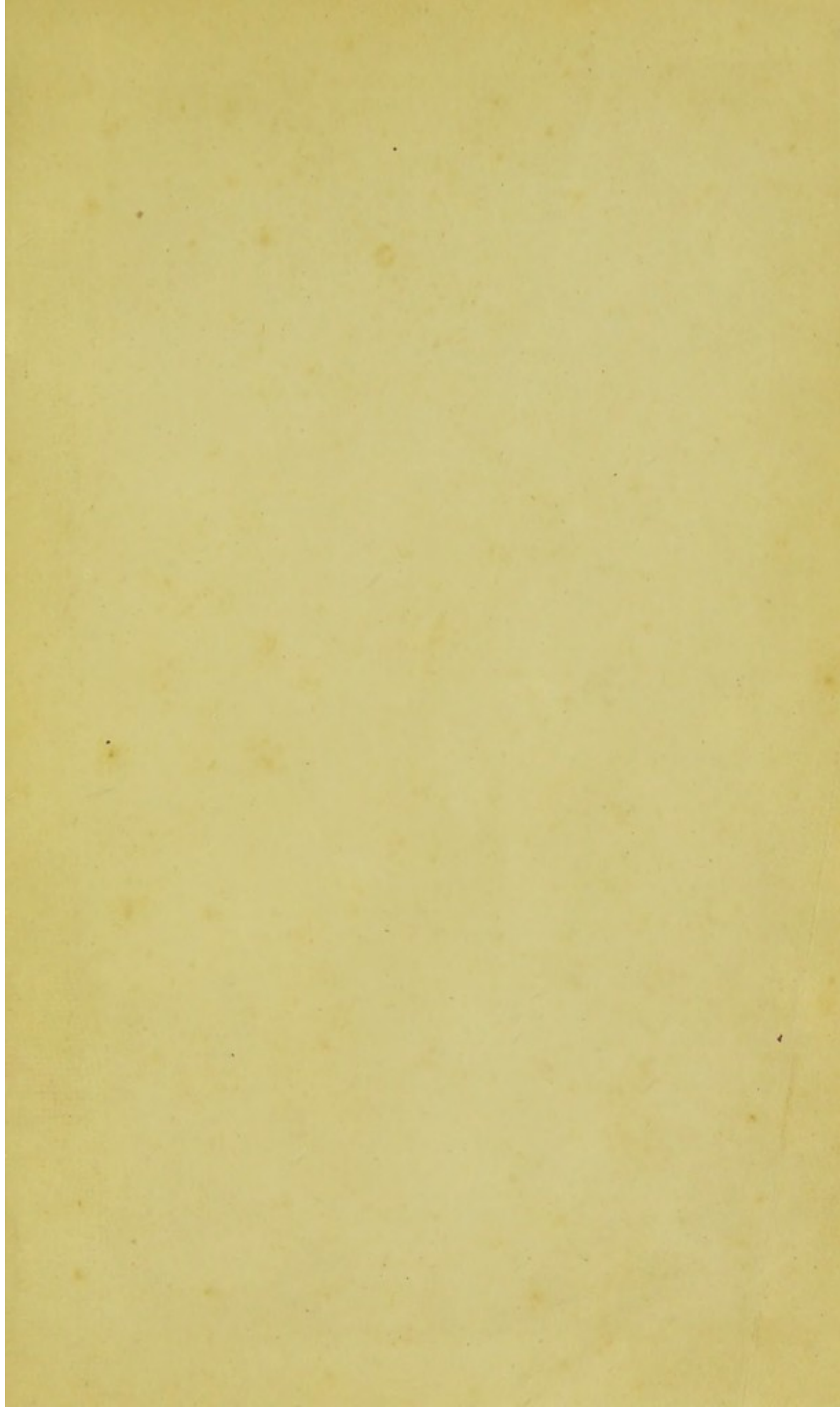
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