

The art of preparing soups, stews, hashes and ragouts / by Jenny Wren.

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PRICE SIXPENCE.

Soups, Stews Hashes and Ragouts

BY

JENNY WREN



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ALEXANDER GARDNER,
PAISLEY; AND PATERNOSTER ROW, LONDON.

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*SOUPS, STEWS, HASHES,
AND RAGOUTS.*

NOTICE.

A VERY large edition of my book, entitled "Modern Domestic Cookery," having been sold, that work is out of print, and its publisher has suggested that we should now make a new departure in order to the issue at intervals of a series of cookery receipts for the various branches of the culinary art, these to contain simple but precise directions for making the many dishes now deemed necessary to form a portion of our "daily bread."

No pains will be spared to lay before the public the newest modes of cooking, and the most economic methods of going about the work. Receipts will not be unduly multiplied, but the best formulas for "dishes of a kind" will be placed before my readers, the incidental processes being all patiently described.

JENNY WREN,
Cook and Housekeeper.

* * * Also Ready, "DISHES OF FISHES."

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P R E F A C E.

INSTRUCTIONS will be found in the following pages, for the preparation, if I may use such a phrase, of a "family of dishes," namely : "Soup, stews, hashes and ragouts," together with hints for the making of the necessary sauces and seasonings for the same. Many more receipts could have been given, but from the formulas offered, ideas may easily be evolved for the making of other dishes equally or even more palatable. Cooks ought to have imagination or at least possess the power of "adapting," and should not be *slaves* to cookery books—not even to mine. With the exception of puddings and other "sweets" ample materials may be found in this booklet for at least a hundred tasteful little dinners or luncheons, suitable for modest living middle-class families, and there are doubtless many who will be glad to avail themselves of the information contained in the following pages.

JENNY WREN.

1st June, 1888.

CONTENTS.

PREFACE,	v.	Jardiniere,.	20
INTRODUCTORY NOTES,	5	Kidney,	20
Soup Stock for Family Use,	7	Lentil,	21
French Consomme,	8	Lobster,	21
Stock for Fish Soups,.	8	Mock Turtle,	22
SOUPS,	9	Mulligatawny,	22
A La Reine,	9	Mussel,	23
Arrowroot,.	9	Niceties of Soup Making,	23
Artichoke,	9	Ox Tail,	23
Asparagus,.	10	Oyster,	24
Barley Broth,	10	Onion,	24
Beef Tea,	11	Ox Cheek,.	24
Bisque,	11	Palestine,	9
Blonde de Veau,	11	Pea, Green,	24
Bonne Femme,	17	Pigeon,	24
Brown,	11	,, (Bisque)	25
Cabbage,	12	Poached Egg Soup,	25
Calf's Head,	12	Pot a Croute,	25
Carrot,	12	Potatoe,	26
Celery,	13	Rabbit Soup,	26
Chicken,	13	Rice,	26
Cockie Leekie,	13	Scottish Hare,	26
Cod's Head,	14	Seasoning Soups,	27
Cost of Soups,	14	Sheep's Head,	28
Deerstalkers' Broth,	14	Skate,	28
Fancy Soups,	15	Skink,	28
Fast Day,	15	,, (Scottish),	29
Friars' Chicken,.	15	Spinach,	29
Game,	16	Spring,	29
,, (another way),.	16	Stocks,	29
Giblet,	16	Take Pains,	30
Good Woman,	17	Tapioca,	30
Grouse,	17	The Pot au Feu,	30
Haddock,	18	Tomato,	31
Hake,	18	Turnip,	32
Hard Pea,	18	Turtle,	33
Hessian,	19	,, (another way),	33
Hotch Potch,	19	Vegetable,	33
		Velvet,	30
		Vermicelli,.	33

STEWES AND RAGOUTS, .	34	Bechamel Sauce, .	51
A La Mode Beef, .	35	Beef Gravy, .	51
Beef Gobbets, .	35	Bread Sauce for Game, .	51
„ in General, .	35	Brown Oyster Sauce, .	51
„ as a Ragout, .	35	„ Sauce, .	52
Bubble and Squeak, .	36	Burnt Butter, .	52
Collops Minced, .	36	Butter and Egg Sauce, .	52
Calf's Head, .	36	„ How to oil, .	52
„ Curried, .	37	„ How to clarify, .	52
Chowder, (American), .	37	Caper Sauce, .	53
Civet of Hare, .	37	Chestnut Sauce, .	53
Curried Mutton, .	38	Cooks' Measures, .	53
Curries, .	38	Common Sauce, .	53
Currying a Fowl, .	38	Condiments, .	53
Dishes of Hashed Meat, .	39	Egg Balls, .	54
Duck Stewed, .	39	Enggots of Herbs, .	54
Ducklings with Turnips, .	39	Forcemeat Balls, .	54
Farce of Fowl, .	40	French Frying Material, .	54
Fowl with Peas, .	40	Geese, Ducks, etc., to Stuff, .	54
Hashed Beef, .	40	Horse Radish, .	55
Haricot of Mutton, .	41	Lobster Sauce, .	55
„ of Veal, .	41	Mint Sauce, .	55
Howtowdie Dressed, .	42	Mushroom Catsup, .	55
Inky Pinky, .	42	Mushrooms, .	55
Irish Stew, .	42	Mustard, .	56
Jugged Hare, .	43	Onion Sauce, Brown, .	56
Kidneys, .	44	„ White, .	56
Lamb Hash, .	44	„ Whole, .	56
Lamb's Head, .	45	Oyster Sauce, .	56
Mixed Curry, .	45	Parsley, How to fry, .	57
Partridge Stew, .	45	„ Sauce, .	57
Pheasant, Salmi of, .	45	Poor Man's Sauce, .	57
Plucky Hash, .	46	Powdered Herbs, .	57
Poultry, Ragout of, .	46	Ravigotte, .	57
Ragouts Eccosais, .	46	Sauces for Fowls, .	58
Salmi of Duck, .	47	Sauce Robert, .	58
Savory Macaroni, .	47	Shrimp Sauce, .	58
Smothered Rabbits, .	47	Tomato Catsup, .	58
SEASONINGS AND SAUCES, .	48	Vinegar, .	59
Apple Sauce, .	51	Walnut Catsup, .	59

INTRODUCTORY NOTES.

Now good digestion wait on appetite,
And health on both.—*Shakespeare.*

As a general rule, soups of some kind form the first course of all dinners of importance, and in many families is at times the only "course," and when eaten with a portion of good bread forms a meal, which is not to be despised. Soup, roundly speaking, is easily prepared, can be made "out of" almost anything, and in consequence is not costly. Soup is nourishing, and when well made grateful to the palate in an eminent degree.

The distinguishing quality of good soup is to be permeated by the flavour of the substance of which it is composed. Soups are sometimes only too suggestive of a mess of dirty water. In dining at the commoner hotels and restaurants the soups served are often made of the same material, flavoured at the last moment with a little of the matter of which they ought almost solely to consist, or which should at least be the prevailing *tone* of the compound—thus gravy, brown, ox-tail, or kidney soup, as partaken of at some taverns, are in most cases one and the same, with the necessary flavouring matter added. There are of course, many soups for which common stock serves as a foundation; but cooks ought to study carefully where the foundation of any particular soup ends and where the embodiment of the real flavour begins.

In the making of Scottish soups, in particular, the question of their flavour should be carefully studied, as most of them are made "right away," as the Americans say, and not from stock.

Hare soup, cockie-leekie, hotch-potch, and sheep's-head broth are compounds of a very marked description, any tampering with their manufacture would easily be detected. In French soups again, as a rule, many compositions are sold which are just one and the same. For instance, in one famous restaurant in Paris you will be supplied with what is called *Printannier*, which is the same soup that in the establishment next door figures as *Julienne*, while a third restaurant calls it *Jardiniere*, the compound, under whatever name it is purchased, being to all intents and purposes the same, no matter how it may be flavoured!

I have no hesitation in saying I understand soups. I have gone deeply into their study, and have consulted all the best French writers on the subject, and have I dare say, looked over receipts for at least two hundred so-called soups; were I to give all these I could fill a volume of goodly size. The plain truth is, that about thirty or forty receipts are sufficient to describe all the original soups which pertain to the world's *cuisine*. Soups when reduced to their elements are not numerous.

In the preparation of all soups cleanliness is a virtue of the chiefest importance; let all therefore whom I now address see that their broth pots are thoroughly clean and neat, nicely tinned all over their insides, and well brushed outside. All pots used in making soup should be clean for three inches round the rim, that the liquor may be "poured" without danger of being tasted by soot or reek. All spoons, straining cloths, tasting ladles, and stirring sticks should always be well cleaned after being used, and should again be well cleaned before being used. The lids of soup pots should be made to fit tightly, otherwise the soups cooked in such vessels may lose a part of their flavour, the lid too, should be kept close, except of course when stirring or skimming the compound.

I shall now give a few receipts for making "stock" for the finer kinds of *made* soups. The French designate their stocks by "degrees;" they have their *consomme* and their *grand consomme*, as well as their *Blonde de veau*, and other varieties;

but I shall not go so far as the French, if I give directions for making a good strong stock it will be quite sufficient, and can be used either at its full strength or diluted, so as to be generally useful.

A soup stock for family use may be prepared in the following mode:—Put on, with cold water, 5lb. weight of juicy beef—hough will do very well—and if you add a few broken bones, so much the better. Simmer gently for two hours, skimming off the fat as it rises. When the liquor begins to look clear, add a little salt and some black peppercorns; next, put into the pot a few vegetables, well cleaned—as the barrels of a couple of fat leeks, the white part part only, a stick of celery, two small carrots, a turnip, and half-a-dozen small peeled onions, to help the flavour; cloves and fine herbs may be added at discretion. Put on with six or seven quarts of water, or less as the case may be, and let it boil to about a third. If the meat be wanted to eat, take it out when it is ready, but boil the liquor for about five hours. Strain and cool it; if a cake of fat still gathers on the top, pick it off and keep it; it will come in useful.

The foregoing receipt is an admirable one to build upon, and to show the mode in which stock is prepared. The more beef there is, the stronger, of course, will be the stock; but a pound of beef to each quart of water is about the right quantity. A knuckle of veal or a fowl will add to the strength of the stock in certain respects, and as regards the vegetables, care must be taken in their selection, as celery has a very pronounced and penetrating flavour. In making stock, regard should be had both as to what it is to be used for and when it is to be used. Soups, speaking roundly, are of three kinds. First of all, there is clear soup; then, secondly, there is soup thickened with various ingredients. Next, there is what may be termed a kind of half-and-half as between a thick soup and a thin stew. Well-made stock in company-giving houses is just so much capital which the mistress has to work upon. She can dilute the above compound, and with about a teacupfull of the cut vegetables

now sold by nearly all grocers, prepare a *Julienne* soup with great expedition, if unexpected guests are announced.

French Consomme is just made like the above, only with a greater variety of meats some of which, before being placed in the stock-pot, are cut down and fried for a little time in a stewpan. If a fowl be boiled in the stew it will be economical to serve it for dinner. A piece of veal may be used in the same way. If well made it will keep in a cool place for many days. For strong jellied stock use veal and poultry till the required strength be obtained.

A good, useful stock for fish soups may be prepared as follows :—Procure a piece of skate, say a pound and a half, two or three flounders, and a large eel, clean them well and cut them down into small pieces, place them in water with seasoning to taste : mace, pepper, onions, salt, cloves, parsley celery, and sweet herbs : boil for three hours, and then strain to be ready for use. If the soup is to be brown, first fry the fish well in butter, so as to give it the requisite tone of colour.

In conclusion, as regards soup, let me repeat what has been often said that those nations who live upon it thrive ! It is, when carefully made, a most nourishing form of food—good for the invalid, sufficing for the school boy, and excellent in old age, when the teeth have become worn out. In the preparation of soups cooks have a favourable opportunity of displaying their ability. The French artists of the kitchen aim at perfection, it is said that a Parisian *chef* on being told that one of his master's guests had added some seasoning to a soup he had sent to table, declared that he had been so degraded that he could not live, and he shot himself there and then ! Cooks should beware of putting too much salt in their compounds, and they ought to guard against their being greasy, skim often and with care, or if not for immediate use let the stock cool, and the fat will “cake” on the surface when it can be easily removed.

SOUPS.

POTAGE a la reine is a white soup composed of
A La Reine. white stock, with the addition of two plump fowls, which may be utilised for a portion of the dinner, or be boiled down just as you like, in which case cut off all the flesh to be pounded in a mortar with an ounce of sweet almonds and then restore to the liquor. Boil also in the liquor the crumb portion of two French rolls, half an hour will do after the fowl flesh has been restored. Run the liquor through a strainer and mix with it half a pint of cream, simmer for half a minute and then dish into a hot tureen into which has been crumbled the crust of the French rolls.

THIS substance may be used for the thickening
Arrowroot. of soups or broths. Put a little in a basin, add a few drops of the liquor, and mix with the back of a spoon, till it is like cream, then stir it into the soup.

This soup is also known as "Palestine," and is
Artichoke. much esteemed. It may be made by allowing the artichokes, nicely cleaned and trimmed, to simmer for about eight or ten minutes, with a thick slice of fat bacon, or a bit of butter, or both. Give the pan an occasional shake during this part of the process. Next, add sufficient lukewarm water to cover the artichokes, which must be stewed till tender; rub them through a sieve into the water in which they were boiled, the bacon having been removed, if not all melted. Add as much boiling milk as is needed for the quantity of soup—take care to put in salt and pepper; a wine glassful of hot cream may be added as the soup is about to be dished. I never use stock when making this soup, but some persons like to put in it a teacupful of white broth.

GREEN ASPARAGUS soup is very good. Make a *Asparagus*. special liquor from lean beef and ham, with a few miscellaneous herbs, as mint, sorrel, and marjoram. Boil in this stock, the heart of a cabbage, and a little spinach, along with some crusts of bread. Some people add a little sweet ale—I don't. After two hours strain off the liquor, having skimmed it well; add to it a pint and a half of asparagus tops, cut down very small, and such seasoning as may be required; boil till the asparagus is tender, not longer.

THIS forms an excellent "cold weather soup" for *Barley Broth*. a family, but can be made at all seasons in which the necessary supply of vegetables can be procured. Some recommend that enough broth should be made to last two days; but I am not of that opinion: make for one day only. Barley broth may be made from neck of mutton or hough of beef, or from the flank of beef; but take care in any case that the beef is not too fat. About three pounds, less or more, will be sufficient for a gallon of water. Put that quantity of cold water into a nice clean pot, along with a teacupful of barley, and as much dried green peas. If the water is *hard*, put into it a very little bit of washing soda; a small portion of a turnip, but not too much, as it tends to "poor" the broth, say two slices, may be chopped into dice and placed in the pot; three smallish carrots or two large ones may be cut in the same way and added to the water. If possible scrape one of the carrots into a kind of pulp, as it tends to enrich the soup and counteract the "pooring" quality of the turnip. The white portion of a couple of fat leeks should be chopped down and added, as also a third part of a good-sized savoy, or heart of a cabbage, if that vegetable be in season. Boil the whole gently for a little over three hours, the meat being put in at the first, an hour before the vegetables. Put in salt, also pepper to taste, but these can be easily added by those who partake of the broth. Be particular to keep the lid on as tightly as possible, only removing it occasionally to skim the soup. Vegetables should be well cleaned before being used. A handful of nicely chopped parsley may be added twenty minutes before serving; and when serving, see that the plates are hot. Let the soup be well boiled: even in Scotland it is sometimes not very well prepared, being frequently insufficiently boiled, which is a mistake to be guarded against.

As I daresay many of my readers will require occasionally to prepare this requisite of the sick-room, it is proper that a receipt for it should be included in my list of soups. The simplest and perhaps quickest mode of making it is to cut down half a pound of good lean beef into very small bits and placing it in a jar to pour over it as much boiling water as will yield a breakfast cupful of liquor. Allow for absorption of water by the beef. Other ways of making beef-tea are numerous, but these need scarcely be referred to here, as the result may simply be described as being in the nature of soup stock. The above receipt will be found useful in houses where stock is not kept on hand. I may just inform those of my readers who are not already aware of the fact that, there is not so much actual "nourishment" in beef-tea as is supposed, but notwithstanding, it forms along with a little toasted bread, which may be crumbled in it, a grateful form of refreshment to invalids who are unable to partake of solid food.

Bisque. THIS fine soup is made from crayfish and can be compounded in various ways. The following mode is one of the simplest. Take from forty to fifty crayfish, from which remove the shells, which pound in a mortar with two or three ounces of fresh butter and a couple of anchovies. When well mixed, put to it a pint of soup or fish stock, and let the whole simmer on a moderate fire for a full hour, then strain and crumble into the liquor the crumb of a French roll. Put on the fire again for half an hour, adding more of the stock, according to the number at dinner, and the meat of the crayfish, but do not let the composition boil. Add seasoning to taste, such as a pinch of cayenne, etc. Read this receipt in conjunction with that for the making of lobster soup, and study how to vary the formula with the addition of flour and other ingredients.

Blonde de Veau. I MAY describe this as being for culinary purposes simply a very strong stock made of veal (or other white meat such as fowl). This stock was at one time all the rage.

Brown. DILUTE a pint of stock by making it into three quarts; put a portion of the liquor, say half, into a good-sized pan, in which stew two small turnips, a few small carrots, an onion or two, and a couple of sticks

of celery, as also a pint of peas, which have all been fried in clean dripping for a few minutes ; simmer the whole for an hour and a half, adding pepper and salt to taste ; skim and then strain, and return to stewpan, with remainder of diluted stock ; bring again to the boil for a minute or two, having added previously a little isinglass to clear it ; strain into a hot tureen and serve.

Cabbage. CABBAGE soup, which is largely used by the working classes on the Continent, especially in France and Belgium, and in Russia among the people, constitutes a national dish, being both economical and tasty. It can be made from large white cabbages, cut down in thin slices and strips ; of course, being first of all washed thoroughly clean. Put in a couple of sliced onions, by way of enhancing the flavour, as also half a spoonful of brown sugar, as well as a grated carrot or two, keep the lid tight on the pot, and let it boil slowly for three hours and a half ; skim occasionally. Before dishing place a slice or two of toasted bread, or any uneaten crusts, nicely trimmed, in the bottom of the tureen. Serve this and all other soups piping hot. I have spoken of this as a poor man's soup, but it is really excellent when well made, and fit for any table. Season with a teaspoonful of ground ginger, and pepper and salt to taste.

Calf's Head. THIS soup may be prepared in the same manner as Mock Turtle (which see), omitting the wine and some of the other ingredients, such as the mushrooms, forced meat balls, etc.

Carrot. CARROT is a cheap and, what is better, good soup. It can be made from a few ham parings, which may occasionally be procured cheap—say, a pound and a half of these, with six good-sized carrots, two or three small onions, half of a small turnip, and a little minced parsley, with two teaspoonfuls of brown sugar to season. Put on the ham with a little of the soup from the stock pot, if you have one (water, if you have not), the sliced onions and the parsley, and let them stew away whilst you are preparing the carrots. These must be washed clean, and sliced down very thin, but do not use the heart or core (put it in the stock pot !), add them to the contents of the pot with sufficient water for the soup—say

about three-quarters of a gallon, that is a quantity equal to the contents of four beer bottles. Boil till you see that the carrots are quite soft, then add about half a teacupful of flour, having first mixed it carefully to the consistency of gruel with a little of the soup taken from the pot. After a few minutes strain the whole through a sieve or doubled-up piece of net, to insure its being all of one thickness. Add a teaspoonful of salt, and serve very hot with some small pieces of thin toast in the tureen. This *purée* ought to be of a delicate red colour, and is very palatable; it is called in France, "Crécy soup," Crécy being where the finest carrots are grown.

Celery. THIS must be made with *white stock*. Cut down the white of half a dozen heads of celery into little pieces, and boil in four pints of white stock, with a quarter of a pound of lean ham and two ounces of butter; simmer gently for a full hour, then drain through a sieve, return the liquor to pan, and stir in a few spoonfuls of cream with great care in the usual way. Serve with toasted bread, and, if liked, thicken with a little flour; season to taste.

Chicken. STEW three chickens in diluted white stock for an hour, along with a little sliced carrot and turnip. Take out the birds in an hour and peel off the white flesh, restoring the carcass to the pan, and allow the contents to simmer for another hour. Meantime beat up the white flesh with a little soft loaf bread in a mortar, moistened with a little of the liquor; add to contents of pan also a few table-spoonfuls of hot cream, and then strain the whole, flavouring with a little salt and a grain or two of cayenne. About six pints of the diluted stock will be sufficient; thicken with a little flour if thought desirable, or add some very thin toasted bread, cut into minute pieces. This is "the Queen's Soup."

Cockie Leekie. THIS soup, which is largely composed of leeks, is another of our delightful Scottish compounds, especially seasonable in winter, and may be made without the proverbial "auld cock" or "tough hen;" but the following is the orthodox plan of making this excellent compound. Boil two or three pounds of hough of beef to rags in as much water as is thought necessary, and while doing so have three or

four good large leeks in the pot, the rank or tail ends being cut off. When the meat is thoroughly boiled let it be removed, that its place may be taken by a couple of fowls, one of which may be cut into joints to be served with the soup, the other can be boiled whole and served as a portion of the dinner. Put into the stock the barrels of several fat leeks, well cleaned, and cut into small portions, and let the whole be well boiled. Above all do not grudge the leeks: the compound ought to be thick and slab. "Put in plenty of leeks, Mrs. Wren," used to say an old master of mine; "then add more leeks, Mrs. Wren, and your soup will be all the better for doing so." Season to taste, as it is about ready. Those who do not wish to go to the expense of fowls can make a famous tureen full of leek soup out of three pounds of beef and a pretty fat mutton chop.

STEW the head in salt and water till tender, then
Cod's Head. add to it as much fish stock, boiling hot, as may be required; season with a spoonful of anchovy sauce and ketchup, likewise cayenne. A liquor may be added, if desired, formed from onions, cloves, sweet herbs, and a pint of sherry. Strain carefully before serving. As a general rule, however, all cooks should study that each fish soup has its own particular flavour. In cod soup the cod should predominate, whilst in oyster soup the succulent bivalve should not be overpowered by other ingredients.

As has been indicated, soup need not be costly,
Cost of Soups. some excellent kinds can be made in sufficient quantity for family use at about three half-pence a head, while soup kitchen compounds can be prepared for half that sum. No better or cheaper soups are made than cockie leekie and sheep's head broth, whilst cabbage and other vegetable soups are not expensive.

THIS is a "fancy" soup made as follows: Take two
Deerstalker's "grey" hens and an old grouse, with a partridge
Broth. or two, and joint them into small bits, reserving a dozen of the best pieces; put the lot not reserved in a stew-pan with water, half a cabbage, a few small turnips, a cut carrot, and a dozen of large kidney beans; stew for three hours and a half, keeping a well shut lid on the pan. When the stew is about

ready, fry the pieces which you have preserved in flour and butter over a quick fire; place in a dish, and strain the liquor from the other pan over them; boil again till ready with a teacupful of broken onions, a head or two of celery, and a small carrot grated or chopped fine; season with a snuff of cayenne, and salt to taste, and serve in a hot tureen. There should be about three pints or two quarts of this soup; boil about five hours in all; add the flour of a potato if you like it. This receipt can be varied according to circumstances: ptarmigan, woodcock, pheasant, &c., may all be used if convenient.

As has been indicated, soup can be made out of *Fancy Soups*. "anything." A cook, having her supply of stock, can add fish or flesh of some kind, as also vegetables and the necessary seasoning, when lo! she has a soup, without a name it may be, but a soup all the same. No thin soup can be the worse for having crumbled into it a slice of toasted bread.

The following is a receipt for a good fast-day soup *Fast-Day*. (*maigre*). Put on the fire a gallon of water containing a quantity of peas—say three pints—a little mint and other herbs, as also a slice or two of bread. Boil down considerably, then add a few small and tender peas to the soup, as also a lot of chopped vegetables as in season, such as lettuce, celery, heart of cabbage, parsley, &c.; first of all fry these in a little butter. Season with pepper and salt to taste, as also a clove or two. Serve hot, with crumbs of toast in the tureen.

Friars' Chicken. THIS is one of those savory compounds for which we are indebted to the culinary taste of the "monks of old," who were fond of good living. Cut up two or three chickens, which have previously been drawn, washed, and skinned, into little pieces, and put them into four quarts of water—some cooks put the chicken on with boiling water—I say cold water is best; boil for about two hours, carefully skimming every now and then to keep the liquid clear; about a quarter of an hour before dishing add a little parsley very finely chopped, and a minute or two before lifting from the fire stir in two eggs well beaten together; season to taste. A small piece of lean beef (hough) may be used if very strong soup is desired; serve with a little bit of the chicken in each plate. This is a palatable soup for invalids.

Game. THERE are several of these soups, all of which are of the most appetizing description. No prepared stock is used. A *pot pourrie* of game is delicious, and is well known in the camps of the gipsies. The following rudimentary way of making it was given to my mother by one of the East Lothian "muggers." "We put in first of all, it's a great big pot you know, a good fat barn-door fowl after it has been drawn, and four or five wood pigeons. We like two partridges, a young hare, and a grouse, as well as a rabbit or two, and let them boil away. A few onions chopped down into small pieces, a stalk of celery, two large apples, the hearts of two fine cabbages, and chopped carrot and turnip, a handful of salt and some pepper are all needed. This is a fine soup, and we all like it." This receipt must just be taken for what it represents. It is as my readers will note, of the "rough and ready" kind, and admirably adapted for a shooting party. There are the elements in it of a really fine soup; the addition of the apple is, I think, a good idea.

Game another way. ALL kinds of game and game birds are suitable for making the following soup:—Get as much as you can; pluck and wipe clean; cut off all the fleshy pieces and stew them in two quarts of water with a pound or two of well mixed ham, and plenty of nicely chopped cabbage, well washed. Meantime break all the bones, which should be "duddy," and stew them in a separate pot with a pint of water and some flour and butter for twenty minutes on a brisk fire; strain the gravy into the other pot, which should simmer with a close lid for three hours. Strain the contents into yet another goblet in which has been placed all the fleshy parts of a hare and a small basin-full of cut carrot, turnip, and chopped onions; add a pint of brown soup if you have it, or stock of some kind, and boil for an hour and a half at a gentle simmer. Season to taste with pepper, salt, a clove or two, and a small bag of celery seed (to be taken out of course when the soup is dished). Serve very hot.

Giblet. Is economical when there are plenty of giblets in the house. Take two sets of giblets, cut one set into pieces and boil the pieces in the stock—soup stock half diluted with water, along with the other flavouring ingredients of the compound, such as a quarter of a pound of

lean ham, an onion, a few cloves, a little thyme, and a few celery seeds tied up in a bag. Simmer all for two hours and strain. Then thicken with a little flour fried with butter, put in the other set of giblets cut into mouthfuls and simmer till ready. Season with salt and pepper. Serve with toasted bread in small dice. Some cooks like to fry the first set of giblets with a piece of fat ham, adding the whole fry to the stock. The seasoning can be varied to taste. When a soup of pronounced flavour has to be made, I invariably dilute the stock which I use, with a third or a half, or two thirds of water, according to the quantity of the flavouring material which I possess.

THE French, of course, name this soup "*Bonne Good Woman. Femme.*" I make it from a white or chicken stock, with yolks of eggs, flour, and cream, the only vegetable needed is sorrel. Cut a pound weight of it into diamonds, put this stuff first of all into the pot with from five to eight ounces of butter and a tablespoonful of flour, then add as much stock as you require, and simmer the whole for about thirty minutes; having beaten up six yolks of eggs with plenty of cream add the lot, then simmer again for a minute, and serve with crusts.

Grouse. JOINT neatly as many birds as you think will do—say four or six—and stew the pieces patiently in from two to three pints of weak soup stock till tender. Meantime have the backbones of the grouse done in a pint of water till all the virtue has been extracted and the liquor is pretty pungent. Strain the liquor from each and mix it, together with the best bits of the bird. Give this a good boil, adding pepper and salt to taste, as also a knot of sugar and a glass of port wine. A little vegetable matter, if liked, say a chopped carrot and a sliced onion or two, should be simmered in the stock, but should not be served in the soup. This soup will take in all two hours and a half to ready. The above receipt is the only one I know *practically*, and it can be varied a good deal by keeping all the grouse fragments and bones not used at table, as also the legs of partridges or pheasants, with which to help the stock, and the seasoning may be varied to taste; some like to beat in a floury potato, as in hare soup, and many like to have the juice of more vegetables than I have indicated. As an old

Scotchwoman, a friend of my mother, used to say, "It is all a matter of taste—some like parritch and some like puddocks." It is the duty of a good cook, however, to work to orders.

EXCELLENT soups can be made from our commonest fishes, such as the skate and haddock. *Haddock.* The following is a practical formula which I obtained many years ago from Mrs. Main of the Peacock Inn at Newhaven near Edinburgh:—Skin a large haddock or three small ones. Strip off the flesh in fillets, and pound it in a mortar with a teacupful of bread-crumbs which have been soaked in sweet milk, as also a few shrimps or the small claws of a lobster, likewise a table-spoonful of nicely shred parsley. Add all these, after being well pounded, to a liquid made from the bones and skins of the haddocks boiled in diluted white stock, and seasoned to taste with onion, carrot, and mace, as also pepper and salt. Strain the soup, after it has boiled for an hour, through a coarse sieve, then return it to the pan, and, having thickened it with a little flour and butter, let it simmer gently for ten minutes before dishing. A very little ketchup may be introduced to taste, while some add a glass of sherry. Take particular care to keep out the bones of the fish.

Hake. HAKE, Codling, and Conger Eel soups may be confectioned very much in the same manner, as also Halibut Soups, pieces of the fish being served in the soup, the rest of it being boiled down in the liquid. Flavour by boiling in it a few carefully skinned shrimps.

Hard Pea. MANY persons lay aside the bones of their roasts in order to convert them into stock for pea soup, which is, to my taste, one of the most relishable of all soups, and a famous dish for cold weather, with this advantage in its favour, that it may be made from almost anything. Capital stock for pea soup can be made from a knuckle of ham or from a piece of pickled pork. Supposing that some such stock is at hand to the extent of about two quarts, procure, say 2lb. of split peas, wash them well, and then soak them for a night in water to which a very little piece of soda has been added (the floating peas should be all thrown away), strain out the peas and place them in the stock, adding a head of celery, a cut-down

carrot, and a large onion or two, and season with a pinch of curry powder, or half an egg spoonful of cayenne pepper. Boil with a lid on the pot till all is soft, skimming off the skum occasionally, and then carefully strain into a well-warmed tureen, beating the pulp through the strainer with a spoon. Serve as hot as possible, placing a breakfast cupful of crumbled toast (bread) into the tureen before the soup is dished. Much of the success in preparing this soup lies in the "straining," which ought to be carefully attended to. A wire sieve is best; but an active housewife must never stick. If she has not a sieve made for the purpose, she can fold a piece of net two or three times, and use that. When a knuckle of ham has been used to make the stock it should form a part of the dinner, with potatoes; or it may be used as a breakfast or supper relish.

Hessian. THIS soup may be classed along with Mock Turtle, Ox Cheek and Calfs Head (which see) it is made from the head of an ox much in the same way.

Put in plenty of vegetables, and use half a gallon of water. When ready, put all the vegetables through a colander, and let the soup be very hot. Be liberal of the vegetables, six carrots, three turnips, two breakfast cupfuls of peas, onions, celery, with a bunch of savoury herbs. Cut the meat from off the head when tender, and skim the fat off the soup. It will take about four and a half hours to cook this soup.

Hotch-Potch. Is a famous Scotch soup made mostly from vegetables, it is delicious. It comes into season about June, and lasts till the end of September. Put the meat, say three or four pounds of fine fresh lamb or mutton, as lean as possible, in a nice, clean goblet, with as much cold water as is deemed requisite. The mutton may be kept in one lump, but it is usually sliced into little pieces for easy service along with the soup. Take off the scum as it rises. In making hotch-potch, there cannot be too many vegetables used, so far as their variety is concerned. First of all, grate down into a pulp the outer portion of a whole carrot, and place it to the meat in the goblet; then slice down into dice, along with the remainder, other two small carrots, add also a couple of small sweet turnips cut down, likewise a few young onions, the heart of a nice little cabbage, as well as a handful of chopped parsley. Many persons like a large teacupful of cauliflower put to the

soup. As many of these vegetables,—all of them being carefully cleaned,—as will fill a quart measure may be used, and a similar quantity of beans and peas should be added, *but no barley*, as in Scotch broth. Boil the compound long and well, but not quickly, and keep the lid carefully fixed on the goblet or soup pan. It will take a cook some time to learn how to make this fine soup with the necessary success. All the vegetables should be quite clean and as freshly gathered as possible; a few shreds of lettuce may be added, if approved, but do not spoil the soup by adding a potato, as I have seen done. Hotch-potch may be varied according to taste, some persons preferring beef to either lamb or mutton. Don't forget the useful seasoning of salt and pepper. Now-a-days, when vegetables are brought from great distances, at all periods of the year, this soup can be made even in the dead of winter or very early in the spring, using preserved peas and such green vegetables as can be procured. In making either summer or winter hotch-potch, the cook must estimate for the number to partake. It is best when all that is made can be consumed on the day that it is made.

THIS (gardeners' soup) and several others are all *Jardiniere*. They may be made, in fact, out of Brown Soup (which see), by serving in it a lot of vegetables cut into very small pieces—carrots and turnips are best. Season to taste with herbs of all kinds boiled in the stock, such as tarragon, chervil, and lettuce. *Jardinière* and *Jullienne* may be made from clear stock, taking care that the vegetable are well boiled before straining, and also that the ornamental cut vegetables put in after straining are quite ready. Badly cooked vegetables ought to be carefully guarded against. The ornamental vegetables, being in small pieces, will ready quickly.

IF you require two kidneys, then use no stock. *Kidney*. Cut one of them into little pieces, which dredge with flour, season with salt and pepper, and fry in a stew-pan with butter till they are of a nice brown. Pour over the lot a quantity of water sufficient for the soup—say half a gallon, and let the whole simmer gently with a little carrot and turnip, and a few small onions, till all are well boiled down, then strain. Return to the stew-pan, and having cut down the other kidney into pieces of about half an inch, add them to the soup for service, and boil till tender. An hour will do: thicken with

a little flour in the usual way, and then serve very hot. Let the cook as usual study distinctive flavour.

Lentil. A FEW years ago there was quite "an excitement" about lentils, and no end of nonsense was written and talked about them; now, having had their day, they are never heard of. A very nice soup can be compounded from lentils. It can be made as follows:—Stew a good many onions, carrots, and turnips, cut small, in a little water till quite tender, put in a pat of butter and a few sprigs of parsley, seasoning to taste. Two or three ounces of lean beef cut in small pieces is placed in the stew by some. Brown the contents pretty well, then add about half a gallon of water and three breakfast cupfuls of lentils, and keep the whole at boiling point till the lentils begin to dissolve. Put through a sieve and then boil again for a few minutes, season with a little sugar, and pepper and salt to taste. Send to table as hot as possible. Some prepare this as a *maigre* soup (minus the beef), and serve it with a little toasted bread cut into dice. The lentils must be thoroughly washed in at least two waters.

Lobster. THE French, who are great in soups, pride themselves on this *potage a la homard*, which is one of their favourites. Their formulas for its manufacture are quite formidable, but I have studied them with such care as to be able to recommend the following receipt:—Procure a large hen fish, boiled, and with all its coral, if possible. Cut away from it all the meat in neat little pieces; beat up the fins and minor claws in a mortar, and stew them slowly, along with a little white stock; season this with a bunch of sweet herbs; a small onion, a little bit of celery, and a carrot may be placed in the stock, as also the toasted crust of a French roll. Season to taste with salt and a little cayenne. Simmer the whole for about an hour; then strain and return the liquor to the saucepan, place in it the pieces of lobster, and having beat up the coral in a little flour and gravy, stir it in. Let the soup remain on the fire for a few minutes without boiling, and serve hot. A small strip of the rind of a lemon may be boiled in the stock, and a little nutmeg may be added to the seasoning. This is a troublesome soup to prepare, but there are many who like it when it is well made. Some cooks heighten the flavour with a spoonful of anchovy sauce, diluted with a glass of wine. They also add a dessert-spoonful of strained lemon juice.

THIS, when well made, is a much relished table *Mock Turtle* soup, but is, comparatively speaking, expensive to prepare, as it requires a lot of backing up with wine, etc. Ox head is the best basis for mock turtle. Half of a head will be enough for a large quantity of soup. Scald the head with the skin on, remove the brain, then boil the head in a clean cloth till the flesh will come off readily. Cut it in small pieces, and place in a basin of cold water. Dilute three quarts of your common stock to half strength, and place the meat in it to simmer for a little time, say half an hour. Meantime mince up a lot of herbs, parsley, thyme, etc., with two onions and a few chopped mushrooms. Stew these with a bit of butter in a separate pan, adding a few bits of lean ham. Dredge in some flour, and let the whole simmer for a short time. Add next three glasses of sherry wine and a little stock; after the space of ten minutes, strain and add to the calf's head. Force meat balls should be included, and the whole should be seasoned to taste with salt, cayenne, mace. No "diner out" will ever mistake mock turtle for real turtle, but that is a soup which is very expensive to compound, and which only few persons can afford to place on their table.

THIS is a good soup, and may be made of either *Mulligatawny* chicken, rabbit, or veal. Stew a small knuckle of veal, cut into portions, along with a little butter, a few thin slices of very lean ham, turnip, onion, and carrot to taste—a little of each; also half a dozen apples peeled and cored, in half a pint of water. Let the whole remain for a time on a sharp fire, stirring it occasionally till the liquid becomes a little glazed; then take out a portion of it in a basin, and stir into it with a spoon a supply of curry powder to taste, say two table-spoonfuls, as also a teacupful of flour; add this gradually to the contents of the stew-pan, which fill up with as much water as required for the soup; add a little salt and a little sugar as soon as the water boils. Let the goblet remain at the side of the fire to simmer for about three hours, skim off any fat that comes to the top, then strain the liquor, trim the meat neatly in small portions, and put the whole again on the fire to boil for a few minutes. Serve with rice in a separate dish, or in the soup, as may be preferred. A fowl cut in portions may be served in the soup instead of the veal. Taste and try before dishing, so as to gauge the seasoning, as curry is a dangerous article to meddle

with. Some persons like their mulligatawny very highly curried, others do not. The soup may be made thick or thin to taste, and those who have neither veal nor fowl may use a pair of rabbits instead. Mulligatawny is a very excellent winter soup.

Mussel. THIS most palatable *potage* can be made from common stock, about two quarts of which will dine eight persons, as far as soup is concerned.

Pound half of your mussels, say three-quarters of a pint, in a mortar, having first shaved off their beards, saving the liquid from the shell, which should be added to the stock. Add to the mussels the hard boiled yolks of a couple of eggs pounded in a mortar with a little bit of butter, a little mace, a teaspoonful of salt, and a snuff of cayenne. Boil on a slow fire for a little over half an hour, and then strain. Replace the soup in the saucepan, add a pint of mussels, and set on a slow fire till they are ready, but do not boil. Chop up in small pieces the whites of the eggs, and place them in the soup. Some very thin chips of toasted bread may also be added if desired. This soup can likewise be made from fish stock. This mollusc (the mussel) has been called "the poor man's oyster," and it is excellent either for making soup or sauce.

Niceties of soup-making. COOKS must study "the niceties." When, for instance, some substance has to be added or "stirred in," the best mode of doing that is to take a very little liquor from the pot and mix with the matter, then thin it with more liquor, after which it may be "stirred in." In this I am alluding to the addition of flour, butter, eggs, cream, or thickening of some other kind.

Ox-Tail. PROCURE two fresh ox-tails, and cut them into pieces at the joints; place in a stew-pan, and proceed so far with the same materials as for mulligatawny. Of course no curry is used. When the liquid is brown-glazed, carefully stir in a little flour, and add as much more water as may be deemed necessary; also salt to taste, and stir till the soup comes to the boil, when a gill or two of some soup stock may be added. Set aside to simmer till the tails are ready, which will be known when the flesh comes easily away from the bone. Strain the liquor over the pieces of meat, which must be removed when ready, and be placed in the

tureen. If the soup is desired to be clear instead of thick, omit the glazing process and the flour. Personal taste in the making of all soups should be the governing power. Some like a particular flavour to dominate all their soups.

Oyster. A PALATABLE soup can be served containing oysters. Use the fish stock for which a receipt has been given. Use a hundred of these molluscs; take off their beards. Add these with the liquor from their shells to the stock. When thoroughly ready, say in half an hour, take out a little of the liquor, in which beat up four yolks of eggs with a gill or two of cream and a little flour, all of which must be very gradually added to the boiling soup. Serve hot. A table-spoonful of shred parsley may be added if approved. Canned oysters will do for soup.

Onion. Chop up a teacupful of onions into small pieces, place them in the soup pot with a little butter for a few minutes, but do not let them burn or brown. When tender, add as much hot white stock diluted to taste as is required, and boil for an hour to extract the full flavour of the onions. When ready, season, strain, and serve. A slice of toasted bread cut into dice if liked.

Ox Cheek. THIS is a similar composition to calf's head, but may have a few vegetables boiled in it, as also a little ham. When the meat is done, take it out and strain the liquor through a sieve.

Pea (Green). EXCELLENT soups can be made with peas, green or hard. The following is a simple formula for green pea soup:—Boil till tender plenty of peas, say four breakfast cupfuls, as well as a cut turnip and a few onions, in a stew pan, in a quart of diluted soup stock, flavouring with a stalk of celery and a few leaves of mint. When ready, rub the whole through a sieve into two quarts of soup stock. Let it boil for a few minutes. Season to taste with salt, and add a small bit of sugar. Some cooks put a little spinach in the stock, as also a couple of pats of fresh butter. Serve hot.

Pigeon. THE receipt for this compound has been forwarded to me from the United States, and I give it as I got it. The stock is made by cutting down two or three

old birds, and putting the pieces, with the *débris* of the other six required for the soup (the necks, pinions, livers, gizzards, &c.), into four quarts of water. Boil till the substance of the meat is thoroughly extracted, then strain off the liquid to be ready to form the soup. Place six young and tender pigeons in the stock, trussed as if for stewing, and seasoned with salt and pepper, and boil till they are tender. Serve these as a separate dish. The soup is finished by having added to it a portion of fried vegetables—a handful of chopped parsley, a tablespoonful of nicely cut-down onions, and a small quantity of spinach; fry in butter, along with a teacupful of bread crumbs, till nicely browned, then add to the soup, which ought to be of excellent flavour and is good for food. This is one of those soups which must have a special stock prepared, as it depends for its success on its strong flavour of the pigeon. Spice the compound to taste, and use other vegetables if preferred—such as celery, cauliflower, or asparagus buds—which will do as well as spinach.

THE original “Bisque,” as I have read, was composed of pigeons, and the soup was made simply enough. The receipt which I have had in my possession for more than thirty years says—Take a few pigeons, young ones are best, pluck, cleanse and truss them, place them in a pot with as much stock as you require for the party, weak enough to receive the flavour of the birds; season with fine herbs and the usual condiments. Strain, if you like, and crumble in a quantity of fine toast, in which case serve the pigeons separately with a little of the soup, in which a large cupful of mushrooms has been stewed, garnishing the dish with thin cut slices of lemon. Thus you have two fine additions to the dinner.

Poached Egg Soup. POACH neatly as many eggs as there are persons at table, lay these on nicely toasted bread at the bottom of the soup tureen and pour over them as much boiling white stock as you may require. Season to taste and serve hot, one egg and a portion of the toast being helped to each person at table.

THIS is an easily made soup of crusts of bread, *Pot a Cronte.* over which pour as much diluted stock as is required. It may have a little chopped parsley in it, if liked, or any of the more homely vegetables. Season to taste and serve hot.

Potato. THIS soup requires to be nicely made in order to render it palatable. Make it in the following manner :—Get as many beef or ham bones as you can, and smash them into fragments. Add a little bit of lean ham to give flavour. Boil the bone and ham for two hours and a half, at least. The bone of a roast of beef is excellent. Strain off the liquor carefully, empty out the bones and *débris* of the ham, restore the liquor to the pot, and place again on the fire. Having selected, washed, and pared some nice potatoes, cut them into small pieces, and boil them in the stock till they melt away. An onion or two may also be boiled among the bones to help the flavour. I do not like thick potato soup, and I usually strain it through a hair sieve, after doing so placing it again on the fire, seasoning it with pepper and salt to taste. A stick of celery boiled with the bones is an improvement. Make only the quantity required for the day, as potato soup is best when it is newly made.

THESE wild animals can be made into excellent *Rabbit Soup*. They are cheap. Cut down a couple to boil for stock, along with a couple of large onions, a stick of celery, a turnip, and such other vegetables as may be fancied. Strain the liquor, and boil in it till tender the joints of another rabbit. Add a little cream. Serve hot.

Rice. PROCURE three or four pounds of fresh bones and smash them into bits, boil in five quarts of water along with a slice of lean ham till the liquid is reduced to three quarts, then strain it and let it cool, taking off the fat and scum. When the soup is required put on the liquid along with half a pound of rice, and boil till the latter is swollen and quite tender. Season with a little parsley, if liked ; don't forget the necessary pinch of salt.

“RICH, ruddy and reeking hot,” this is hare soup *Scottish Hare. par excellence*: all other kinds are waste of time and material. It requires practice to make *real* hare soup. One item in the confection is the preservation of all the blood which may be in the animal at the time it is killed, and therefore a snared or coursed hare is better than one that has been shot, from which most of the blood must have escaped.

Having got your hare, skin and empty it, and in doing so save every drop of its blood, which is precious. Cut off the meaty parts into nice pieces, which lay aside to be boiled amid the soup. Such fragments of the animal as are left, boil up for stock along with three pounds of neck of beef and a head or two of celery, as also some seasoning in the shape of salt, whole black pepper, and a chopped onion or two, if desired. The latter is a matter of taste, but I like it. After boiling for three hours, strain off the liquor, have the blood of the hare in a basin, and very gradually and with great care stir it into the stock—keep stirring (this is important) all the time you are adding it—then place the whole on the fire in a clean pan, and stir constantly and carefully until it comes to the boil. Add the slices of the hare, either as they are or after being slightly fried in a little flour. The flour of a raw grated potato may be very gradually and carefully stirred into the soup, but some persons do not like it. A *soupçon* of cayenne (just a pinch) may be added as the soup is being dished. Serve with a little bit of the hare in each plate. Let the soup be well boiled. If two hares can be obtained, boil down one of them as stock instead of the beef. The bouquet of this soup will tell when it is well made. Many cooks add half a pint of port wine, some a pint of porter, but I prefer it without these additions. Some cooks also boil carrot and turnip in the stock, but I have never done so. The soup may be additionally thickened by parboiling the liver of the hare and grating it. I never add catsup, as some do, but that is all a matter of personal liking, and when I am so fortunate as to possess two hares, I do not use any hough for the stock, but boil down one of the hares as a foundation, saving the blood, of course, for the soup.—N.B. Boil or rather simmer very slowly at the side of the fire.

Seasoning As has been hinted in another place, care must be
Soups. taken in preparing force meat or simple balls and other seasonings for soups. Such balls may be

made with or without flour, bread crumbs and white of egg or suet well mashed together and rounded up as big or little pills will do. Flavour to taste with walnut or mushroom catsup, cayenne, salt, anchovy, chopped mushrooms, ham, &c. In some of these the cook can give her fancy a good deal of play, taking care, of course to study the tastes of her master and mistress and their friends. The balls may, if preferred, be browned in a frying-pan.

THIS was a favourite dish at the Abbotsford *Sheep's Head* dinners, and at one time the favourite Sunday dinner of all classes of Scotch people. Following the directions for making Scotch broth, you have, so to say, sheep's head broth without the sheep's head, in other words, the same vegetables and the same mode of preparing them will do, no beef being required. Procure, if possible, the head and feet of a white-faced sheep, as they boil more tenderly than the head of a black-faced sheep. The head and feet must be singed by a blacksmith with a red-hot iron, after which they must be very industriously cleaned. Scrape all over attentively and well with a blunt knife, and then wash carefully in tepid water : the head must be split open by the butcher, and in the process of cleaning all the mucus must be washed from the nose. Soak the feet (with the tendons cut out) for a night in water, and then proceed as in the receipt for barley broth ; continue the boiling slowly till head and feet are thoroughly tender. Boil in the pot three or four small carrots to serve with the head and feet by way of garnish, but take care not to overdo these ; do not put them into the pot till an hour or so before dishing. The head and feet come to table garnished with the carrots in slices or whole, according to taste. Keep on the lid of the pot while the soup is on the fire. Season to taste. Prices vary so much in different places that I can scarcely give the exact cost of these dishes. A good sheep's head and feet should not cost more than a shilling, and about sevenpence for vegetables, etc.

Skate. It may be made from the stock, diluted and then thickened with a little brown thickening ; flavour to taste with a glass or two of sherry wine, and serve in it a little vermicelli, say two ounces, or a very thin slice of toasted bread, cut into dice. Some add to the diluted stock a wine-glassful of cream and the beaten-up yolk of an egg. These are, of course, matters of individual fancy. Serve this soup very hot, but do not allow it to boil absolutely ; a quarter of an hour's simmering will do.

Skink. THIS is an Irish soup which may be easily prepared. Cut the flesh off a fowl and boil it in water along with the legs, wings, &c. When well boiled, strain off the liquor and put that on again, either with a fowl cut in joints or whole, put in chopped onions, parsley, and

a few green peas. Simmer till the fowl is tender, then season and serve.

THIS is just another name for "leg of beef soup," *Skink* (*Scottish*), which is nourishing and palatable. Get portions of two or three shins and cut them in bits, boil for five hours at least, skimming the liquor occasionally. Strain off the soup, and cut out the sinews of the meat. Put the liquor on again with plenty of well cleaned vegetables; boil till these are tender. Season with pepper and salt, and put in the sinewy part of the meat a few minutes before dishing. I have always looked upon this as just being another way of making Scotch broth, except that no barley is used. All the vegetables may be used as for broth. Some cooks prefer to boil the vegetables in a separate stewpan, and to add them to the beef liquor as it is about to be dished. Either way will do very well.

Spinach. THIS soup is made by boiling and mashing a lot of spinach, which is then rolled up into balls about the size of a large marble, and placed in two quarts of thin stock. Toasted bread cut into small pieces may be served in the soup. Season to taste.

Spring. JULLIENNE and Printannier have been already alluded to. Spring soup is just these under another name. It is made in France as follows:—Take half a pound of mixed vegetables nicely cleaned and cut down, to each quart of stock. Before using throw them into boiling water for a minute. Meantime have your stock on to boil with all the flavouring matter you require, such as onions, lettuce, &c., with the requisite seasoning of pepper and salt. When ready, strain and return to the sauce pan with the cut vegetables, any that are in season; boil again till wanted for table. Some cooks fry the fancy cut vegetables in a little butter before using them—as to this, taste must be the guide. Cook must learn that almost every thing used in making soup takes a different allowance of time to boil—this must be studied where different vegetables are used in the same soup.

Stocks. WHITE soups are confectioned in the same way, but only white meats are, of course, used in making them, such as veal and poultry, a few strips of lean

ham being used as flavouring material ; a little parsley, a blade of mace and four small onions may also be used. Great care must be taken not to over-season, the cook does not always know the destination of her stock.

YES, take pains and concentrate your attention on *Take pains.* what you are doing. It is impossible to tell all that is necessary to be done in giving a formula. Mix your soup with brains, as Opic the painter did his colours. When you have flour, add milk or colouring cream to the contents of a soup pot ; do it very gently and by degrees, taking from out the goblet a little of the liquor and so mix as to achieve the desired result. As a rule, soups should be gently boiled or simmered.

THE following is a simple way of making this *Tapioca Soup.* compound (it is also called, *Velvet soup*):—Simmer five or six ounces of tapioca in five pints of water till it is tender, and then stir into it a couple of eggs nicely mixed with a portion of the hot liquor. Season to taste. Be careful in mixing in the eggs not to curdle the compound. This is a good fast-day soup.

The Pot au Feu. THIS is a French institution well worthy of being transferred to this country. It provides a perpetual supply of soup, and is to be found all over France, the pride of the housewife. The *pot au feu* takes the shape of a large or small earthenware jar, as the case may be, of sufficient strength to stand the fire ; the lid should fit tightly in order that none of the steam may escape. This vessel is an adjunct or auxiliary of nearly every kitchen in France, and it enables the house mistress to utilise a great deal that in other countries, and our own in particular, is *wasted*. English people are very apt to sneer at what they call *French kickshaws*, but the *pot au feu* is not a “kickshaw,” but a plain and substantial affair of the most nutritious description, which might be adopted in this country with advantage. Into the *pot au feu*, as known in France, is thrown every scrap of meat, crust of bread, or trimming of vegetables that cannot otherwise be utilised—even eggshells !—to stew and exude their juices, so that a basin of hot soup, palatable and nutritious, may be had at any hour of the day. It would be well if our working classes would take example from

this method of French cooking, so that hardworking fathers or sons would be able to obtain an occasional refreshing meal of warm soup and bread instead of the greasy fry of bacon, or some other mess not nearly so palatable in the mouth or so good for the stomach. The *pot au feu* affords a ready way of laying the foundation of a good dinner. I shall now state how the *pot au feu* may be set a-going. The practical manipulation of the "soup-can by the fire" is exceeding simple. I was told the other day by a respectable butcher that he has always a "wealth of bits" to dispose of at so low a price as threepence per lb. weight—he meant little bits of fat or lean meat trimmed off large joints or expensive purchases, which in France would be eagerly bought for the replenishing of the perpetual soup generators. Such of my readers as can afford it may set the *pot au feu* a-going with a few pounds of fresh hough of beef or neck of mutton, some onions, and a carrot. A gallon pot is a handy size to have. It should remain by the side of the fire and be ever on the simmer. It can be filled with water to suit the contents. It may be filled to the extent of a third, or it may be half or two thirds full, according to the quantity of meat and vegetables it contains; it is just a question of the soup being strong or weak. Once set up, the pot may go on for ever on the principle just laid down, namely, the principle of constant replenishment. It may be emptied occasionally, and then be re-established. Well-to-do French families of the middle class are always so desirous of seeing the pot up to the mark, that some of them buy a little fresh meat every day with which to "reinvigorate" the contents. Soup, I may explain to those who are not aware of the fact, is largely used throughout France for breakfast, hence the necessity of keeping up "the pot by the fire."

Tomato. THIS is a much relished American dish, and is prepared as follows:—Steam, or rather stew slowly, a lot of turnips, carrots, and onions, also a stock of celery, with half a pound of lean ham and a *little bit* of fresh butter over a slow fire for an hour or so. Then add two quarts of diluted stock or of other liquor in which meat has been boiled, as also eight or ten ripe tomatoes. Stew the whole for an hour and a half, then pass through the sieve into the pan again; add a little pepper and salt, boil for ten minutes and serve hot. This soup may, on an emergency, be made from tomato sauce or canned tomatoes. Put thin toasted bread cut in dice into the soup, if approved, as it is being dished. Serve very hot.

Turnip. SOME of the stocks for which a receipt has been given can be used for this soup. Stew the turnips till tender in a little water along with three large onions, a head of celery, and an ounce or two of butter; when about done add some of the stock, having first brought it to the boil. When ready, mash the vegetables through a sieve back into the liquor in which they were boiled, add as much more boiling stock as you need, then beat up an egg or two in a little cream, which pour into the soup goblet, give it a few minutes on the fire and then dish. Season!

Turtle. I do not think it economical to make turtle soup at home, as it costs a large sum of money to do so. It is a soup which can be bought ready made when required; as, however, it is now possible to purchase at a cheap rate pieces of "dried turtle," I venture to submit the following hints as to the best and most economical way of preparing the soup. As the compound will keep for a few weeks, it may be as well to make a considerable quantity at one time, using for the purpose, say twenty ounces of the dried turtle meat. The first process in the manufacture of the compound is to wash with care the pieces of turtle, then to let them steep in cold water for at least a day and a night. Whilst the turtle meat is being soaked, the "stock" should be in preparation. If the soup is to be first rate, there should be a pound weight of hough, as also an ounce or two of lean ham, for each ounce of turtle. Cut down the following vegetables, and boil in the stock, but not along with the turtle, three carrots, a small turnip, half a stick of celery, a fat leek, a teacupful of very small onions, and a good seasoning of cloves, mace, and peppercorns; let the whole come to the boil, having put in cold water sufficient to well cover the contents, add then the turtle meat and the water in which it was softened, and boil the whole at a gentle simmer for at least six hours, at which time take out the pieces of turtle and carefully lay them aside on a flat dish, with a weight upon them. In a little time strain the stock, and set it past to cool, say for a night. Next clear it of all fat that has gathered, then place upon the fire, with a rabbit cut down in it; boil for an hour, during which time complete the seasoning with a little parsley, two green onions, a bunch of sweet herbs, and a few mushrooms. Skim carefully, beat up the whites of four eggs, and their shells, and add; finally, strain once more, and then place again on the fire

for ten minutes, restoring to the pot the pieces of turtle, cut into inch squares. Add a pint of pale sherry wine, and a third of a teaspoonful of cayenne pepper. Serve very hot, with slices of lemon in a separate dish.

Turtle another way. TREAT the pieces of turtle as directed, and use some of the soup stocks for which receipts have been given, seasoning in the way described. But for private families, turtle soup is quite unnecessary; it is one of the soups usually served at corporation and other banquets. The receipt for the turtle soup "stock," if followed, gives a very strong liquid, and less can of course be used. Some cooks boil down a fowl or two in the stock, and less or more herbs and vegetables, according to taste.

Vegetable. AN excellent soup can be made solely from vegetables as follows:—Take the heart of a pretty large cabbage, a good-sized carrot, half a pound of onions, a breakfast-cupful of green peas, a couple of parsnips, and two or three golden ball turnips; wash and clean all these vegetables thoroughly, cut and mince the roots into very small dice, and put into a clean pot of boiling water and boil till the vegetables are all tender; add a little parsley a quarter of an hour before dishing. Do not put in salt or pepper till the soup is about to go on the table; add more peas if desired, and have some slices of toasted bread cut into half-inch pieces for those who like it among their soup. All vegetables should be well-boiled, and this soup should not be too thick of vegetables. Put in the turnip first, then the chopped carrot—a portion of the carrot should be grated. This soup will take about two hours to make ready.

Vermicelli. THIS is the soup of the common Paris restaurants, and is easily made from some of the strong stock, for the making of which I have already given a receipt. Boil in it the vermicelli—two or three ounces will be enough—with a fowl, which may be served as a portion of the dinner. Two hours will be ample time for the cooking of this soup. If a very pronounced flavour is required, add a thick slice of bacon in which a dozen of cloves has been stuck. Season to taste.

STEWES AND RAGOUTS.

THE stew pan and the soup pot may be held to be closely allied. Stews of most kinds are succulent, savoury and nourishing in an eminent degree; they may be called in many instances, "undilluted soups." The preparation of stews has been for a long period an excellent feature of Scottish cookery, alike profitable and palatable. I prefer to live in a house in which the stew pan is often seen. It is better to make use of it than "the frying pan"—of which lazy wives and indolent cooks are so enamoured. A couple of pounds of beef or mutton, or a pair of rabbits nicely stewed and properly seasoned, sent to table with a well-cooked dish of potatoes will, at all times, go a long way to form a family dinner; in fact, meat cooked in the stew pan doubles in value, and therefore, in all families, humble and high, I am an advocate for stew in all its varied forms of plain gravy, curry or ragout.

The following receipts may be thoroughly relied upon as being "workable." They have all been in use for many years in numerous families. The selection here given might easily be increased, but in that case a good deal of repetition would be inevitable, indeed there is too much already. There is almost no kind of food that does not lend itself to the stew pot, and cooks and housewives can easily arrange any kind of Stew or Ragout that "takes their fancy" by a study of the following formulas, which speak for themselves. I need scarcely say that much depends on the seasoning, which in the matter of pepper and salt should never be over-done: it is easy to make up deficiencies when the dish is brought to table, and tastes, it must be kept in mind, differ considerably.

A La Mode Beef. THIS compound, a few years ago, was everywhere in great demand, and at one time was on sale every day in all taverns and restaurants, more

especially in London and other large English towns and cities. Procure a pound or two of nice lean beef, and after cutting it in bits of about an inch square, cook it pretty much in the same fashion as mince collops, allowing more gravy, thickened to taste with flour. Season with pepper and salt, adding a tablespoonful of catsup. This dish will take about the same time to fire as mince collops, (*see receipt*). Send to table, if you like, with a border of mashed potatoes round the dish in which it is placed, or sippets of toast may be served with the dish.

Beef Gobbets. THIS is another form of stewed beef which may be made in similar fashion to the above. The flour used to thicken the gravy may be omitted, and the stew may be enriched with a little brown soup stock.

Beef in General. THE very essence of stewing consists of the operation being a slow one, and of the steam not being allowed to escape. It will take about two hours

and a quarter to stew three pounds and a half of beef, cut into pieces of four or five ounces. A little bit of butter should be placed in the pan to brown, before putting in the beef; sufficient cold water should be added for gravy, after the beef has been put in for a minute or two, and the whole must be allowed to come to the boil, after which it must only simmer till it is ready. If a large quantity of gravy is thought desirable, it should be thickened with a tablespoonful of flour. In order to do that nicely, take out a teacupful or so of the liquid, into which stir the flour evenly, and then pour the contents into the stewpan half an hour before serving. Some persons boil down an onion or two, to give flavour to the stew. Stewed steak may be done the same way.

Beef as a Ragout. THE above weight of meat may be stewed for an hour in plain water without being cut down, or it may be cut in, say two or three pieces, after which

add vegetables to taste, such as carrots, sliced onions, and cut turnips. When the meat becomes tender the gravy may be thickened, as also enriched, with a little butter mixed in flour; and, if thought suitable, a teaspoonful of ketchup will aid the

flavour. Before serving, the meat may, if thought proper, be cut and nicely placed in a deep dish, well warmed, the gravy being poured over it, and the vegetables neatly arranged. *Another way.*—The beef may be cut into two-inch pieces, and browned with an ounce or two of butter and a sprinkling of flour, care being taken not to burn the meat. A sliced-down head of celery will be an excellent addition to the other ingredients. Proceed in the further stages as above directed. A dish of potatoes, nicely boiled, should be served with the beef. A well-cooked “savoy,” or cabbage, or cauliflower, according to season, carefully drained of the water in which it has been boiled, will make an excellent addition to the dinner.

*Bubble and
Squeak.*

THIS is a dish which can be prepared in the following way. I always call it a stew and endeavour to make it as savoury as possible. Cut some thin slices of cold salt beef or pork; fry them in fine clean lard or butter, with plenty of pepper; next fry the vegetables, previously boiling them; chop them nicely up, if cabbage, and keep them in the middle of the dish, arranging the slices of meat neatly round them. Make a sauce as follows, and pour over the whole:—Stir a few small-cut onions into a little melted butter, to which has been added a teaspoonful of made mustard. If mushrooms are plentiful, fry a dozen or two and serve round the beef.

*Collops,
minced.*

“MINCED COLLOPS” form a favourite dinner and supper dish. Butchers now keep the minced meat at call, but care should be taken, for obvious reasons, to procure the mince at a respectable butcher’s. Season the collops to taste with pepper and salt, and about a table spoonful of ketchup to a pound. Place in a stewpan, and do them over a slow fire; keep constantly moving the collops with a wooden spoon to prevent them from lumping or burning. Some cooks put in a small teacupful of gravy or soup stock, others a little browned butter so as to liquify them. Many people cut up an onion very small to cook along with the collops; others, if they are to be used at once, add a few toasted breadcrumbs. The mince should be ready in about an hour.

Cal’s Head. SUPPOSE that a dressed calf’s head has been served for dinner, what remains of it may be economically warmed for supper, and be placed on the

table in a nice piquant sauce. Remove all the bones, and cut the meat into shapely pieces, which heat thoroughly in a gravy previously concocted of minced ham, eschalots, bay leaf, garlic, chopped parsley, pepper, salt, and sugar, all stewed in three-quarters of a pint of water, till the *virtue* is extracted from them.

Calf's Head CURRY the flesh of a calf's head taken off in cutlets
Curried. in the usual way (see other receipts) flavouring it with apples and mushrooms to taste. Pile up the boiled rice in the centre of the dish, and arrange the curry around it; in the rice make a well to contain the brains of the calf stewed with bread crumbs and mixed up with plenty of seasoning.

Chowder CUT some slices of pork very thin, and fry them
(Americau) out dry in the dinner pot; then put in a layer of fish cut in slices on the pork, then a layer of onions, and then potatoes, all cut in exceedingly thin slices; then fish, onions, potatoes again, till your materials are all in, putting some salt and pepper on each layer of onions; split some hard biscuits, dip them in water, and put them round the sides and over the top; put in water enough to come up in sight; stew for over half an hour, till the potatoes are done; add half a pint of milk, or a teacup of sweet cream, five minutes before you take it up. As will be seen upon perusal, the above dish, which is a great favourite in all parts of America, is very like our Irish stew, and I need not say it may be varied to taste, or that it ought to be well seasoned. It will, however, take nearer an hour than half an hour to cook. I dislike stews which are not well done; in my opinion they are most indigestible.

CUT off the fleshy parts of the animal, and in
Civet of Hare. doing so be careful to save all the blood. Stew these pieces in a pan in a little gravy mixed with two glasses of claret. Season with a few young onions and mushrooms, salt, pepper, &c., to taste. Next place in the pan the liver of the hare cut up into very small pieces, and stir in carefully all the blood that was saved. Boil gently for a few minutes longer. Pick out the pieces of hare and lay neatly on a dish, over which strain the gravy. The seasoning may be weaker or stronger as desired, and a small faggot of sweet herbs may be boiled in the liquor, as well as a few pieces of well mixed ham.

Curried Mutton.

MUTTON is an excellent flesh for currying. About two pounds makes a sizeable dish, but more may be prepared if deemed requisite, as it can be warmed for use as required. Get leanish mutton, and shape into pieces, with a little bit of fat adhering. Prepare as follows :—Cut down three or four large onions and fry in butter or *clean lard* in a shallow stewpan till nearly soft, then add the cut mutton, and fry for about twelve minutes, turning it well over ; next add a teacupful of gravy from the stock pot, or of brown soup, and let the whole soften till just about ready ; then take another teacupful of stock, into which stir carefully a tablespoonful of flour and another of curry powder, and add to the contents in the stewpan. Let the whole simmer about five or six minutes. A few drops of lemon juice and a pinch of cayenne is added by many as an improvement. Serve with boiled rice as a border to the dish, or as a rampart.

Curries.

AN excellent way of cooking some meats is to dress them as what are called “Curries”—that is, in other words, to stew them and flavour them with a composition which is known as “Curry powder,” and which may be bought in small quantities from respectable druggists or grocers. Any kind of meat may be curried, but generally fowls and rabbits should be used for this purpose ; both mutton and beef may, however, be curried with great success. Curry might appear oftener at the dinner tables of our mechanics than it does at present. It is an excellent winter dish. There is a great deal of nonsense, in my opinion, in some of the receipts which are given for curry, and the adding of cream and milk to the dish does not, *I think*, improve it.

Currying a Fowl.

I, FIRST of all, place two or three ounces of butter, with a spoonful of flour, in a stewpan, to melt and brown over a slow fire. Whilst the butter is browning, I throw in a couple of pretty sizeable onions, shred in minute fragments, as also a tablespoonful of chutney or apple sauce ; then I place the fowl in the pan, skinned, and “jointed,” and let the whole stew together for a little time, say a quarter of an hour, over a slow fire, so as to brown them nicely. I next add what is to form the gravy, which may be water, but if it can be gravy of meat it is better, even if it be part of the liquid

in which a bit of mutton has been boiled, with the fat all strained from it. The whole may be stewed gently till just about ready, say for an hour and a half; then lift out a few spoonfuls of the liquid, which place in a basin, and stir in one tablespoonful (less or more to taste) of curry powder, and another of flour, which add to the contents of the pan, and let the whole remain on the fire for six or seven minutes, when the process of cooking will be quite complete. A little salt should be used in the dish. It is usual to serve curry with a supply of boiled rice, which may be either placed in a separate corner dish, or be placed round the fowl as garnish. Chutney can be dispensed with if not in the house—a chopped apple will do. Rabbits may be curried in a similar way.

Dishes of COLD meats of various kind can be utilized by
Hashed Meat. being warmed in a little gravy and nicely seasoned. The meat having been already cooked requires only to be thoroughly warmed—serve hot with sippets of toast.

Duck, stewed. THIS is an excellent dish, and can be easily and inexpensively cooked. Take the remains of a duck that has been roasted, and cut in pieces, and simmer them, skim for a brief space in a little gravy from the stock pot, add plenty of spices of all kinds to taste, as also a glass of port wine if approved of. Some onions may be cut down, and after being well fried in butter, may be thrown into the stew. Place two slices of thin toast cut into quarters on the bottom of the dish, serve the hashed duck upon these, and pour the sauce over the whole. A pinch of Cayenne pepper is an improvement. The hash is speedily done, the duck having been already cooked. The chief concern of the cook then ought to be to have this dish (and all similar dishes) thoroughly hot without *doing the meat to tavers*.

Ducklings THIS is a stew *a la francais*, and when carefully
stewed with prepared is palatable and succulent. It can be
Turnips. made as follows:—Have the fowl trussed, with the legs inside; put in a stewpan which has been bottomed with a little nicely streaked bacon, or place in it two ounces of butter. By and by, when the duckling is becoming brown, add a tablespoonful, or a little more, of flour, well mixed

in a quart of weak stock. Let it simmer till it is about ready. Add, having previously fried them in clean lard, about a pint measure of cut turnips, strained, of course, before being added. Season the whole as thought best, with pepper, salt, a clove or two, a teaspoonful of sugar, and a bay leaf. Make a bed of the turnips, lay the duckling upon it, strain the gravy over, and serve.

THIS is a fine old English way of cooking a fowl. *Farce of Fowl.* Procure a nice one and stuff it with the following or some other composition, namely, veal and ham in equal proportions, well minced with a little suet, and seasoned with chopped onion. Some add a few mushrooms, as also the yolks of two eggs hard boiled and well chopped. Season to taste, and, if preferred, beat the whole up in a mortar; and having had the fowl boned, stuff it with the composition. After it is done, thicken the clear stock in which it has been boiled with a little flour and butter, add also a little cream, and pour the whole round the fowl. The fowl slowly stewed will take an hour or so to cook; it is, however, impossible to give the exact time, as that depends so much on the condition of the bird.

Fowl stewed with peas. THE fowl or chicken after being emptied, should be cut in pieces and placed in a nice clean stew-pan, with a slice of butter, say an ounce and a half, a bunch of savoury herbs and a small quantity of shred parsley, as also a quart of freshly shelled green peas, pouring over the lot three quarters of a pint of white stock. Simmer the whole gently till ready and then if preferred thicken with a little flour and a morsel of more butter. Don't forget the useful seasoning of pepper and salt and a few drops of lemon juice before dishing. Serve neatly, bedding the parts of the chicken round with the peas:

A DISH of hashed beef may be very simply prepared in the following fashion:—Cut the beef neatly into pieces of about two inches, say you have 2lbs., in which case add a tablespoonful of flour, another of chopped onion, a teaspoonful of salt and pepper mixed, place the whole in a saucepan with a breakfast cupful of water, stir till the whole comes to the boil, then put aside to simmer for ten or

twelve minutes. Serve hot. Vary the flavouring with a little ketchup or a mushroom or two, and when you have it, add a teacupful of brown gravy. *Another way.*—Cut the meat into larger slices, and dust them well with a mixture of flour, salt, and pepper; then fry a few slices of onion with a little bit of butter in a stewpan: when the onions are nearly ready add the meat and let it warm thoroughly, shaking it about a little during the process; next pour over it about a pint of hot water, boil for a few minutes, adding a couple or so of pickled walnuts cut in pieces and a little of the pickle. Serve hot when wanted. A few mushrooms are an improvement, and these may be used instead of the walnut. In that case flavour with a little ketchup.

Haricot of Mutton.

It can be made from three pounds of the most fleshy and lean part of the neck cut into nice little bits like cutlets. The proper way to proceed is first of all to fry the meat with a little of the fat till it is about half ready. After that has been done, the vegetables, carrots, turnips, and onions, cut small, may also be slightly fried. When this slight frying process has been gone through, lay the meat at the bottom of the stewpan, cover it with the vegetables, and have plenty of them, add a little boiling water, and let the whole come to the boil, after which it must be allowed to simmer very gently till it is ready, and the whole cooking should be done in two hours and three quarters. The contents should be once or twice skimmed to take off the fat; or, better still, cook the day before it is wanted, and take off the fat when it is cold, which saves opening up the pan and letting out the *virtue*. When wanted, heat till it is just on the boil. This dish is palatable, and can be seasoned to taste with pepper, salt, and ketchup.

Haricot of Veal.

Cut off the lean meat from the neck, and simmer it gently for half an hour, in good brown gravy, as much as will cover the meat. Prepare in a separate stewpan a pint of green peas (shelled), carrots and turnips, cleaned and cut down, as also a small cauliflower, a nice cabbage cut in pieces, and a pound of young onions; stew all these in a pint of white stock, and when about done, add the veal. Simmer the whole gently for ten minutes, and dish, with the vegetables garnished with yolks of hard-boiled eggs, or force-meat balls. If the veal is browned a little it will improve the

flavour. Cooks should bear in mind when preparing a haricot, that some vegetables require to be put in the pot sooner than others.

Howtowdie, Dressed. A SCOTTISH dish of poultry. This is, in other words, a braised fowl. Select a nice plump young cock or hen, and having plucked and drawn it, stuff it with forcemeat, cook it in a very close, deep stew-pan with a tight-fitting lid ; place in the pan a couple of large onions cut in very thin slices, and a dozen or more small pats of butter, a large cupful of stock, with fine herbs to taste, and such other seasoning as may be wished. The heart of a tender cabbage, cut in pieces, may be placed round the fowl. It will take at least an hour to cook. See that the lid is close. Serve on the bed of cabbage along with half-a-dozen "drappit eggs" (poached), and spinach if desired. Mushrooms and oysters may be used to enrich the dish if thought necessary. It is an excellent supper dish. Boil the liver giblets, etc., and then grate them so that they may be thrown into the pan, in order to thicken the liquor, which may be poured over the fowl when it is sent to table.

Inky Pinky. THIS is a mode of re-cooking roast-beef or mutton—it is as follows :—Slice down some boiled carrots, likewise the cold meat, adding a small onion or two, and pepper and salt to taste. Simmer all these in a gravy made from the bones and trimmings of the beef, thicken with a little flour, and serve with a border of nicely mashed potatoes. The carrots should be put on in advance of the beef, which only requires to be thoroughly heated. Season with catsup if liked. The following is another mode of serving the remains of a cold roast :—Select the parts of the roast which are least ready, and stew them slowly in a little weak soup stock or gravy, with a glass of claret and a dessert-spoonful of vinegar, as also an onion or two and a little chopped parsley, not forgetting pepper and salt. Strain off the liquor, arrange the slices of meat neatly, and pour over them the liquor. Offer mashed potatoes with the meat.

Irish Stew—Stoved Potatoes THESE form excellent and nutritious dishes. The former dish can be made from a portion of the back ribs or neck of mutton, the fleshy part of

which must be cut into cutlets. Flatten these pieces of meat with a roller, and dip them in a composition of pepper, salt, and flour. Peel potatoes and slice them to the extent of two pounds of potatoes for every pound of meat. An onion or two sliced into small bits will be required. Before placing the materials into a goblet, melt a little suet or dripping in it, then commence by laying in the pot a layer of potatoes, which dust well with pepper and salt, then a layer of the meat sprinkled with the chopped onions, and so on till the goblet is pretty full. Fill in about a breakfast-cupful of gravy, if there be any in the house ; if not, water must do. Finish off with a treble row of potatoes on the top. Let the whole stew slowly for about three hours, taking great care to keep the lid so tight that none of the virtue can escape—letting away the steam is just letting away the flavour. Shake the pot occasionally with some force, to prevent burning. Some cooks, in preparing this dish, boil the potatoes for some time, and then pour and dry them well ; others add a portion of kidney to the stew ; whilst extravagant people throw in a few oysters, a slice or two of lean ham, or a ham shank. Irish stew should be served as hot as possible. It is a savoury and inexpensive dish for cold weather.—*Stoved Potatoes* are prepared much in the same way. Cut down what of the Sunday's roast is left, and proceed with it just as you would with the neck of mutton. Some cooks would stew the bones of the roast, in order to make a gravy in which to stove the meat and potatoes, but the bones will make excellent potato soup. Irish stew is an excellent dish for skaters and curlers. It is sometimes known as "hot pot."

My way of preparing this dish is to cut the hare
Jugged Hare. into small joints ; I then egg and powder these with a mixture of pepper, salt, flour, and chopped onions (the latter must be very small). I then place the pieces in an earthenware can, along with a few slices of well mixed bacon, a faggot of herbs, the scraping of a lemon skin, and a little port wine and water, with a clove of garlic and a few cut onions if liked. As a matter of fact, everybody must just season to taste. Set the jar containing the lot, the mouth well tied up so as to prevent the escape of any of the steam, up to the top in a pan of boiling water, and let it remain simmering for about three hours. Skim the gravy carefully, dish the pieces of hare

neatly in a pie dish, and pour the gravy, which may, or may not be thickened, over them. Serve hot. The cooking of this dish, as regards the *etceteras*, may be varied to taste, by putting in a few slices of beef instead of the bacon, and the flavouring may be heightened if desired, with black pepper. Some persons peel and place in the jug, a little before the stew is ready, a few potatoes. I never do so, as many persons prefer to deal with the potatoes for themselves.

STEWED ox kidneys form an excellent supper dish.
Kidneys. Cut the kidney into small pieces and fry these for a little time in clean lard. When that is accomplished place the pieces in a stew pan, among a pint (more or less of soup stock), and let the whole simmer gently till ready, thicken the gravy to taste with flour. Season to taste and serve hot.

UTILISE cold roast lamb by serving it as hash.
Lamb Hash. Dissect all that remains, cutting it into nice little bits, bones and all. Place in a stewpan, with a pint of cold water, a table-spoonful of salt, a little pepper, and some chopped onions; rub a table-spoonful of flour in the water; let the whole boil together for say twenty minutes. Add, when nearly ready, two breakfast cupfuls of shelled peas, previously boiled till nearly ready. Simmer together for two minutes, and dish. Can also be prepared with cauliflower, and may be improved by adding a few small mushrooms. Any peas left over from previous day's dinner may be used.

A LAMB'S head is very palatable when cooked as
Lamb's Head. follows :—Clean the head carefully, and stew it slowly in soup stock, or in water with a portion of the neck cut in small pieces. When the head has been stewed for about forty minutes, add the hearts of a couple of nice cabbages, coarsely chopped, or spinach will do still better; take out a little of the gravy, and beat it up with half a cupful of flour and pepper and salt; return this to the pot, and stew on till the vegetables are ready. If liked (it is all a matter of taste) a few spring onions may be added. Serve the whole in a deep dish. With a few odds and ends, this dish, of itself, is quite sufficient for a dinner.

ONE rabbit, cut into joints, curried along with a *Mixed Curry*. pound of mutton, cut into chops or other small pieces, forms an excellent dinner, along with a good supply of well-boiled rice or potatoes. The quantity of curry is, of course, a mere matter of taste ; it may be either less or more as desired ; and apples and chutney may be used or dispensed with at pleasure.

*Partridge
Stew.*

I GREATLY prefer stewed partridge to the same birds when roasted. Savoury Partridge is a famous French *entrée*, they call it *Perdrix aux choux*, as it is a dish made with cabbage. I obtained the following receipt from a hotelkeeper in Edinburgh :—First of all prepare a brace of partridges, by dividing each into four pieces, which place in a stewpan along with a little good dripping, as also some slices of fresh pork, a couple of onions, and a clove or two to taste, set on the fire, and shake up occasionally till the birds begin to turn brown, when a breakfast cupful of good white stock may be added, likewise two or three small carrots and a few sausages. You will have cleaned and prepared a nice savoy, cut into quarters and dusted with a mixture of pepper and salt, place with the rest, and shutting them up close let the whole simmer, shaking the pan occasionally, till thoroughly ready, say for an hour and twenty minutes or so. Take out the cabbage and make a bed of it in the dish on which to set the birds, which must have placed round them the slices of pork and the sausages. Pour over all the gravy (strained) in which they have been stewed. This is an excellent and most appetising dish, with a fine bouquet, and the cook should take great pains in preparing and serving it. If preferred, the birds may be stewed whole, and variety of all kinds as regards seasoning may be indulged.

*Pheasant,
Salmi of.*

THIS dish may be concocted as follows :—Take the remains of a pheasant of which little has been used, and cut off all the best pieces of it in neat fashion, and place in a stewpan ready to go on the fire ; then break up the carcase of the bird and all the unpresentable parts and stew them, bones and all, along with a few slices of onion, a little parsley, and a few pepper corns, as also a glass of wine. After a minute or two add a pint and a half of white soup, and let the whole boil down to half or so, then strain the liquor into

the stewpan in which you placed the pieces of the bird, and set it on the fire for a few minutes without allowing it to boil. Lay the bits of pheasant neatly on a dish, and pour over them the hot liquor; place sippets of toasted bread around it, and serve very hot. That is a salmi, and other birds may be done in the same fashion.

SHEEP'S Pluck can be dressed in a variety of ways, *Plucky Hash.* it is best hashed (plucky hash). Procure a heart, liver, etc., cleanse thoroughly; choose the nicest portions and cut them down into half and quarter inch pieces. Put them in a stewpan with a pint of water, and a teacupful of strong soup stock, and let simmer for three quarters of an hour. Thicken the gravy with a little flour, flavour with a teaspoonful of catsup and season with pepper and salt. Some cooks fry the meat a little before stewing it.

Poultry, PARTIALLY roast a fowl or chicken (a pheasant or
Ragout of. partridge will do in the same way), then cut up into joints, or do it whole, and stew it till tender, placing in the stewpan a large onion stuck with two or three cloves, some allspice, a little pepper and salt, and as much gravy stock as will cover the bird. Strain off the liquor, but keep the bird hot whilst you prepare the gravy with a little butter and flour, a squeeze of lemon juice, and a glass of claret, which pour over before serving. Garnish with toast; an hour and twenty minutes in all should be enough for cooking the dish.

Ragouts THIS was in my young days a great dish at "the
Eccosais. Monday's dinners" during the holding of the annual communion in October, it may be made in the following fashion:—Give a couple of pounds of beef-steak a turn on the gridiron over a brisk fire, or fry it for a few minutes, then place it in a pot of boiling water, along with a few slices cut from a leg of mutton, a fowl cut in joints and a couple of partridges, also a knuckle of veal and a few cuts of ham. Boil gently for an hour then add a couple of sticks of celery, parsley, peas, carrot and turnip. Season with pepper salt and savoury herbs to taste. Both ministers and elders used greatly to appreciate this fine old Scottish dish, which as may be guessed from its composition is of gipsy origin; just in fact the kind of thing for the out of doors gipsy kettle.

*Salmi of
Duck.*

PREPARE for the spit and let it roast for about sixteen minutes, then divide it into many parts and place in a stewpan which contains a stock made from the giblets and a portion of brown or white soup. Season sharply with a pinch of cayenne, a few cloves and a cut down onion or two. Simmer very gently beside a slow fire for thirty-five minutes. Place the duck in a dish, surrounded by pieces of toast in a border, strain the gravy on it and serve very hot.

*Savoury
Macaroni.*

A MOST presentable dish either at dinner or supper. Wash the macaroni, and put on the fire in salted water to stew till it softens, which will be in an hour, then pour off the water and replace it with soup stock or beef gravy. When quite tender, and after it has soaked up all the liquor, place the macaroni in a pudding-dish; sprinkle over the layers, as it is placed in the dish, a liberal supply of grated cheese, and brown it in a Dutch oven before the fire. Macaroni may be prepared in various other ways. It can be stewed (after the preliminary softening in water) with butter, and then be powdered with grated cheese, as directed above.

*Smothered
Rabbits.*

THESE make a fine supper dish or a good *entrée*. Truss one or two rabbits according to necessity, boil for a quarter of an hour, and then pour off the liquor. Then pour over them a supply of white onion sauce and stew *very slowly* till very tender. Wild rabbits are best for this dish. Those who dislike an onion flavour can use celery sauce, or flavour with asparagus, chutney, or other flavouring matter.

SEASONINGS AND SAUCES

For SOUPS, STEWS, HASHES, and RAGOUTS.

I TRUST my readers will earnestly bear in mind that many good dishes are spoiled by being over-sauced ; and I am of the opinion of the man who preferred to have his milk supplied in two basins, one for the milk proper and one for—the water ! To my idea sauce for dishes should be served, when possible, in a sauce boat separate from the dish, so that persons who do not take sauce may not be compelled to eat it. In dealing with roast mutton and venison, it is usual to order red currant jelly to be served with these joints, it is “use and wont” so to serve them, but I do not think it improves a fine slice of black-faced mutton to eat red currant jelly with it. Nor, although this may smack of sad heresy, do I consider it necessary to eat horse-radish with beef. There are persons, however, who would think the world had come to an end if these condiments were omitted in the service of a dinner ; but all persons who have a palate of their own, and who do not require to borrow the palates of their neighbours to eat their food with, prefer the fine flavour of the roast just as it comes from the fire, served with a little of its own juice, made up with boiling water.

The rage for sauces is, *a mistake*, as much a mistake as if we of this cold climate were all asked to subsist on the handful of rice which suffices for the daily food of the Hindoo. In hot and relaxing climates it may be necessary to stimulate the jaded appetite by curries and high seasonings, especially where the people are compelled to eat newly killed meats, but the penalty

for such indulgence is sure to be exacted—it is known as *liver complaint*. In our colder land we may, and we do, eat a good deal of spicery with impunity, but, as a rule, we require it as little as an egg does butter. French cookery is excellent for—the French, but our cold and humid climate, with its flood of health-giving ozone, requires that the men, ay, and the women too, should, at certain seasons of the year, at anyrate, be provided with more solid food than a plateful of “French kickshaws.”

“Show me a people’s food and I will prophesy the people,” was the saying of an old Scotch minister, and he never varied in his idea, that the food which was indigenous to the country was the proper food for those who inhabited it. No doubt of it, and the more natural the service of it is made, the better, I say, speaking broadly; we are much given to *over saucing* and *over seasoning*, not because sauces and seasonings are required, but because of our unhealthy desire to imitate the French. Sauces and seasonings come in to advantage in what I call “second-hand cookery,” and of such dishes I have given several examples. In our country the appetite should seldom require any provocative; all we require is wholesome food as plainly dressed as is consistent with honest cookery, and the best condiments for our food, as a general rule, are pepper and salt only.

My opinions on the subject of the seasoning of dishes will doubtless be thought heretical by some, but the heresies of to-day become the truths of to-morrow; I speak from experience. Some peppers, for instance, are not so “peppery” as others. Curries differ in their strength, some are mild and some are pungent in flavour; even mustard varies in pungency, as do salts, herbs, and other seasoning material. It is in the matter of seasoning that the ability of the cook is most evinced. Let us take, for instance, a curry that is to be served to a family dinner party of say eight or ten persons: it will be utterly impossible to please them all, no matter how much curry may be used or how little; one will complain that the curry is too hot, another that it is not hot enough, a third that it is almost *wersh*. As the

palate of each person is differently "pitched," it is only in the nature of things that there should be complaints. Rice is served with curry for the express purpose of modifying its sharpness of flavour ; but, on the other hand, as a curry must be made "right away" and all at once, there is no immediate remedy if it happens to be too insipid. A prudent cook must endeavour in such matters to gauge the family taste as well as she can, and, by doing so, try and please the majority of those at table. In the matter of seasoning, the greatest care must be taken to hit the mark. The trained French palate never grumbles : the cook is absolute. When he finishes a dish he holds it to be perfect. You may reject it, but alter it—no ! No native guest at a French dinner party would presume to add salt or pepper to his soup—to do so would be an insult ; but at home we season to taste whenever we have the opportunity, and the adding of pepper and salt to nearly everything we eat, whether it be required or not, is an instinct which can scarcely be controlled ; hence we see at all tavern and hotel tables no end of different sauces and condiments placed at the command of the customers, with the result of their proving a great temptation to persons with depraved appetites. It cannot be too often impressed on the cook that she has at all times the health and happiness of the family which she serves greatly in her power, and therefore her cooking should be such that good digestion may be sure to wait upon appetite.

I am really anxious that persons who dine or sup should enjoy the exquisite natural flavours of the meats which are cooked for them. My readers may rest assured that the natural flavour of a piece of meat is better than any flavour it can obtain from borrowed substances, no matter what shape they may be made to assume. Seasoning, is a matter of taste, which must of necessity be greatly left to the discretion of the cook.

Apple Sauce. THIS is nothing more than stewed apples beat up with a morsel of butter, and a teaspoonful of fine sugar ; boil a slice or two of lemon peel in the apples to give additional zest. Make the sauce thick or thin to taste.

Bechamel Sauce. MAY be made by mixing the white broth, for which a recipe has already been given, with boiling cream, taking care to heat the broth also. Season to taste with white pepper and a little salt.

Beef Gravy. PROCURE eight or ten pounds of leg or shin of beef, clean it nicely, and, if the butcher has not done so, crack the bone, add any other *fresh* bones or trimmings of *raw* meat you may have beside you, cover with cold water, and watch the goblet, carefully stirring up the contents well every now and then. As soon as the water begins to simmer, take off the scum with the utmost care, as the liquor must be *clear and limpid*. Add a very little cold water every now and then for the purpose of raising the scum, and when the broth is looking clear throw in a small but well-cleaned carrot, a head of celery, a small turnip, and, if to taste, an onion. No other herbs or spices should, however, be used. The liquor being clear and the vegetables added, fix the lid of the pot and let the contents simmer away very slowly for about three hours and a half, by which time it will have "boiled in" a little. Strain carefully through a sieve.

Bread Sauce for Game. BOIL a cupful of breadcrumbs in half a pint of milk for about a quarter of an hour, and then add a morsel of butter, stir well and serve hot.

Brown Oyster Sauce. STEW three bearded oysters for each person in the liquor contained in the shell, add a little brown soup, and two tablespoons of cut onions fried in butter, thicken the sauce with a little flour, and do not forget the useful seasoning of a little pepper, a teaspoonful of lemon juice may be added. Twenty minutes or so should be sufficient for readying mussel or oyster sauces.

THIS will be found a most useful compound for *Brown Sauce*. cookery purposes, and may be made as follows:—

Line the bottom of a four-quart pan with two or three thin slices of bacon, place on it two pounds of beef, or two and a-half pounds of veal, and over the meat place the following seasoning herbs:—A fair sized carrot cut in two pieces, two or three small onions, each with two cloves stuck in it, half a head of celery, a bunch of parsley, a little thyme, a bit of lemon peel, and some allspice. Only fill in about half a pint of water at first, cover the pan close, and allow it to sotter for over half an hour, occasionally giving it a turn all over to prevent burning; brown nicely as directed before, then add about four pints of boiling water, skim as previously directed, and in two hours and a-half the gravy will be ready. Strain.

BURNT butter will be found useful in cookery, it is *Burnt Butter*. prepared as follows:—Fry two ounces of fresh butter in a small pan, when it becomes a dark brown, add to it about half a wineglassful of good brown vinegar and a snuff of pepper and salt.

Butter and egg Sauce. BOIL till they are hard, a couple or as many eggs as required, throw them in cold water, then peel and chop them small, mix in thin melted butter, and use to roasted poultry or boiled hard fish. Add a little chopped parsley if liked.

Butter, how to oil. SET a small saucepan containing two ounces of fresh butter at a little distance from the fire, so that it may melt gradually till it becomes an oil. This is preferred by some cooks to olive oil for frying purposes.

Butter, how to clarify. PUT half a pound or a pound into a very clean pan, and place it over a slow fire till it is melted, then skim carefully, and pour through a sieve into a clean basin. Excellent for covering potted meats and as a frying material.

Caper Sauce. ADD a few teaspoonfuls of capers to melted butter. It is an improvement to mince the capers, as also to dilute the butter.

Chestnut Sauce. PEEL the fruit carefully, which may be done after scalding in boiling water; then stew in white gravy till very tender. Rub all through a sieve, add a teacupful of cream, as also white pepper to taste, and a few scraps of lemon peel. Boil for a little and serve hot; a pound of chestnuts will be sufficient.

Cooks' Measures, etc. THE following is a summary of what I call "The cooks' weights and measures," and the figures should be held in remembrance:—36 drops of water, or any thin liquid, will fill a fair-sized teaspoon, 4 teaspoonfuls should fill a tablespoon, 4 tablespoonfuls should fill a wineglass, and be equal to two fluid ounces, 4 wineglassfuls should fill half a pint, or a moderate-sized tumbler or large cup; a tablespoonful of salt or brown sugar will weigh 1 ounce, a middling-large hen's egg will weigh almost two ounces, a pint of bread crumbs will weigh 8 ounces, a pint of flour, dried peas, sugar, etc., will weigh 1 pound.

Common Sauce. FRY slightly in butter a dessertspoonful of minced parsley, chives, and mushrooms, well mixed, sprinkle some flour over the fry, and moisten with *broth* till the whole is quite liquid. Simmer for a few minutes, during which beat up in a basin with a little of the gravy the yolk of an egg, and add to the whole. This is a good and cheap sauce for lamb or veal cutlets, sweet breads, ox palates, or cod steaks.

Condiments. A GOOD general seasoning may be composed as follows:—An ounce of black pepper, half an ounce each of ground ginger, cinnamon, and nutmeg, and say half a dozen of cloves. Pound and mix these well, and bottle up, to be used sparingly in the seasoning of force-meat balls and gravy. For white sauces, fricassees, and ragouts, mix white pepper, mace, nutmeg, and the scrapings of lemon peel.

Egg Balls. POUND the yolks of as many hard boiled eggs as are necessary in a mortar with as much of the raw yolk and flour as will make the composition into a paste. A little salt must be used. The balls should be about half the size of a walnut. Suitable for mock turtle, pies, stews, etc.

Faggots of Herbs. THESE are simply little bunches composed of such seasoning herbs as may be ready for use, such as a few blades of parsley, a bay leaf or two, and two or three sprigs of thyme. Others can be used when in season, as parsley, spring onions, thyme, tarragon, chervil, and chives. In making use of the kitchen garden, the cook must, of course, be guided by the tastes of those who employ her, and a good cook should be well versed in the "flavouring value" of everything she employs.

Forcemeat Balls. FOR Stuffing, etc.—Work up breadcrumbs with a little suet, marrow, or butter, and some finely chopped parsley, the whole seasoned with pepper, salt, and allspice. The best plan of doing these into balls is to beat them up with the yolks of two eggs. Such stuffings can be varied to taste with chopped ham, oysters, anchovy or minced veal; make them of any size you please.

French Frying Material. FOR Vegetable or Fruit Fritters.—This is a useful receipt of its kind and not very expensive. Work up neatly two ounces of butter, half a pound of flour, and a breakfast cupful of sweet milk; the whites of two eggs well whisked may be added as it is going to be used. If to be used with fruit, sweeten the batter; if with vegetables, season it with pepper, salt, etc.

Geese, Ducks, and Pork. How to stuff (*a la Soyer*).—Peel and core four apples and cut up four onions, stew with water sufficient to cover, add four leaves of sage, and four of lemon thyme, whole. When done pulp through a sieve, keeping back the sage and thyme leaves; add to an equal quantity of mashed potatoes, and stuff the bird loosely, as the stuffing will swell during the process of cooking. Season as usual with pepper and salt.

Horse-radish. MAY be dried before the fire in slices, and then be pounded or ground. Bottle up and cork very carefully for use.

Lobster Sauce (a la Careme). CUT a small lobster into slices the size of a half-crown piece, which put in a stewpan, pound the soft and white parts with an ounce of butter, and rub it through a sieve, pour ten spoonfuls of melted butter, and two of cream over the slices in the stewpan, add half a blade of mace, a saltspoonful of salt, a quarter ditto of pepper, and a snuff of cayenne, warm gently, and when upon the point of boiling, add the butter, and two tablespoonfuls of thick cream. Shake over the fire till quite hot, when it is ready to serve.

FOR Roast Lamb is considered a *sine qua non*.
Mint Sauce Wash the sprigs of mint very carefully, and chop them almost into a powder ; mix with cold white vinegar and sugar to taste, so as to balance the ingredients, and serve with the lamb.

Mushroom Catsup Is worth making at home in districts where there are plenty of mushrooms ; it is the most esteemed of all catsups. Select the large broad kind of mushrooms which are heavy with blood, throw away all dirty bits, and break them into pieces. Put the whole into a large jar, each layer well sprinkled over with salt. Tie up the jar and set it by the fire for about thirty hours, after which squeeze and strain the liquor into a saucepan, and boil quickly for about twenty minutes. To each quart of liquor before being boiled add half an ounce of black pepper corns, half an ounce of lump ginger, a little mace, and a clove or two. After boiling let the liquor settle till it is cold, bottle carefully, keeping the sediment separate for the purpose of flavouring hare soup, fish, and sauce, and other dishes which are not required to be clear. It may just be mentioned that the longer the liquor is boiled the longer will it keep.

MAY be dealt with in a similar fashion to Horse
Mushrooms Radish, as some prefer the powder of this vegetable to Catsup. Let the mushrooms, after being peeled, be thoroughly dried and then pounded, mix in a dash of cayenne and a little mace ; keep in a dry place.

Mustard. CURRY POWDER, Pepper, Salt, etc., vary greatly in strength, and should, as a rule, be always obtained of the same kind, and from the same dealer, so that the cook may not be deceived in the power of her seasonings.

Onion Sauce BROWN.—Fry in melted butter two well-minced Spanish onions until they are nicely browned ; then add half a pint or so of brown gravy, mixed with a little flour, and flavoured with pepper and salt. Stir well, and serve hot. Can be strained if preferred, and, when liked, a little mustard, say two saltspoonfuls, may be added.

Onion Sauce WHITE.—Four or five large onions may be peeled and trimmed for the sauce. Boil them slowly till tender in just as much cold water as will cover them, which will take an hour. Drain off the water and mash the onions, then add a pint of milk in which a tablespoonful of flour and a little bit of fresh butter has been rubbed down. Season with pepper, salt, and grated nutmeg. Stir for a quarter of an hour, and serve very hot.

Onion Sauce WHOLE.—Boil a large cupful of very small onions till tender ; take care they do not break. Have ready half a pint of melted butter mixed with a little cream and seasoned with salt, pepper, and grated nutmeg, into which place the onions, but not any of the water. Serve very hot. It will take half an hour to boil the onions, during which time the melted butter can be prepared.

Oyster Sauce CAN be made in many different ways. One is to proceed as in the case of the mussels, adding some weakened soup or gravy stock to the oyster liquor. Stew till tender. In dealing with oysters, some stew the beards in the liquor, adding a very little water and an eggspoonful of salt. Simmer them for a few minutes, and then drain off the liquor, and use it for stewing the oysters. Oysters can, of course, be served in melted butter, but study always to retain the oyster flavour.

Parsley, how to fry. PICK and wash, then dry it carefully; put in a pan of hot lard, and fry as rapidly as possible; lift it out bit by bit the moment it becomes crisp. Parsley may be browned crisp before the fire in a Dutch oven.

Parsley Sauce. PROCURE a handful of good fresh leaves, pick the blades from off the stalks, or wash them smartly, but carefully, then boil them quickly in well salted water for about $2\frac{1}{2}$ minutes or so. Drain carefully, chop finely, and then stir them into half a pint of melted butter. Dish in a sauce boat and serve at table quite hot. The chopped parsley may be mixed if desired with white stock, boiled up of course. This is a useful preparation.

Poor Man's Sauce. CUT down very finely a large onion, fry the cuttings for five or six minutes in a little kitchen fee, put in a stewpan (or the onion, to save trouble, may be done in the stewpan), add to the fry a glass of vinegar, and another of water or weak soup stock, pepper and salt to taste, as also a tablespoonful of mushroom catsup. Simmer for two or three minutes, and serve hot. This makes a good sauce for roast fowls, young turkeys, etc. It may be varied by chopped parsley and green onions well cut down, as also a teaspoonful, or even two, of salad oil. Plenty of pepper should be used if there is much green stuff.

Powdered Herbs OFTEN come in useful as a flavouring for sauces and soups at a season when fresh grown herbs cannot be obtained. The following is a good mixture:—Parsley, two ounces; thyme, sweet marjoram, basil, and dried lemon peel, one ounce of each. Let them be thoroughly dried in the sun, then pound them with a pestle in a mortar, and mix them well together by means of a sieve; half an ounce of celery seed may be added if to taste, and all the quantities may be varied as desired.

Ravigotte. THIS may be compounded as follows:—Scald a tablespoonful of well mixed parsley and mix it up with the following ingredients: a teaspoonful of mushroom ketchup, another of caviare, Chilli vinegar and Read-

ing sauce, two ounces of butter, three tablespoonfuls of bechamel, a little salt and pepper, mix the whole together very thoroughly, and you have your ravigotte.

*Sauce for
Fowls.*

THERE is no branch of cookery which may be so varied to suit individual tastes as the concoction of sauces. Here, for instance, is a receipt which may be easily made up:—Take a wineglassful of mushroom ketchup, two glasses of claret, season with cayenne, lemon peel, mace, and a small onion cut down; boil and pour over a roasted wild fowl. Just as it is dished make a few cuts in the fowl, so that the sauce may mix with the natural gravy. Other sauces may be similarly compounded.

*Sauce
"Robert."*

SHRED down half a dozen onions and fry them with butter in a small saucepan till they are finely browned, then add a little flour, say a tablespoonful, a tablespoonful of mushroom ketchup, two-thirds of a glass of claret, and half a pint of strong stock; pepper, salt, and mustard to taste, also a little lemon juice. This is a favourite sauce with some people for both cold and hot meats; when to be used for hot rump steak, boil up the sauce and pour over the meat. The cook, when it is desirable, can vary the flavour to taste.

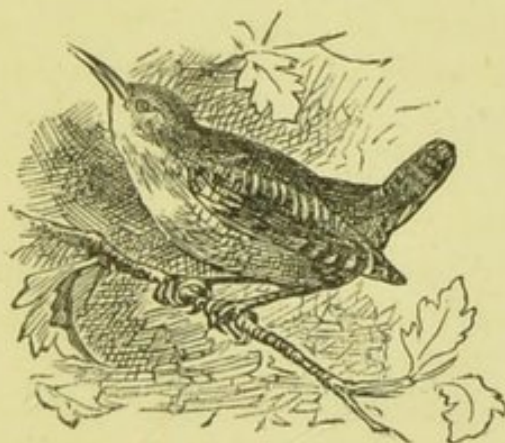
POUND your shrimp, shells and all, in a mortar, and *Shrimp Sauce.* then boil the lot for about twelve minutes in half a pint of water, strain the liquor obtained into a stewpan, and add a piece of butter of the size of a small egg, mixed up in a teaspoonful of flour. Stir till the sauce is upon the point of boiling, season with a little cayenne, and a taste of anchovy sauce.

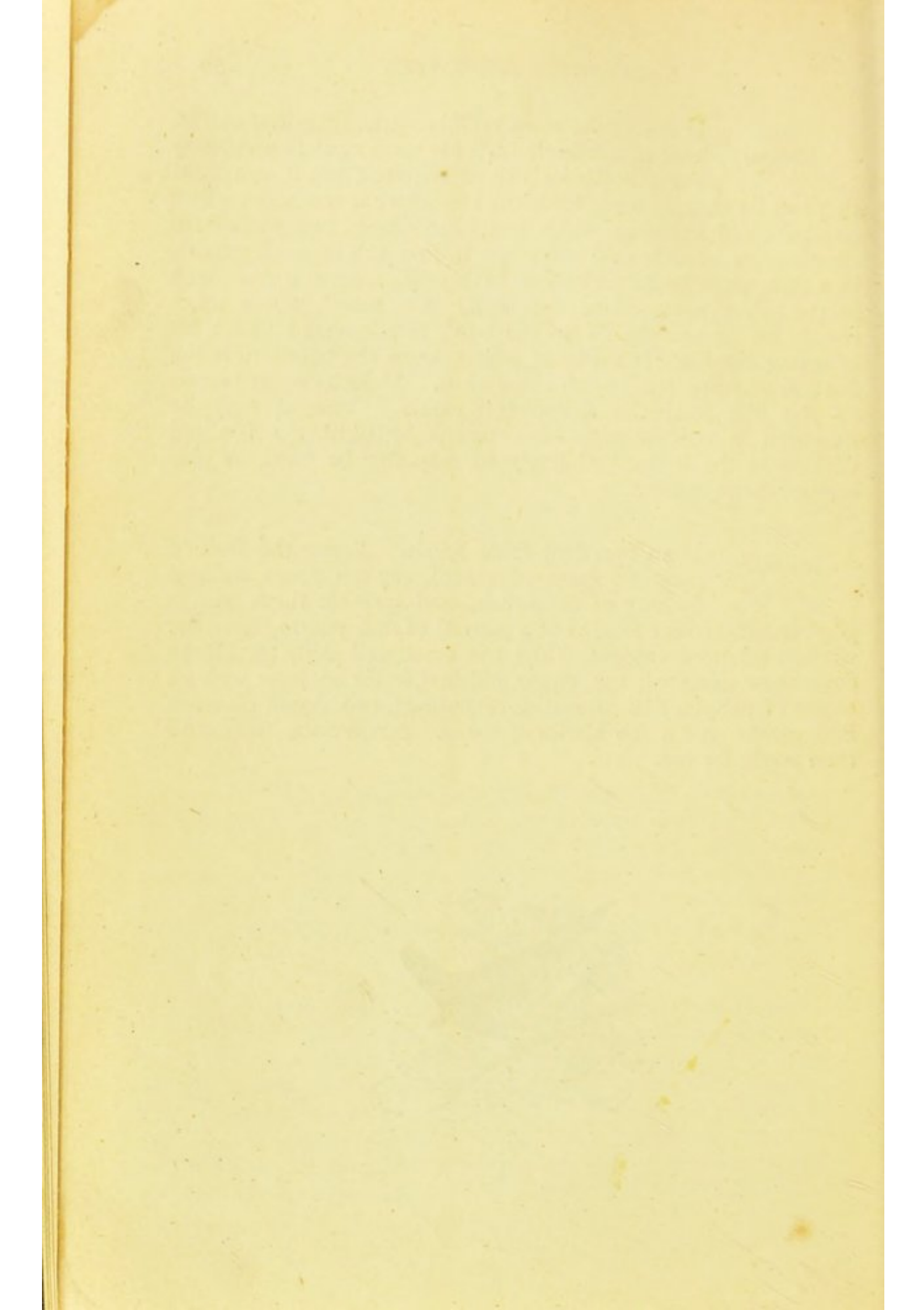
*Tomato
Catsup*

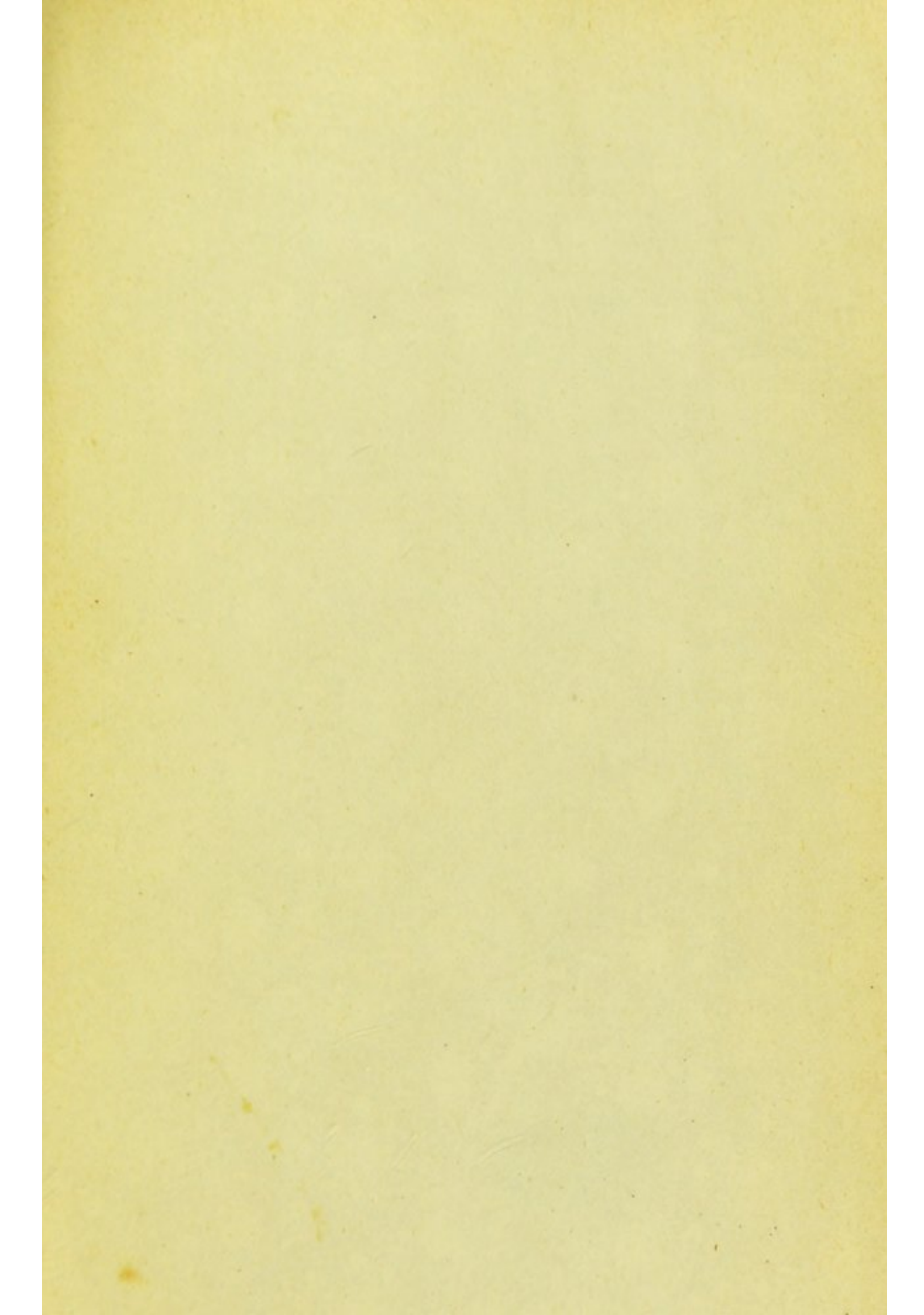
Is delicious in flavour, and useful in cookery. Procure two quarts of skinned tomatoes, and stew them very slowly for three hours in a pint of vinegar, along with two tablespoonfuls of salt, two of black pepper, two of ground mustard, and a couple of pods of red pepper, as also a spoonful of allspice. Stir the lot industriously, so as to mix them whilst they are being stewed, then strain the liquor, and boil down to one quart, which bottle up and cork firmly.

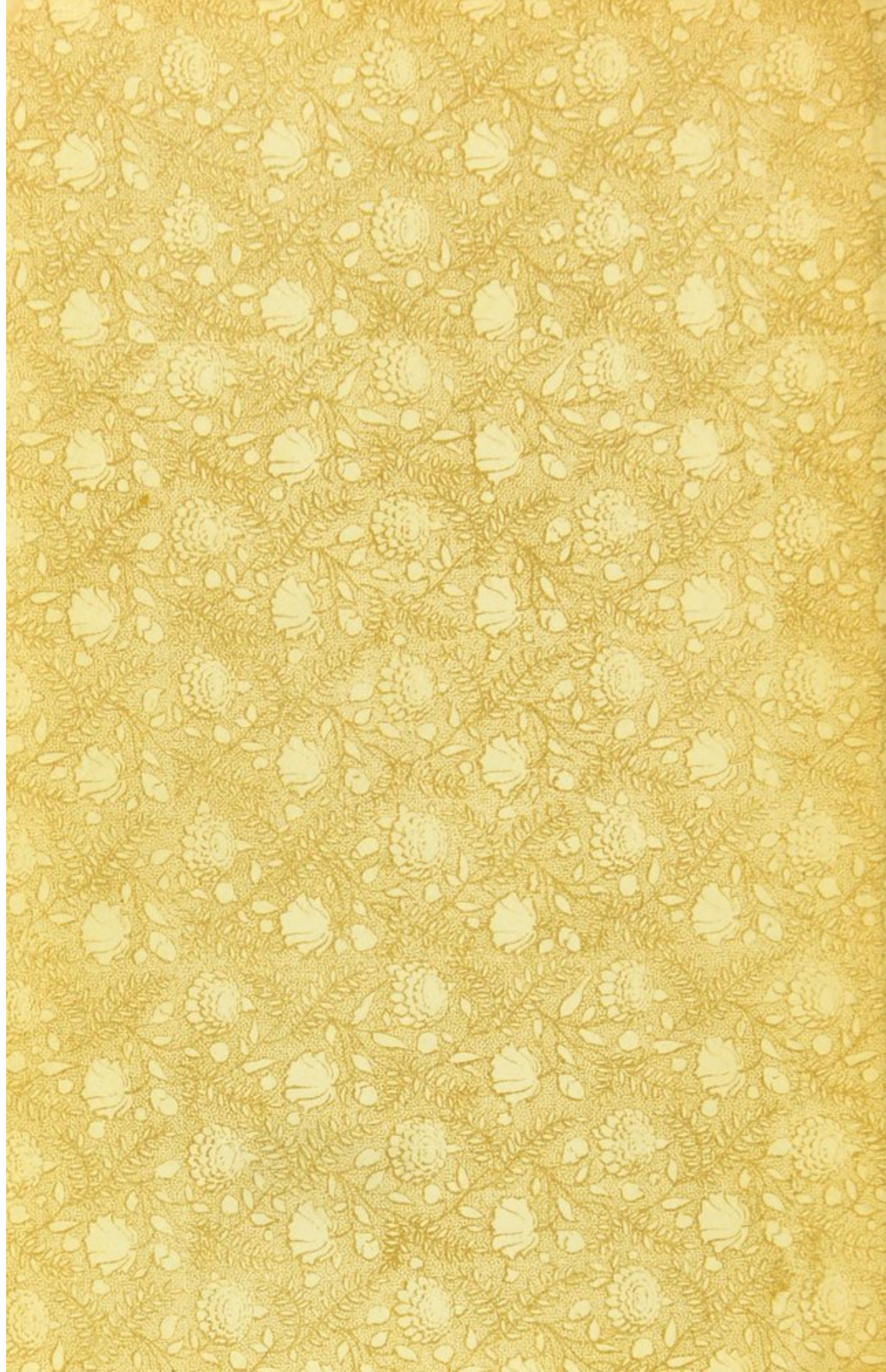
Vinegar Is one of the most useful commodities that can be kept in a household. My town readers will likely buy a bottle or two as required, but it is a fluid that can be cheaply made for home use—here is one way :—Boil one gallon of water, in which has been placed two pounds of coarse sugar, skim it well and place it in a tub to cool, putting in a little bit of bread soaked in fresh yeast. After it has been in the tub a week, place the liquid in a barrel, where let it remain for six months ; keep the bung hole covered with a bit of strong muslin. If made in winter, keep the barrel near the fire ; in summer, let the sun shine on it. Make as many barrels as you like after the foregoing formula. Vinegar may be flavoured in various ways—one way is by putting a few red Chillies in the liquor. Celery seed may also be used, as also scraped horse-radish.

*Walnut
Catsup* Is an excellent table relish. Bruise the fruit (it must be gathered green), say ten dozen walnuts by way of a formula, and sprinkle them with a good handful (three-fourths of a pound) of salt, pouring over the whole a quart of vinegar. Stir the mass well daily for fifteen days, then strain off the liquor and boil it for an hour with an ounce of pepper, half an ounce of nutmeg, two dozen cloves, a little ginger, and a few blades of mace. Strain once more, and then bottle for use.











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