

## **Dressed vegetables à la mode / by Mrs. De Salis.**

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DRESSED VEGETABLES  
À LA MODE.  
By

MRS. DE SALIS.

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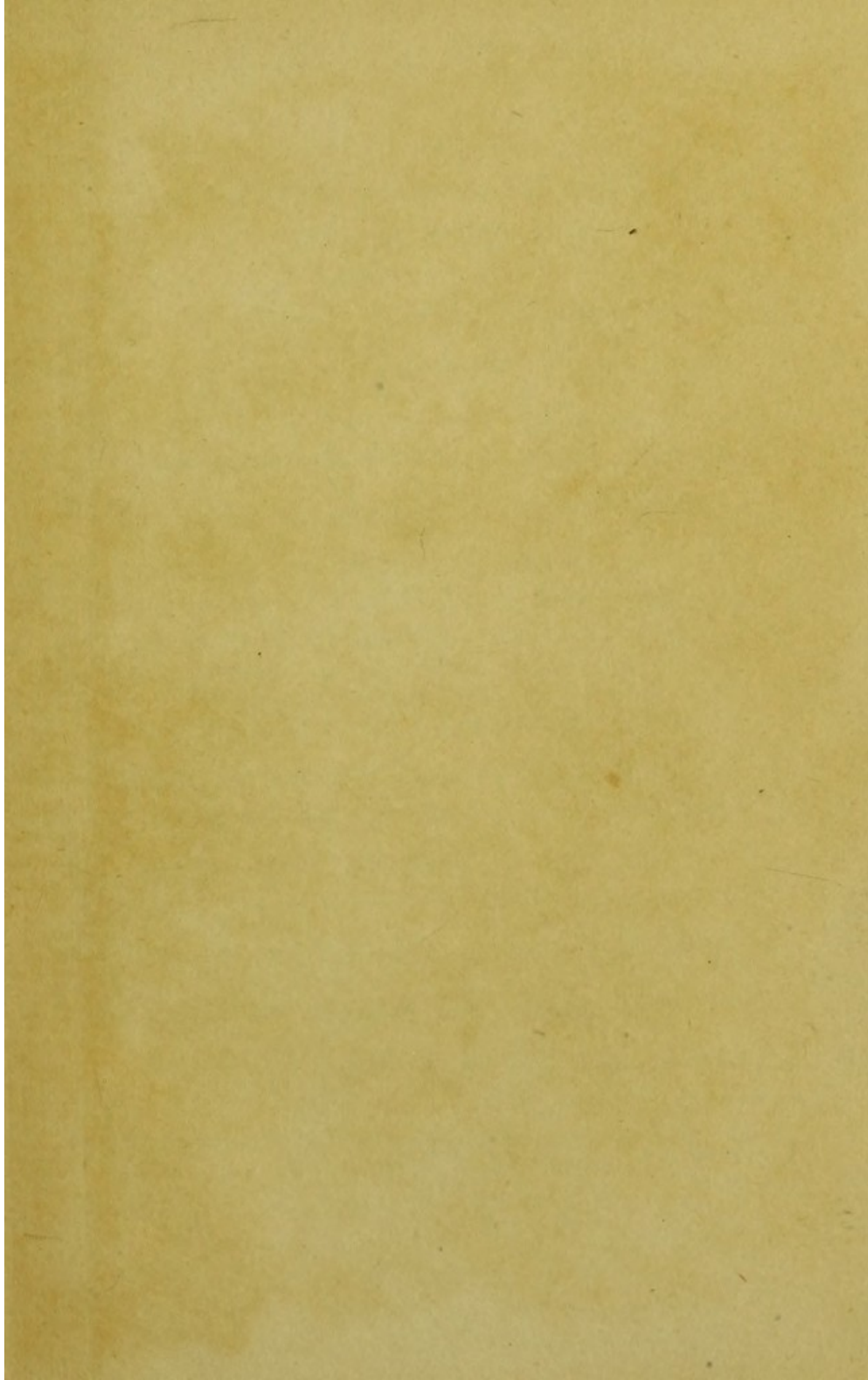
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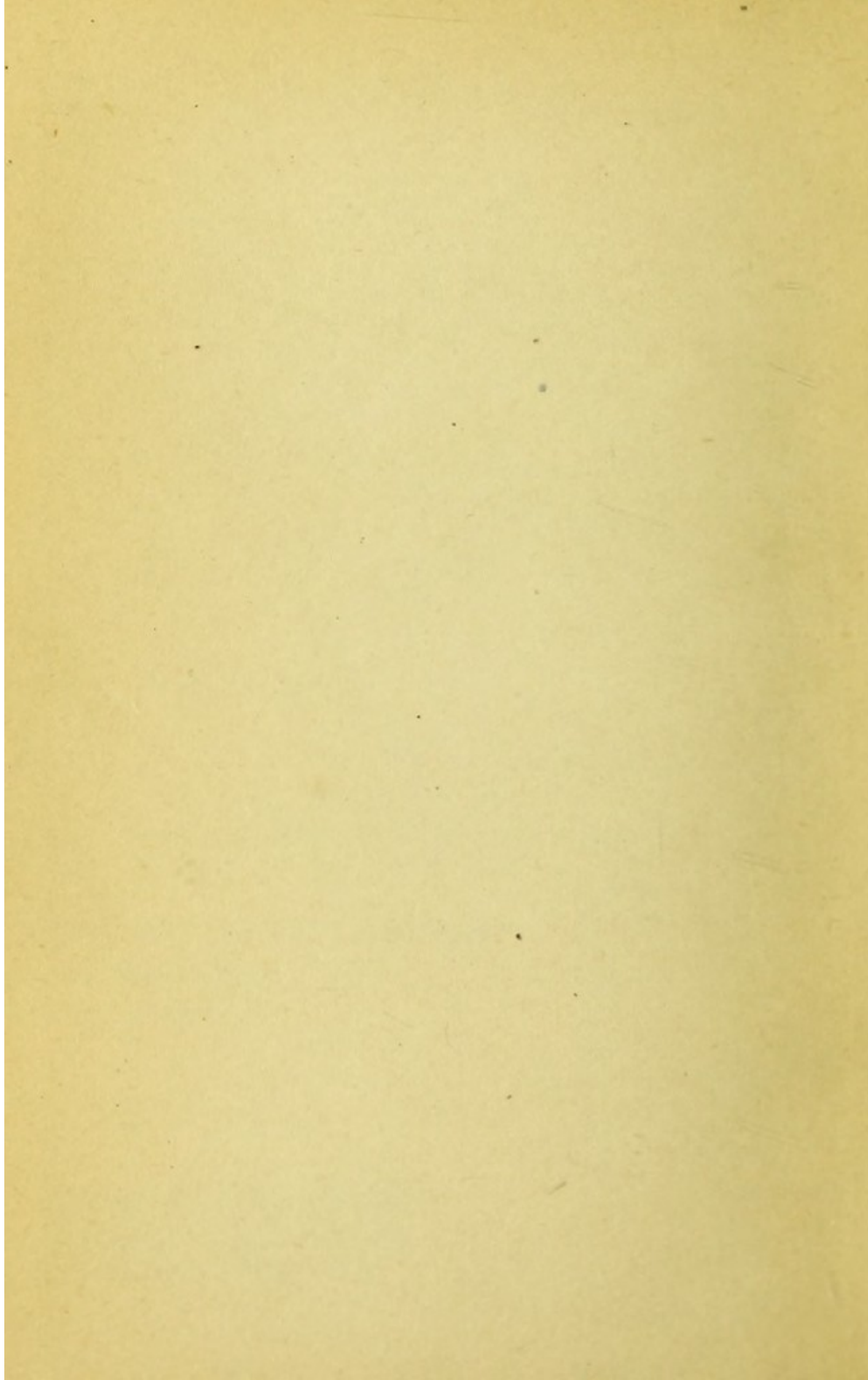
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DRESSED VEGETABLES





# DRESSED VEGETABLES

*À LA MODE*

BY

MRS DE SALIS

AUTHOR OF THE 'À LA MODE' SERIES OF COOKERY BOOKS, ETC.

'The earth hath roots;  
The bounteous buswife Nature on each bush  
Lays her full mess before ye'

SHAKESPEARE

SEVENTH IMPRESSION

LONGMANS, GREEN, AND CO.

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## P R E F A C E.

In 'Sweets and Supper Dishes à la Mode' I mentioned I had completed the series, but, like so many of the members of the dramatic art who after their farewell are induced back again, I am making my reappearance in the gastronomic art with 'Vegetables à la Mode,' as the public who have so kindly received my former little books are anxious that I should extend the series; and as the *vox populi* should be respected, I have had much pleasure in culling from the vegetable gardens of the culinary world the recipes printed in this little book, several of which I am indebted for to Madame de Juncourt's 'Wholesome Cookery,' which she has kindly allowed me to use.

HARRIET A. DE SALIS.



# DRESSED VEGETABLES

## *À LA MODE.*



### **American Yams à la Française.**

Cut the yams into slices about half an inch thick, trim into oval shapes, put them into a pan full of water ; wash and drain them upon a cloth ; next place them in a stewpan with two and a half ounces of butter, and season with salt and a grate of nutmeg. Moisten with a pint of water ; put the lid on and let them simmer for three-quarters of an hour, turning them over occasionally, so that they may be equally a bright yellow colour on both sides. Arrange in a circle, and pour the following sauce over them :—

Mix an ounce of butter with a dessertspoonful of flour ; put it into a stewpan with a gill of cream, a teaspoonful of castor sugar, a little salt, and a teaspoonful of lemon-juice. Stir this over the fire till it thickens, when it will be ready.

### **Aiquebelle Fritters.**

Pound five potatoes ; add a pinch of Gruyère cheese, eight eggs, half a pound of fresh butter, pepper and salt. Beat the eggs well before adding

them to the other ingredients. Mix all together very thoroughly. Divide the mixture into pieces about the size of a milk biscuit, and fry in boiling fat.

### **Artichokes à la Barigoule.**

Fonds d'Artichauts à la Barigoule.

Wash and trim three or four artichokes, remove the chokes, and fry the top of the leaves and the bottom of the artichokes in hot lard for three or four minutes.

Fill the cavities with a forcemeat made with two ounces of finely-shred suet, two ounces of veal free from fat and fibre, two teaspoonfuls of chopped parsley, a trifle of marjoram and thyme, half a shalot chopped fine, a little salt and pepper, and a teaspoonful of grated lemon-peel. Mix thoroughly, and work in the yolk of an egg. Fasten a piece of bacon on the top of each artichoke. Bind them with string to keep them in their proper place. Put them in a stewpan, with enough brown gravy to cover them. Let them stew gently till tender. Take away the strings, and dish them with a little of the gravy thickened round them.

### **Artichokes à la Barigoule.**

Fonds d'Artichauts à la Barigoule.

(Another way.)

Parboil some globe artichokes. Strip off the leaves and take out the choke. Make a farce of bread-crumbs, parsley, mushrooms, truffles, shalots, and any savoury meat or game, minced very fine, and seasoned to taste. Put a slice of bacon or ham,

two carrots, a bouquet garni at the bottom of a stewpan, and place the artichokes on the top of them ; pour over a glass of chablis.

### **Artichoke Bottoms à la Carème.**

Fonds d'Artichauts à la Carème.

(Original Recipe.)

Wash the artichokes thoroughly. Boil them till they are nearly tender ; drain them, remove the middle leaves and the chokes, and lay in each a little of a forcemeat composed of six oysters, one sardine, two anchovies, and a few shrimps or prawns or pieces of lobster, all minced finely together, and put into a sauce made of a grated tablespoonful of horseradish, half a teaspoonful of lemon-juice, a tablespoonful of vinegar, half a teaspoonful of capers, and one gill of white sauce. Let this boil up, then stir in the fish mixture, fill the artichokes, and bake in the oven till tender and done. Scatter lobster coral on the top of each before serving, or alternately lobster coral and grated fried parsley.

### **Cream of Artichokes.**

Crème d'Artichauts.

Parboil some artichokes, strip off the leaves, and press out the edible part of each leaf ; remove the chokes, and pass this pulp through a hair sieve. Add a very little onion pulp. Season with salt, pepper, and a tiny dust of cayenne. Mix this with double cream, and steam in a mould very slowly for twenty minutes. Turn out of the mould, and serve with a cream sauce round.



**Artichoke Bottoms à la Kaiser.**

Fonds d'Artichauts à la Kaiser.

(Original Recipe.)

Cook some artichoke bottoms; season them with a little grated Parmesan cheese. Take some plain round glossy tomatoes and place one on each artichoke; lay some mushroom purée on the top of each, taking care to smooth it well; place each artichoke on a fried croûton masked with the tomato purée, and put them in a deep tin dish, and bake them in the oven (which must not be a fierce one) for about ten minutes. Just before serving sprinkle a little finely-chopped parsley over, and curl an anchovy on the top of each round a sprig of parsley that has been heated in the oven.

**Artichokes à la Malay.**

Artichauts à la Malay.

(Original Recipe.)

Prepare the artichokes as in Artichokes à la Carème, and fill them with a mixture made of an onion minced very finely and put into a stewpan with half a pint of prawns, an ounce of butter and a grate of cinnamon, half a pint of good mutton broth, and a little salt. Let this stew over a moderate fire for half an hour, then stir in a spoonful of curry powder, and let it stew twenty minutes longer. Strain the gravy into a clean stewpan, add the prawns, and let it simmer again for ten minutes. Scrape a piece of cocoa-nut sufficient to fill a tablespoon into a gill of water, and press

it through a sieve. Take half the milk from the cocoa-nut, thicken it with flour, stir it into the curry mixture, toss it over the fire, and give a squeeze of lemon to it, and then put in the artichokes.

Dish them up on a rice mound, ornamented with gherkins and chillies. This is very good cold, and the rice should then be iced and ornamented with whipped aspic jelly and three leaves of the artichoke standing up in the middle of each.

### **Artichokes à la Gouffé.**

*Artichauts à la Gouffé.*

Wash and trim three young artichokes, cut them into thin slices, and as they are cut throw them into water with a cupful of vinegar in it. Drain them, and season with a little salt and pepper. Make a batter with three eggs, two table-spoonfuls of oil, and two of flour. When all are well mixed, put the slices of artichokes into it, and stir gently for about three minutes, until every piece of artichoke is well covered. Fry in hot fat, being careful that the vegetable is cooked through as well as being browned. Drain from the fat, and pile the slices high in the dish, and garnish with fried parsley.

### **Artichokes à l'Italienne.**

*Artichauts à l'Italienne.*

Take the bottoms of some French artichokes, put them in a stewpan with some butter, white wine, a little stock, and lemon-juice. When cooked serve up with sauce italienne over.

**Artichokes à l'Italienne.**

Artichauts à l'Italienne.

(Another way.)

Is similar to the last recipe, only the stuffing is made of fried onion chopped very small, browned bread-crumbs, and grated Parmesan cheese, and baked in the oven.

**Stuffed Artichokes à la Béchamel.**

Make a savoury stuffing with some chopped herbs, bread-crumbs, a mushroom, a pounded anchovy, and the yolk of a hard-boiled egg. Make this into a paste by cooking it in a little cream and gravy; fill some artichoke bottoms with it, and put them to simmer in a béchamel sauce; serve with fried sippets. The preserved artichokes (*fonds d'artichauts*) are very good for this purpose, and require very little cooking.

**Globe Artichokes aux Fines Herbes.**

Wash, soak, and trim all the bottom leaves from the artichokes; boil in a large saucepan of boiling water till the leaves come easily out, and the bottoms are soft. When cold, pull off all the leaves and remove the chokes; put them into a saucepan with half a pint of fines herbes sauce (made of half a pint of good brown sauce, three small onions, two bunches of parsley, a tablespoonful of tomato sauce, two of chervil, four small button mushrooms chopped fine, and a little salt; stew all these for twenty minutes, *but do not boil*), simmer for three or four minutes, and serve very hot with the sauce over them.

### Globe Artichokes au Diable.

Prepare the artichokes as for Artichokes aux Fines Herbes, and fill the bottoms with devilled shrimps which have been stewed in butter for three minutes ; sprinkle with cayenne pepper, and mask with Espagnole sauce.<sup>1</sup>

To devil the shrimps, take a pint of picked ones and put them into two ounces of butter ; warm only, and sprinkle with dry curry powder and cayenne pepper.

### Artichokes à la Chef.

Trim the artichokes, cut out the chokes, and stuff them with minced bacon, parsley, mushrooms, and shalots which have been fried in butter. Line a stewpan with slices of bacon, add the artichokes, season with pepper and salt and a bouquet garni. Moisten with gravy, and cook over a slow fire with hot coals on the lid. When done, dish up covered with essence of ham. Essence of ham is made of ham finely pounded and warmed in butter in which a little flour has been stirred, and, when a good colour, moistened with stock seasoned with herbs, cloves, chopped mushrooms, and a teaspoonful of vinegar, and passed through a tammy.

### Artichoke Chips.

Wash, peel, and cut into thin slices as many Jerusalem artichokes as are required. Throw them into cold water and dry them. Put them in a frying-basket. Plunge this into boiling lard, and

<sup>1</sup> See *Entrées à la Mode* for Espagnole sauce.

fry a nice light brown. Put them before the fire and dry. Sprinkle with a little salt, and serve very hot.

### **Jerusalem Artichokes à la Reine.**

Wash the artichokes, cut off the end of each quite flat, and trim the other end into a point. Boil them in milk and water, and lift them out the moment they are done; drain, and place them upright in the dish into which they are to be served, and sauce them with a rich béchamel sauce.

### **Jerusalem Artichokes au Parmesan.**

Boil till quite tender sufficient Jerusalem artichokes to fill up some scallop shells; cut them up very small, and mix them up in a little béchamel sauce. Add a little pepper and salt, strew on thickly some grated Parmesan, and over that some bread-crumbs; put little pieces of butter all over the top, and brown them with the salamander.

### **Asparagus with Cream.**

*Asperges à la Crème.*

Cut up some heads of asparagus; wash and drain them. Melt some fresh butter in a saucepan warm the asparagus heads in it, and stir in some rich béchamel sauce. When done, serve covered with the sauce.

### **Asparagus Omelet.**

*Omelette aux Pointes d'Asperges.*

Boil about twenty-five heads of asparagus, and cut the green ends, when tender, in short pieces.

Mix with them four well-beaten eggs, adding a little pepper and salt. Melt an ounce of butter in an omelet-pan, pour in the mixture, stir till it thickens over the fire, and fold it nicely over.

Asparagus sauce may be served with it.

### **Asparagus à la Tod Heatley.**

(Original Recipe.)

Cook the asparagus as usual, then lay them on ice or in a refrigerator. When properly cold, arrange them in bunches like faggots, and tie them round with strips cut from lettuces to resemble a binder. Arrange them high on the dish, and pour over them whipped cream in which a little aspic jelly has been mixed. Garnish with croûtons of aspic and whipped aspic. This dish is also very good with simply a green mayonnaise over it.

### **Asparagus à la Pompadour.**

Boil the asparagus in boiling salt and water. When cooked, cut it into lengths three inches long, drain them, and place them before the fire for a few moments. Take one ounce of fresh butter, two yolks of eggs, a pinch of salt, a saltspoonful of pepper, and a tablespoonful of vinegar; cook in a saucepan till thick; dish up the asparagus in a pyramid, and pour the sauce over.

### **Asparagus Rolls.**

Cut a piece out of the crust of the tops of three French rolls, and take out all their crumb; be careful that the crusts fit again in the places from whence

they were taken. Fry the rolls brown in fresh butter. Then take a pint of cream, the yolks of six eggs beaten fine, and a little salt and nutmeg; stir well together over a slow fire till it begins to be thick. Have ready a hundred of small grass boiled, and save tops enough to stick the rolls with. Cut the rest of the tops small, put them into the cream, and fill the rolls with them. Before frying the rolls, make a good many holes in the top to stick the grass in. Then lay on the pieces of crust and stick the grass in that it may look as if it were growing.

### **Asparagus à la Rustic.**

Cut the green part of a hundred good spruce asparagus heads; wash, boil, and strain them. Take three French rolls, cut a piece of the top crust neatly out, pick out *all* the crumb, and fry the outsides in butter; take a gill of cream with the yolks of three eggs beaten up in it, add a little salt and a grate of nutmeg, and stir well together over a gentle fire till it begins to thicken; put in three parts of the asparagus cut small; fill the rolls with it; put on the tops that were cut off, and with a sharp skewer make holes in the tops, and stick some asparagus in as if it were growing. Arrange them on a dish, and serve very hot.

### **Asparagus à la Française.**

Wash and boil the asparagus till tender, drain them, cut off the heads and about two inches of the white part of the stalks; mince them very small, and mix with them an onion also cut very small. Add the yolk of an egg well beaten, with salt and

pepper to taste. Make it hot in a stewpan, and dish it up on a slice of toast, and pour a good sauce over it.

### **Asparagus Pudding.**

Take about fifty young asparagus and cut up the green part into pea-sized pieces. Beat about an ounce of butter to a cream, add to it a cupful of flour, two teaspoonfuls of finely-chopped ham, four well-beaten eggs, a little pepper and salt, and then the asparagus. Mix all well together, and add sufficient milk to make it into a stiff batter. Put it into a well-oiled mould, wrap it up in a floured cloth, and place it in a saucepan of boiling water. When sufficiently cooked, turn it out on to a hot dish and pour good clear clarified butter round it in which two drops of vinegar have been put.

### **Dressed Beetroot.**

Slice a parboiled beetroot in nice round slices, and stew it with small onions in a little cream with a very small piece of sugar, pepper and salt, and a tablespoonful of vinegar. Dish the slices of beetroot with the small onions round them.

### **Beetroot Fritters.**

Cut some boiled beetroot into slices. Take two pieces at a time, place a slice of raw onion sprinkled with chopped chervil, pepper, and salt between them, dip into batter, and plunge into boiling fat. When a good colour, dish up.



### **Beetroot à la Savarin.**

Fry a slice of onion in butter, then mix together half a teaspoonful of salt, half of dry mustard, twelve drops of essence of anchovies, a dessert-spoonful of cornflour, a gill of cream, and a gill of milk. Put this with the onion, and boil for five minutes; then slice in a nice-coloured boiled beetroot, and let all get cold.

### **Stewed Beetroot.**

Bake or boil a beet till it is tender, and let it remain till cold, then peel and cut it into slices, and stew it for a little while in some broth or pale gravy. Thicken this with a teaspoonful of arrowroot and two tablespoonfuls of cream, and stir in quickly, as you take it off the fire, a tablespoonful of chilli vinegar.

### **Beetroot à la Crème.**

Peel a beetroot and cut it into slices, then cook it very slowly in white béchamel sauce; season with pepper and salt, and serve.

### **Brittany Beans.**

Cut some onions in thin shreds, scald and drain them. Fry them in butter till they are a nice golden brown; then sprinkle over them flour, pepper, and salt, and sauté them for five minutes. Add some stock and stew for twenty minutes, taking care to stir frequently; then add some well-cooked haricot beans and butter, and sauté together.

### **Broad Beans à la Crème.**

The beans must be very young. Boil them in water with a faggot of parsley and some salt. When done, drain in a colander; then put them into a stewpan with an ounce and a half of butter, some chopped parsley, and as much winter savoury as will cover the tip of a spoon, pepper, salt, and just one grate of nutmeg. Sauté the beans over the fire for five minutes, and then mix in well with them a liaison of three eggs and the juice of half a lemon. When the liaison has become set, dish them up with fancy fried croûtons round them.

### **French Beans à la Poulette.**

Take some young French beans, remove all fibres by breaking off the ends; wash and boil them in boiling water. When done, toss them in melted butter seasoned with chopped chives and parsley; stir in a dessertspoonful of flour, a pinch of salt, and a quarter of a pint of stock; reduce the sauce; thicken with two yolks of eggs, and flavour with a few drops of lemon-juice when it is ready to serve.

### **Omelet of French Beans.**

Cut up finely two tablespoonfuls of French beans, stir into them three well-beaten eggs, then add a heaped-up tablespoonful of grated Parmesan, with a little pepper and salt to taste. When perfectly mixed, put the whole, with two ounces of melted butter, into the omelet-pan, and fry a pale brown. The time varies from three to five minutes.

**Fricasseed White Kidney Beans.**

Take a quart of white kidney beans ; if they are dried soak them for some hours first, but if fresh merely blanch them and rub off the skins. The dried ones must be boiled till tender and their skins slip off.

Put them into a saucepan with half a pint of gravy, a bunch of sweet herbs, pepper, salt, a grate of nutmeg, and a glass of marsala ; cover them close, and let them stew gently for about a quarter of an hour ; then take out the herbs, add a piece of butter mixed with flour, and shake it till thick. Beat up the yolks of two eggs in cream, put it in, and keep shaking the pan one way till thick and smooth ; squeeze in juice of half a lemon, and serve.

**French Beans à la Béchamel.**

Cut up some French beans ; soak them in cold water, and boil in boiling salt and water ; when done, plunge them into cold water and drain. Warm some chopped onions in fresh butter, but do not brown them ; and when nearly cooked, stir in a little flour, salt, pepper, chopped parsley, chives, and a wineglassful of stock ; add the beans, and when boiling thicken the sauce with yolks of eggs and flavour with lemon-juice. This sauce must not be thin.

**French Beans à la Crème.**

Take a pound of French beans, string them, and boil them in salt and water till tender, then drain them. Beat the yolks of two fresh eggs in a gill of cream and about one ounce of fresh butter ;

beat all well together, put it into a stewpan, and set over a clear fire. When hot, stir in a table-spoonful of vinegar, add the beans, and let all simmer for about six minutes, stirring constantly. Serve very hot.

### **Broccoli à la Fermière.**

Take three heads of broccoli—one large and two small heads. Put into a stewpan two and a half ounces of butter, and when melted stir in four well-beaten eggs till it becomes of the consistency of cream. Pour this over a slice of toasted bread which has been placed on a dish. Lay the largest broccoli in the middle, and the two smaller ones cut into sprigs and arranged round it.

### **Fricassee of Brussels Sprouts à la Lucerne.**

Take some young sprouts and put them into boiling water with a lump of butter, a little salt, a piece of soda the size of a pea, and a bouquet garni. When they are cooked, take them out and drain them. Have ready some good white stock and rich béchamel sauce—say, half a pint of each—the yolk of an egg, and a teaspoonful of lemon-juice; put all these into a stewpan and stir over the fire till it is all well blended and the thickness of rich cream. Mix in the sprouts, and then dish them up; garnish with fried croûtons cut in the shape of hearts, mask them over with a little Parmesan cheese, and sprinkle the yolk of a hard-boiled egg which has been passed through a wire sieve over the centre of the sprouts.

**Brussels Sprouts à la Parisienne.**

Trim and boil about thirty heads of sprouts in two quarts of water in which a handful of salt has been placed ; when done, strain them, and chop very fine. Then put an onion in a stewpan, cut in slices, with two ounces of butter, three sprigs of parsley, and an ounce of raw ham. Stir them ten minutes over the fire, then add the chopped sprouts and half a teaspoonful of flour ; mix all well together and add half a pint of white stock and half a pint of milk. Stir until it boils, then add a teaspoonful of powdered sugar ; season with a little pepper and salt, and serve with fried sippets.

**Fried Brussels Sprouts.**

Boil the sprouts, drain and fry them in butter for a few minutes ; sprinkle with pepper, salt, and chopped parsley.

**Ladies' Cabbage.**

(American Recipe.)

Boil a firm white cabbage for fifteen minutes, changing the water from the boiling-kettle ; when tender, drain and set aside till cold. Then chop fine, and add two beaten eggs, an ounce of butter, pepper, salt, and three tablespoonfuls of cream. Stir all well together, and bake in a buttered pie-dish till brown.

**Cabbage Jelly.**

Boil a Savoy cabbage in water, chop it very fine and pass it through a sieve, and mix it with a little pepper, salt, and butter ; mould and bake it.

### **Cabbage à la Flamande.**

Cut a cabbage into quarters, parboil, and then place it in cold water, squeeze it dry, take out the heart and tie it round; then stew it with half an ounce of butter, half a pint of good stock, seven onions, a bouquet garni, and salt and pepper to taste. When nearly cooked, put in a gill of vinegar; and when it is sufficiently cooked take a crust of bread about four inches in diameter, fry it in butter, and put it in the bottom of a dish, upon which place the cabbage and some fried sausages; arrange the onions round. Skim the same, add a little cullis to it, and pour it over the whole.

### **Cabbage and Rice Balls.**

(Italian Recipe.)

Boil some rice with a little broth; cut some onions small, fry them, and mix them well with the rice. Then fry the rice, adding a little water so that it should not thicken too much; when cooked, add a little grated cheese and butter.

Take some cabbages, separate the leaves, put them into hot water, half boil and rinse them. Take each leaf separately, spread the rice thickly on it, and roll it up.

Then take a stewpan and put in some pieces of butter and onions cut very finely, cook them well with a little water; then place the balls of rice in the stewpan and cook them until the cabbage is done. When cooked, sprinkle grated cheese over them, and serve with tomato sauce.

**Stuffed Cabbages à la Russe.**

Chop finely an onion and fry it in butter, but it *must not brown*; add six chopped mushrooms and two tablespoonfuls of semolina, and warm all over the fire a few minutes, and take it off the fire. Pick the finest outside leaves off the cabbages and place them on one side; cut the cabbages into quarters, blanch and drain them; cut out the hard pieces from the centres, sprinkle with salt and pepper, and spread some of the stuffing between each leaf. Tie up the pieces of cabbage to their original shape, with the large leaves placed round them, and boil in water seasoned with onions, carrots, a bouquet of mixed herbs, and a lump of butter. When done, drain and serve. Serve melted butter in a sauceboat.

**Cardoons Boiled.**

Cut away the coarse outside of the cardoon, wash it free from sand, lay it in cold water to harden; then boil it in milk and water till tender, drain it on the back of a sieve. Cut each stalk in two; place them in a vegetable-dish and pour white sauce over them.

**Cardoons à la Fromage.**

String three cardoons and cut them into pieces an inch long, stew them in half a pint of claret till quite tender, add an ounce of butter rolled in flour, and a little pepper and salt. Put them into a china baking-dish, add the juice of an orange, and grate three ounces of Parmesan cheese over. Brown with a salamander, and serve quickly.

### **Stewed Cardoons.**

Take four cardoons, take off the outside leaves, string the white part and cut them about two inches long; wash them very clean, and put them into a stewpan with three-quarters of a pint of veal broth, a glass of sauterne, a small bunch of sweet herbs, a little pepper and salt. Cover over and stew gently till tender, then add a piece of butter rolled in flour, and boil all gently till it becomes the proper consistency; add the juice of half a lemon and dish up.

### **Fillets of Carrot.**

Wash, scrape, and cut into slices about half an inch thick, and then into dice-shape, several young carrots; boil them in water for five minutes, drain, and put into a stewpan with a gill of good brown sauce. Sprinkle with pepper and salt, and stew till tender.

### **Carrots à la Flamande.**

Boil half a dozen carrots till quite tender; then stamp them out in fancy shapes and stew them in a little good melted butter, with five small onions, a table-spoonful of finely-chopped parsley, and a little salt and pepper. Serve the carrots with the sauce poured over.

### **Carrots à l'Allemande.**

Trim some small carrots so that they are all of the same shape, that is, the real shape of the carrot, but not too sharp at one end or too thick at the other, and not longer than an inch and a half.

Parboil in water with a little salt; drain. Then place in a sauté-pan with one pint of stock, two



ounces of butter, one ounce of sugar, and let simmer for half an hour ; then let it boil briskly till the sauce is reduced to a glaze. Roll each carrot in this, and form into a dome of carrots ; surround with a rich brown sauce flavoured with lemon-juice.

### **Carrots à la Windsor.**

Take some carrots of equal size and cut the upper parts into even lengths of about two and a half inches, and trim one end to a point in the shape of a cone. Then throw them into salted boiling water and let them boil for three-quarters of an hour. Take them out and drain well. Arrange them upright in a stew-pan, pour in *good* hot gravy to half their height ; add a little salt and a small teaspoonful of sugar, and boil quickly for half an hour longer. Dish them up standing upright, and pour over them a good brown thickened gravy with a dessertspoonful of parsley and a little lemon-juice in it.

### **Carrot Fritters.**

Boil a large carrot till tender ; beat it to a pulp, pass it through a sieve, and mix with it a gill of cream, two tablespoonfuls of bread-crumbs and two well-beaten eggs. Fry the mixture, divided into the shape of fritters, in hot dripping, and serve with a good brown cullis.

### **Carrots à la Maître d'Hôtel.**

Scrape, wash, and scald the carrots in boiling water ; cook them in hot water, with salt and a piece of butter the size of a small egg. When cooked, remove them, and put them to drain. Mix in a

stewpan another piece of butter, chopped parsley, one chopped shalot, and pepper and salt to taste. Put in the carrots, toss them up for two minutes, and serve them with fried sippets.

### Curried Cauliflowers.

Boil three or four small cauliflowers till tender, cut them up into little *bouquets*, and put them into a stewpan with some curry sauce, prepared thus:—

Take one sliced onion, a dessertspoonful of good curry-powder, two ounces of butter, a tablespoonful of grated cocoa-nut, a tablespoonful of the milk from the cocoa-nut, a teaspoonful of lemon-juice, a dessertspoonful of chutney; let all these blend and cook well together for an hour, skimming it, and then passing it through a sieve.

Pour this sauce over the pieces of cauliflower, and let all simmer for twenty minutes; dish the pieces up *en pyramide*, and pour the sauce all over.

### Cauliflower Fritters.

Blanch a cauliflower, break it into neat pieces, and dip it into a nice thick white sauce; leave them until cold, and then take each piece separately and dip it into batter and fry in boiling butter. Serve hot, with fried parsley.

### Cauliflower à la Maître d'Hôtel.

Take three heads of nice little white cauliflowers, some maître d'hôtel sauce in which a tablespoonful of tomato purée has been introduced; put into a saucepan of water a small quantity of flour, and when it boils put in the cauliflowers.

When done, cut off the stalks, place the pieces head downwards into a hot basin, and press them gently together. Put the sauce into a dish, and turn the moulded cauliflowers out of the basin on it—which, if neatly done, will give the appearance of a very large cauliflower.

### **Cauliflower au Gratin.**

*Choux-fleurs au Gratin.*

Wash and boil a cauliflower in the usual way, and when it is sufficiently boiled take it out of the saucepan and cut off all the outside green leaves. Now take a cloth and squeeze all the water out of the cauliflower, and put half an ounce of flour and the same quantity of butter into a stewpan and mix well together, and pour in a gill of cold water; put the stewpan on the fire, and stir smoothly till it boils and thickens. Then add one tablespoonful of cream, a dust of cayenne, and a little salt. Have grated two ounces of Parmesan cheese, and stir rather more than half into the white sauce. Place the cauliflower in the dish in which it is to be served, pour the sauce all over the cauliflower, and sprinkle the remainder of the grated cheese over the cauliflower, and brown the top with a hot salamander till it is a pale brown. This dish should be served very hot.

### **Cauliflower au Parmesan.**

Choose four very small white cauliflowers, cut off the stalks and stems, making them flat, so that they will stand nicely in the dish. Cleanse thoroughly and boil till tender, but not sufficiently so to run any risk of breaking. Arrange them so

as to make them look like one large cauliflower, and powder them thickly with grated Parmesan. Make a sauce with an ounce of butter, a little salt, half a teaspoonful of lemon-juice, the yolks of two eggs beaten to a cream, and two tablespoonfuls of grated Parmesan. Mix well together, and stir over the fire ; then pour over and around the cauliflower.

### **Stuffed Cauliflower.**

Boil a cauliflower till cooked, but not so soft as to fall to pieces. With a sharp knife remove a small part of the heart of the flower ; fill the vacuum with a stuffing of the chopped heart, and four cooked mushrooms seasoned with cayenne. Make a good white sauce, mix in some grated Parmesan cheese, pour over the cauliflower, and serve very hot, garnished with croûtons.

### **Moulded Cauliflower.**

*Choufleur en forme.*

Boil four nice and white cauliflowers, all of an equal size, in a little thin flour and water till tender ; then cut off the stalks and press them, head downwards, into a hot basin ; then arrange them in a vegetable-dish, with some of the stalks arranged neatly round them, and pour over them some tomato sauce.

### **Cauliflower Omelet.**

Take the white part of a boiled cauliflower after it is cold, chop it very small, and mix with it a sufficient quantity of well-beaten egg to make a very thick batter ; then fry in fresh butter and send it to table hot.

**Cauliflower Fritters.**

When the cauliflowers are boiled and drained divide them into branches, and toss them up for a few minutes in a stewpan, with butter, pepper, salt, and a little nutmeg. Serve with fried sippets.

**Celery with Brown Sauce.**

Take five or six heads of celery *with the roots*, break off the coarse outer stalks, lay them in cold water for some hours, parboil them in water for ten minutes, drain, and place them in a stewpan with as much stock as will cover them ; add a small piece of glaze, pepper, salt, and a very little flour. Let all stew gently for about an hour. When done, dish up the celery, strain the sauce and pour it over the celery.

**Celery with Cream.**

Cut the white part of three heads of celery into lengths of about three inches long, boil it till quite tender, and strain the water from it. Beat up the yolks of three eggs and strain them into half a pint of cream ; season with a little salt, and put this and the celery into a stewpan, and place it over the fire till it boils and becomes tolerably thick, and then send it to table on toast.

**Celery à l'Espagnole.**

Select well-grown celery, cut it into lengths of six inches, and blanch in boiling water. Place two slices of bacon in a stewpan and place the celery on these ; mix four tablespoonfuls of Espagnole sauce (*see* 'Entrées à la Mode') and the same

quantity of broth. Simmer for three-quarters of an hour. Dish up the celery after removing the grease from the sauce, and pour it round the celery.

### **Celery 'au Jus.'**

Parboil some celery, drain it, and put it into a stewpan ; toss it in a little oil. Add some good meat gravy to it and a tomato. Simmer till the celery is quite cooked ; then strain the sauce and serve over it.

### **Stewed Celery.**

Cut five or six roots of celery to the length of the inside of the dish in which they are to be served, take away all the outer leaves and green tops, wash the celery till it is perfectly clean ; then stew it in good stock till it is tender, and sauce it with either a thick béchamel or a good Espagnole sauce.

### **Celery à la Villeroi.**

Take three or four heads of celery, cut them into six-inch lengths, parboil them, and then dip them into cold water ; drain them, and then split the heads into halves ; mask them with some thick Allemande sauce, and place them on a dish to get cold. Now roll them in bread-crumbs ; and serve Villeroi sauce with this dish.

### **Cucumbers à l'Espagnole.**

Cut the cucumbers into pieces about two inches long and one inch wide, remove the seeds, strew a little salt over them, and let them remain between two plates for an hour or more. Drain off the juice and put them into a saucepan ; cover them with

- good stock and let them simmer gently till quite tender. Drain them, pile high on a dish, and pour some rich brown sauce over them.

### **Celery Cream à l'Ambrosia.**

(Original Recipe.)

Take two or three heads of celery, washing it well and scraping it clean ; place it in a mortar, and have ready a pint of good rich cream and pour in half a pint, one gill at a time, over the celery, and pound well together for a few minutes, and then rub it through a clean wire sieve. When it is passed put it back into the mortar, and keep adding cream, about a gill at a time, till all is well blended. Continue this till all the cream is used. Then add half a pint of nicely flavoured whipped aspic. Have prepared a buttered mould which has been decorated with cooked mushrooms arranged in tiers all round the mould, and arrange leaves of chervil fancifully about ; pour in the celery purée, and place on ice for some hours and turn out. If any of the mushrooms should adhere to the mould it is easy to attach them to the cream again ; place chopped aspic all round the base and on the top, sticking a small piece of the stalk of celery with leaf on it in the centre.

### **Morels à l'Andalouse.**

Cut half a pound of ham into dice, fry them in salad oil, and when a good colour put in some morels ; moisten with half a pint of sherry, a gill of madeira, and season with a mixture of a saltspoonful of salt, half a saltspoonful of pepper, and a teaspoonful of capsicum powder, to which add a

dessertspoonful of finely-minced parsley. Cook for forty-five minutes ; then dish up the morels in a pyramid and pour the sauce over, which should be thickened with flour and flavoured with lemon-juice.

### **Colcannon.**

Mix in about equal proportions some well-mashed potatoes and some young sprouts, or greens of any kind, first boiled till quite tender and chopped up. Mash up all thoroughly together ; add a seasoning of pepper and salt, a small bit of butter, and a spoonful or two of cream or milk ; put a raw onion in the middle of all, and stir over a clear fire till very hot and sufficiently dry to be moulded and turned out. The onion must be taken out before the dish is served.

Turnips and carrots are often chopped up with the greens and potatoes.

This can also be made with parsnips and potatoes.

### **Colcannon.**

(Another way.)

Boil and mash greens, cabbage, carrots, turnips, a shred onion with mashed potatoes—half the quantity should consist of the latter ; add two eggs, pepper and salt, and a good piece of butter ; put it into a plain mould or pudding-basin, boil for an hour, and turn out.

### **Fillets of Cucumber.**

Divide through the middle a cucumber, remove the seeds and soft part, cut it into lengths of about one inch, trim them in oval shapes and all the



same size. Put them in a stewpan with an ounce of butter, a little pepper, sugar, and salt, and let them stew till quite tender without acquiring any colour.

### **Cucumber Mayonnaise.**

Put the beaten yolk of an egg in a glass dish, with very little salt, pepper, and a dust of cayenne and a teaspoonful of lemon-juice. Mix these to a cream, and then add the best salad oil, a few drops at a time, and well stirred till thick. A little more lemon-juice will thin it, and then add more oil till half a pint has been used in this alternate fashion.

Fish served in this is very good.

### **Cucumbers à la Poulette.**

Pare and slice two cucumbers very thinly, let them soak in a little vinegar, sprinkled with salt, for half an hour. Drain, and then press them dry in a cloth; flour them, and put a piece of butter into a stewpan, and when it begins to boil throw in the cucumbers and shake them over a gentle fire for ten minutes, being careful they should not take the slightest colour. Pour on to them some very strong but pale gravy, enough to cover them; when it boils, skim off the fat entirely, add a little salt and white pepper, and when the cucumbers are quite tender strew in a dessertspoonful of finely-minced parsley, and thicken the sauce with the yolks of two eggs.

### **Stewed Cucumbers.**

Pare and split into quarters about four young cucumbers, peel them, and then pare them round

and round into thin ribbons until the watery part is reached, which part must be thrown aside. Sprinkle these with cayenne and salt, and leave them to drain a little. Arrange them lightly on a dish, and sauce them with very fine oil well mixed with chilli vinegar and a trifle of common vinegar.

### **Stuffed Cucumber.**

Peel a large cucumber, remove a narrow piece from the side and scoop out the seeds with a teaspoon. Fill the cavity with a forcemeat made of lobster and salmon, replace the piece and bind it round with thread. Line the bottom of a saucepan with slices of bacon, put the cucumber upon it and then two or three more slices ; cover the whole with nicely flavoured stock ; season with salt and pepper, and simmer gently till the cucumber is sufficiently cooked ; then take it out, thicken the gravy with a little flour and butter, and serve very hot.

### **Dressed Endive.**

Plunge three heads of celery into salted water, having removed the green leaves from them. When well washed, blanch, drain dry, and finely chop them. Put into a stewpan half a pint of good gravy and the endive heads, add a saltspoonful of castor sugar and a little salt, and stew till tender. When cooked, thicken with butter and flour, and stir in a gill of good rich brown sauce with a dessertspoonful of lemon-juice stirred into it, and serve with poached eggs on the top.

### **Endive Ragoût.**

Lay two heads of white endive in salt and water for three hours. Take fifty asparagus, cut off the heads, then chop the rest small as far as it is tender, and lay in salt and water. Take a bunch of celery, wash and scrape it clean and cut it into three-inch lengths. Put it into a saucepan with a pint of water and some mignonette pepper; let it stew till quite tender, then put in the asparagus. Shake the saucepan, and let it simmer till the grass is cooked. Take the endive out of the water, drain it, and leave one large head whole. Take the other leaf by leaf, put it into the stewpan, and put to it a pint of sauterne. Cover the pan closely, and let it boil till the endive is done; add a quarter of a pound of butter rolled in flour, cover the pan again and keep it shaking. Then take out the endive when cooked and lay the whole head in the middle; take out the celery and asparagus and lay them round it, and the other part of the endive over that. Pour the liquor out of the saucepan into the stewpan, stir it together, and season it with salt. Beat the yolk of an egg up with half a pint of cream, which mix into the sauce, keeping stirring till thick, and then pour it over the ragoût.

### **Endive Stewed with Cream.**

Wash four heads of endive thoroughly, pluck off the outer green leaves, put them into a stewpan of boiling salt and water and boil them quickly till tender; then drain and squeeze them dry, cut off the roots, and chop them very fine. Rub them through a wire sieve into a stewpan, add an ounce

of butter and a *little* salt ; stir it over a slow fire for a few minutes ; then mix in two dessertspoonfuls of white sauce, a tablespoonful of cream, and a teaspoonful of castor sugar. Stir over the fire till thick, and pile up in a dish, and garnish with fried sippets.

### **Greens à la Hottentot.**

Take three onions and one chilli, and add sufficient batter to stew some greens in ; fry the onions and chilli till soft ; then wash the greens and put them with the butter, onions, and chilli into a stewpan without any water. Season with salt ; cover the stewpan and let them simmer gently over the fire till all the water from the greens is dried up. A few prawns added is a great improvement.

### **Haricot Beans à la Maître d'Hôtel.**

Take a quart of haricot beans, soak them in cold water for three or four hours, then boil them in salt and water till tender ; drain well, and put them into a stewpan, with three ounces of butter mixed with a teaspoonful of chopped chives, a sprig of parsley minced fine, with pepper and salt to taste. Shake the pan over the fire, but do not stir. When hot, and all well mixed together, squeeze in the juice of half a lemon, and serve.

### **Kohlrabi au Gratin.**

Pare and cut a kohlrabi in thin slices ; simmer in salt and water for some hours till quite tender. Drain away the water ; then coat a china dish (fire-proof) with butter and browned bread-crumbs ; then put a layer of the sliced kohlrabi with a little

cream, then a layer of forcemeat, then another of kohlrabi. Mix some broth and cream and pour in a small quantity.

Strew the surface with bread-crumbs; finish with a salamander to brown it.

### **Kohlrabi Steamed.**

Peel some young kohlrabi and cut it into thin slices. Put some gravy and a small piece of butter into a stewpan and steam them till soft. Have mixed a small tablespoonful of flour in melted butter, and stir this into the gravy till quite smooth; season to taste; boil up, and pour through a strainer over the kohlrabi, which ought to be quite soft. Cover whilst boiling.

A dessertspoonful of sugar is boiled with them.

### **Laver.**

Have some mashed potatoes put upon a dish quite flatly, and cover it with some laver; then another layer of potatoes, then another of laver.

The laver is dressed like spinach.

### **Laver to Stew.**

Stir in a stewpan over the fire two ounces of butter, a gill of stock, a tablespoonful of vinegar, pepper and salt to taste, and a pint of laver. Serve very hot.

### **Curried Lentils.**

Fry three or four sliced onions in a little butter until of a nice brown colour; put them into a saucepan with half a pint of red lentils and one pint of

water; simmer one hour; then add a dessert-spoonful of curry-powder and a teaspoonful of lemon-juice, and serve with boiled rice.

### **Stewed Lettuces.**

Strip off the outer leaves and cut away the stalks. Wash the lettuces thoroughly and throw them into salted water.

They will be tender in twenty-five minutes. Lift them out and press the water from them, chop them a little, and heat them up in a saucepan, with pepper and salt to taste, and a small slice of butter. Now dredge in a little flour and stir well; then add a small cup of gravy; boil quickly until they are tolerably dry; then stir in a little lemon-juice, and serve them hot with fried sippets around them.

### **Stuffed Lettuce.**

Take four large heads of lettuce, wash well, and boil them in salted water. After they have boiled a quarter of an hour take them out and put them into cold water. Then drain them well, cut them open and stuff with a veal forcemeat, tying the ends of the lettuce round the meat securely. Place the stuffed heads in a stewpan, covering them with gravy, and seasoning with salt, pepper, and vinegar. Put the stewpan on the side of the stove to simmer for a quarter of an hour; then take out the heads (removing the strings), and serve on a hot dish with the gravy poured round them.

### **Mandram or Dressed Cucumbers.**

Take cucumbers, pare them, and chop them in small pieces. Take half the quantity of young

onions and cut them fine, add a piece of lemon, a trifle of cayenne, and a glass of sherry or madeira and dessert-spoonful of Chili vinegar. This is very good with any roast meat.

### **Morelles à l'Andalouse.**

Cut half a pound of ham into dice, fry them in salad oil, and, when a good colour, put in some morels. Moisten with a gill of madeira and half a pint of chablis, season with a mixture composed of a saltspoonful of salt, half a teaspoonful of pepper, and a teaspoonful of capsicum powder, to which add a dessert-spoonful of finely minced parsley.

Cook all this for forty-five minutes ; then dish up the morels in a pyramid and pour the sauce over, which must be thickened with flour and flavoured lemon-juice.

### **Green Morels Stewed.**

Take some morels, wash them well, cut the large ones in quarters, leaving the smaller ones whole. Put them into a stewpan with gravy enough to cover them, a glass of sauterne, and a little pepper and salt. Cover them closely and let them stew gently for an hour ; then stir in a piece of butter mixed with flour and a dessert-spoonful of lemon. Boil till thick as cream, then serve.

### **Mushrooms à la Bordelaise.**

Clean some large fresh-gathered mushrooms, skin and lightly score the under-side. Put them into a china dish and baste them with oil or butter, and strew pepper and salt over them. When they

have been steeped in this marinade for a couple of hours, broil them on both sides for ten minutes over a clear fire, and serve with melted butter in which are parsley, young onions, a little garlic (all minced), and the juice of a lemon poured over them.

### **Mushrooms à la Bordelaise.**

(Another way.)

Take some large fresh mushrooms ; peel, wash, and drain them ; make one or two slits on the top side of the mushrooms ; let them soak for an hour in salad oil, salt and pepper. Broil them, taking care to turn them so that each side may be equally broiled. Warm the oil in which the mushrooms were soaked, season with finely chopped chives and parsley ; dish up the mushrooms, sprinkle over with a few drops of lemon-juice, and pour the hot oil over them.

### **Mushrooms au Beurre.**

Cut the stems from some button mushrooms and clean them well with a soft cloth and some fine salt, and rinse them in water ; drain them quickly. Spread them in a clean cloth and leave them to dry for ten minutes. Put an ounce and a half of fresh butter to a pint of mushrooms and place it in a thick saucepan, and shake over the fire until it just begins to brown ; then throw in the mushrooms, and continue shaking the saucepan over a clear fire that they may not burn, and when they have simmered three or four minutes strew over them a little salt and a dust of cayenne ; stew them till they are perfectly tender, and heap them high on a dish, and serve very hot.



### **Croustades of Mushrooms.**

Chop an onion very finely; fry it in butter a pale brown, stir it carefully, then add a quarter of a pound of finely-chopped mushrooms; simmer together till the mushrooms are two-thirds cooked. Soak two anchovies; pound them in a mortar with a teaspoonful of French mustard, three table-spoonfuls of brown sauce, and add this to the mushrooms. Boil together for two or three minutes, and fill the croustade case.

### **Mushrooms au Gratin.**

Skin, wash, drain, and wipe dry some fresh mushrooms. Cut the stems to within a quarter of an inch, and fill the cup with a forcemeat made of one ounce grated bacon, quarter ounce of shred shalot, a sprig of chopped parsley, a tiny piece of thyme, and pepper and salt to taste. Simmer this for five minutes in butter, and add the yolk of an egg. Stand the mushrooms, well dredged with bread raspings, in a baking-dish smeared with butter, and bake in a moderate oven. When done, serve piled on a hot dish with some rich brown sauce round.

### **Stuffed Mushrooms à la Lucullus.**

Wash, dry, and trim some mushrooms; chop up the stalks with a teaspoonful of minced parsley and tomato, and warm this mixture for a few moments in some butter. Fill the mushrooms (they should be large ones) with this mixture,

place them on a buttered baking-dish, and bake them six minutes, basting them with clarified butter

### **Mushroom Toast.**

*Crôte aux Champignons.*

Take the stems off half a pound of small mushrooms, then peel them. Dissolve two ounces of butter in a stewpan, strew over them a dust of cayenne and a dust of pounded mace, and let them stew over a gentle fire from ten to fifteen minutes; shake them all the time; then add a small dessert-spoonful of flour, and shake the pan until it is browned a pale colour. Pour in slowly a gill of good gravy, and when the mushrooms have stewed softly for a couple of minutes, throw in a little salt and a squeeze of lemon-juice, and pour them on a slice cut about an inch thick from the under part of a moderately-sized loaf and fried in butter a pale brown, after having been first slightly hollowed on the outside.

### **Mushrooms and Tomatoes.**

Toast a slice of bread, butter it, and cut it into rounds two inches in diameter. Dip the tomatoes into hot water and peel them; cut them into thick slices and lay them on the toast; on the top of these place a peeled mushroom. These must be put into a buttered tin, and a little clarified melted butter poured over each; then place the dish into the oven for two minutes and baste them whilst cooking. Serve hot and quickly.

**Baked Spanish Onions.**

Take a large onion : wash it clean ; take a corer and remove the core, and put in its place some butter, pepper, and salt, and let it bake with a thin piece of paper round it for an hour, or till done, in a slow oven. When done, peel it and put it into a vegetable-dish, and pour over some good brown gravy.

**Onions à la Bretonne.**

Brown four large onions over a slow fire in butter and salt, and when a good colour stir in a little flour. Moisten with good brown stock and reduce. Pass the same over a tammy, and pour the onions.

**Onions à la Bordeaux.**

Parboil some onions, not too large ; drain the water from them ; put them into a stewpan with an ounce of butter and a bouquet garni chopped fine ; add a gill of good rich gravy, and the same of claret ; simmer till the onions are fairly tender, and the sauce reduced. Squeeze over a table-spoonful of lemon-juice. Dish up, and serve hot.

**Spanish Onion à la Célerie.**

Peel a large Spanish onion and bring it to the boil in the usual way. Let it drain thoroughly. Take an apple-corer and take out the centre, and fill in with a forcemeat of tomatoes and mushrooms, with a few drops of lemon-juice. Put the stuffed onion into a stewpan with one small carrot, one

small turnip, a bouquet garni, a dust of cayenne, a lean piece of ham, and some good Espagnole, or rich brown sauce (about half a pint). Put them in the oven, with a few live coals on the lid, and let all stew for three hours, or perhaps a little longer, adding a little butter and gravy from time to time. When cooked, glaze the onion, remove all fat from the sauce, and pour round the onion; and have strips of celery which have been cooked in thin broth in which some cheese had been sprinkled, drain them, and garnish the top of the onion with them.

### **Onions à la Corsica.**

Peel four large onions. Cut them into quarters and then slice them. Throw them into boiling salad oil. Keep stirring till they are tender. After draining them, stir in enough cooked spinach to turn them green. Place them on a dish and serve, garnished with the white of hard-boiled egg cut in quarters and the yolk chopped and arranged in little bunches round.

### **Onions à la Crème.**

Take four small Spanish onions and boil them in three waters; drain them and put them into a stewpan with two ounces of butter, a little flour rubbed smooth, pepper and salt, and a gill of cream. Put this over a slow fire and stir frequently till cooked. Serve with the same poured over them.

### **Onion Fritters.**

Chop up an onion. Make a stiff batter with a table-spoonful of flour, an egg, a little milk, pepper,

and salt. Mix all well together, and put a dessert-spoonful at a time into a frying-pan of boiling butter or dripping. Brown the fritters on both sides and serve them, alone or handed round with rump steak.

### Onions à la Génoise.

Take a pint of small onions and boil them in good Lucca or olive oil. Drain them and pour this sauce over them. A tablespoonful of minced capers, gherkins, and sultana raisins, minced parsley, a dust of cayenne pepper, a tablespoonful of vinegar, a teaspoonful of castor sugar, and a tablespoonful of good gravy, and O. K. Sauce. When these ingredients are hot, pour over the onions and serve.

### Onions 'au Jus.'

Cook some young onions in boiling salt and water for fifteen minutes, then drain them. Mix some flour and butter well together over the fire until they are pale brown; add a little claret and gravy. Now put in the onions with a bouquet garni, a couple of cloves, and a bay leaf. Simmer all together till the onions are quite cooked. Strain and dish up the onions with the sauce, and add some fried sippets, a few capers, and a couple of minced anchovies.

### Miroton of Onion.

Take some onions, chop them up, and sauté them in butter till they are browned. Dredge a little flour over them, then add hard-boiled eggs cut up up small, shred herbs, pepper, a gill of cream, and a teaspoonful of sauterne. Place this

mixture in a buttered mould, and bake it for about an hour. Turn it out and garnish with fried parsley.

### **Ragoût of Onions.**

Peel and blanch six onions, strain the water from them, and place them in a stewpan with half a pint of cream, pepper, salt to taste, and a dust of cayenne. Simmer till the onions are done, then make a liaison with the yolks of two eggs into the cream sauce, and serve the onions with the sauce around, and garnished with fried sippets cut into shapes.

### **Onions à l'Espagnole.**

Peel a large onion and stamp out the core with a vegetable-culler ; parboil in water for ten minutes, and drain on a sieve. Spread the bottom of a stewpan with butter, place the onion in it ; moisten with gravy just enough to cover it, and let it boil slowly, turning it occasionally. When nearly done, add a dessert-spoonful of castor sugar, and boil down quickly to a glaze ; add a little tomato purée, and roll the onion in it, and dish up.

### **Spanish Onions Stewed.**

Boil a large onion, and when done scoop out the middle and fill it with forcemeat, fry it a light brown, and make a rich gravy and pour over.

### **Stuffed Onions.**

Parboil onion or onions in salted water for ten minutes. Remove the core with column-cutter,

leaving the bottom intact. Fill up with a mixture of bread-crumbs, anchovies, well washed and cut-up small capers, pepper, and salt ; melt a piece of butter in a saucepan, and mix with it a table-spoonful of flour ; put in the onion ; take an equal quantity of broth and claret, pour enough into the saucepan to almost cover the onions ; add a bundle of herbs tied up, with a few cloves, and simmer gently till the onions are done ; remove the herbs and dish up the onions.

### Stuffed Onions.

(Another way.)

Peel a couple of fair-sized Portugal onions, par-boil and drain them ; scoop out the centre, but keeping the onions whole. Chop up the inside of the onion with a little meat and a little fat bacon ; add some bread-crumbs, a sprig of parsley, and a small piece of lemon peel, chopped fine ; add pepper and salt to taste ; then beat it all up to a paste with a well-beaten egg and stuff the onions with it, dredge them with flour, and fry them a nice brown ; then place them in a stewpan with a rich brown gravy to cover them, and let them stew gently for two hours.

### Parsnip Fritters.

Take three large parsnips and boil them till tender ; peel them and mash them very finely ; add a teaspoonful of flour, one well-beaten egg, and salt to taste. Make the mixture into small cakes with a spoon, and fry them on both sides, a delicate brown in good dripping or butter. Serve them up very hot and piled upon the dish.

### **Parsnip Balls.**

Parboil six parsnips, and let them get cold ; then peel them and grate them. Beat two eggs till very light and mix with the grated parsnip, adding enough flour to bind the mixture. Make this mixture into small flat balls. Have some boiling lard or clarified dripping and drop the balls gently into it ; fry them until a golden brown on both sides. Send to the table hot, garnished with fried parsley.

### **Petits Pois à la Demi-Bourgeoise.**

Put a quart of young peas into a stewpan, with a good-sized piece of butter, one onion, one cabbage lettuce cut in four. Let them be stewed in their own juice upon a very slow fire. When they are done and there is hardly any sauce left, add a little sugar, very fine salt, and afterwards the yolks of two eggs with some cream ; mix the whole on the fire and serve up.

### **Peas Stewed with Lettuces and Ham.**

Shell a peck of young green peas and put them into a bowl of cold water and two ounces of butter. Work them well with the fingers to make the peas stick together, and then drain them in a colander. Put them then in a stewpan with the hearts of two cabbage lettuces finely shred, a large onion cut into thin slices, a handful of parsley, and half a pound of ham cut into small pieces ; cover the saucepan closely and let the peas stew till the peas are tender ; shake the saucepan now and again to prevent the



peas sticking. When they are done, take out the ham and the onion, put in two ounces of butter mixed smoothly with a dessert-spoonful of flour and a table-spoonful of cream. A sprig of mint stewed with the peas is an improvement. Simmer gently for four minutes, and serve as hot as possible, with fried sippets round, and slices of broiled ham on the top.

### Potato-Balls.

Bake half a dozen potatoes ; rub them through a wire sieve, and put them into a stewpan with an ounce of butter, two yolks of eggs, a little pepper and salt ; stir over the fire till the paste leaves the sides of the pan ; then put it between two plates to get cold ; then shape this potato-paste into small balls or pears (the stalks being represented by parsley stalks) ; dip these into beaten egg, roll them in bread-crumbs and fry of a pale colour in hot frying fat ; dish them up high in a pyramid shape.

### Potato-Balls à la Duchesse.

Take half a dozen potatoes, boil and pass them through a sieve, and work into them in a bowl one gill of cream and the yolks of three eggs ; add pepper, salt, and a grate of nutmeg to taste, with some finely-chopped parsley. When well mixed and smooth, take them up by little spoonfuls, roll each into a ball, flatten and flour it slightly. Lay them all on a sauté-pan, with plenty of melted butter, and cook them slowly. Turn them when one side is done, and serve hot as soon as both sides are coloured.

### **Potato-Ball Ragoût.**

Mash, roll up with yolk of egg, grated ham or tongue, minced parsley, one onion, pepper, salt, and a little bit of butter ; roll them in beaten egg and a little flour, and fry them in good dripping.

### **Potatoes à la Bonn.**

(German Recipe.)

Cut some raw potatoes into slices half an inch thick, and cut them into four or five strips ; fry them in plenty of very hot butter till a nice golden colour, turning them so that all sides should be equally golden.

Have ready one ounce of Parmesan cheese and one ounce of Gruyère cheese, and a gill of cream which has been stirred over the fire till the cheese is hot and melted ; add a dust of cayenne. Put in the potatoes and give one stir round, and arrange in a dish which will hold hot water.

### **Potato Boulettes.**

Boil some good potatoes, dry, mash a pound of them smoothly, and mix with them two ounces of fresh butter, a teaspoonful of salt, a little nutmeg, the beaten and strained yolks of four eggs, and then the whites well whisked. Mould the mixture with a teaspoon, and drop it into a small pan of boiling butter, and fry these boulettes for five minutes over a moderate fire a pale brown colour ; drain, and dish them up high.

### Potatoes in Cases.

Take as many potatoes as may be required and bake them ; cut a small piece from the top of each and with a spoon scoop out the insides. Mash them smoothly, and pass through a sieve ; mix with this potato-paste an ounce of fresh butter and a gill of cream. Put it into a stewpan over a slow fire to boil, and during the time stir quickly in the whites of a couple of eggs whipped to a very stiff froth ; then fill the potato-skins with the mixture, bake quickly in the oven, and serve in a folded napkin.

### Potato-Chips or Ribbons.

Wash a pound of potatoes well in cold water, and scrub them clean ; peel them, and cut out the eyes, and any black specks there may be ; then peel the potatoes very thinly into ribbons and twist them into fancy shapes. Put into a saucepan about a pound of clarified dripping, and heat it to frying heat ; then take a frying-basket and put the potato-ribbons in when the fat is quite hot, for about six minutes. Place a piece of paper on a plate, and when the chips are done—which they will be when they become quite crisp and of a pale brown colour—turn them out on to the paper and drain off the grease, and sprinkle salt over them, and serve them very hot.

### Potatoes à la Crème.

Put a piece of butter rolled in flour in a stewpan, with some salt, pepper, and a grate of nutmeg. Mix all well together and add a gill of cream ; then

place the sauce on the fire and stir round till it boils.

Have ready some potatoes cut in slices ; put them into the sauce, and after warming them up serve very hot. Sometimes a little chopped parsley and green onions are added to the sauce.

### **Potato Croquettes.**

Boil some potatoes very dry ; mash them quite smoothly ; season them with salt and white pepper ; warm them with about an ounce and a half of butter, pound it, and add two tablespoonfuls of good cream. Boil them till dry ; let them cool a little, and then roll them into balls ; sprinkle over them crushed vermicelli, and fry them a pale brown. Sometimes they are rolled in egg and bread-crumbs instead of the vermicelli.

### **Potato Croquettes.**

(Another way.)

Take two pounds of potatoes, boil them, and pass them through a wire sieve with a wooden spoon ; then put into a stewpan an ounce of butter and a tablespoonful of milk and put it on the fire, and when this is hot stir in smoothly the sifted potato ; then take off the stewpan from the fire, and break the yolks of two eggs into a basin and stir them one at a time into the sifted potato ; then take three sprigs of parsley, wash them in cold water, dry them in a cloth and chop them very finely. Sprinkle the parsley into the stewpan and season the potato with a little pepper and salt. Turn the potato on to a plate and let it get cold ; then put some clarified dripping into a deep stew-

pan and put it on the fire to heat, and have some bread-crumbs ready. When the potato-mixture is cold form it into balls ; then egg and bread-crumb these balls and fry them in a frying-basket, taking care the balls do not touch each other. When the fat is hot and smoking put in the frying-basket for two minutes and fry a pale yellow ; drain them, and mount them up high on a dish, and ornament with fried parsley

### **Potatoes à la Crème au Gratin.**

Take some boiled potatoes and cut them into slices about an inch in diameter. Make a white béchamel sauce in which grated Parmesan cheese has been well mixed ; place some neat little fried croûtons round the bottom of the dish in the form of a coronet ; place inside it a close circular row of the sliced potatoes, and then spread a layer of the Parmesan mixture over them ; repeat the row of potatoes and the mixture till the dish is full ; smooth the top over with some of the sauce ; shake some fried bread-crumbs and grated Parmesan cheese over all. Put all into the oven for twenty minutes, and then serve.

### **Potato Cheese.**

Follow the recipe exactly as for Potato Soufflée, adding only three ounces of grated cheese, Parmesan or otherwise, to the ingredients.

### **Potato Fritters.**

Take a pint of milk, put into it three ounces of potato-flour, warm it up for a quarter of an hour ;

flavour it with an ounce of powdered macaroons, a dessertspoonful of sugar, and six drops of orange-flower water. Boil, and then add two yolks of eggs; stir till it becomes a thick batter; pour into a dish to get cold, when it should be rolled into small balls the size of a walnut; egg and bread-crumbs them and fry. Sprinkle with powdered sugar before serving.

### **Potatoes au Gratin.**

Boil the potatoes, then peel them and pound them smooth. Place a layer of them on a baking-dish and sprinkle over them a little grated Parmesan cheese, with a few little bits of butter; then add another layer of potato, cheese, and butter until all the potato is used up.

Salamander this and send to table quickly.

### **Fried Potatoes à la Hollandaise.**

Boil some potatoes in salt and water, peel and mash them and rub them through a sieve; season with salt, pepper, and a bouquet garni, and moisten with a gill of good gravy—the purée should be very thick; then make it into balls, which should be dipped in beaten egg and fried, and served with fried parsley.

### **Potatoes à l'Italienne.**

Bake some potatoes; cut off the tops and scoop out the pulp, and mix with a third proportion of well-boiled rice; season with grated Parmesan cheese, pepper, and salt. Put this mixture back into the potato-shells, replace the tops, and bake them in the oven for a few minutes. This makes a very nice savoury.

### Italian Potatoes.

(Another way.)

Boil one pound of potatoes, then peel and pound them; add three ounces of butter, a little bread-crumb soaked in milk; beat the mixture smooth but not liquid; beat the yolks of three eggs well; add them to the mixture with the beaten whites of two. Dish this high up on a dish, smooth it with a knife, pour over some hot butter, and bake in the oven. Serve quickly.

### Potato Klösse.

Take about six baked potatoes and scoop out the floury part till there are about six ounces. Beat two ounces of butter to a cream, and mix it with the potato-flour; add the well-beaten yolks of two eggs, a grate of nutmeg, and a little pepper and salt to taste. Beat the mixture thoroughly, and mould it into small balls. Drop these in boiling salt and water, and be careful to do this with a metal spoon, and to dip it into boiling water each time it is used. Or they may be made with two ounces of finely-grated bread-crumbs and one ounce of Parmesan, the white of one of the eggs, then moulded and boiled as above. Sprinkle fried bread-crumbs over when dishing them up.

### Potatoes à la Lyonnaise.

Cut up in rounds about a quarter of an inch thick six potatoes that have been boiled, and fry them a pale golden colour, with an ounce and a half of butter, in a frying-pan; season with chopped parsley and shallot, pepper and salt, and a table-spoonful of lemon-juice.

### **Potatoes à la Maître d'Hôtel.**

Wash half a dozen potatoes ; boil them in salt and water. When done, drain, and let them cool. Then peel and cut the potatoes into thick slices ; put one and a half ounce of butter, a little pepper and salt to taste, four tablespoonfuls of good gravy, and one table-spoonful of minced parsley. Mix all well together, put in the potatoes, shake them well in the sauce to cover them, and when quite hot through squeeze in the lemon-juice and serve.

### **Potatoes à la Milanese.**

Take as many potatoes as are required ; choose the largest ; bake them well, and cut off the tops and scoop out the insides. Pass the potato through a sieve, and add a table-spoonful of grated Parmesan and Gruyère cheese mixed, pepper and salt. Melt a good tablespoonful of butter (or more according to number of potatoes) in a stewpan, put in the potato and make it hot, and fill the skins of the potatoes with it. Put them in the oven and serve up very hot.

### **Potatoes à la Mode.**

Peel as many potatoes as are wanted, cut them in slices lengthways half an inch thick, dry them in a cloth. Have a frying-pan with almost boiling fat in it, put in the potatoes and let them fry for ten minutes. Take them out and drain them ; let them get nearly cold. Boil the fat up again, and when boiling put in the potatoes and fry them for



four minutes, when they should come out perfectly dry and a pale gold colour, and much swollen. Sprinkle with salt, and serve quickly.

### **Potatoes à la Moltke.**

Take about eight good-sized potatoes, peel and cut them into long thin slices. Have ready three ounces of butter mixed with two tablespoonfuls of flour and put them in a stewpan and stir over the fire till the butter is a good brown colour; then add half a pint of broth and two tablespoonfuls of vinegar. Put the potatoes in this gravy and let them simmer gently till tender, which will be in twelve or fifteen minutes. Serve very hot. Some cooks put in a bay-leaf to simmer in with the potatoes.

### **Potatoes à la Napolitaine.**

Put a large tablespoonful of gravy into a stewpan with two ounces of butter, one ounce of grated Parmesan, a dessert-spoonful of lemon-juice, pepper and salt to taste, a grate of nutmeg, and the yolks of two well-beaten eggs, and set it over the fire to become hot. Place a border of fried croûtons round a dish. Put a row of potato cut into slices within the border; pour over some of the above sauce; then place some more slices of potato in a smaller circle, then a layer of the same, and so on until a raised centre is formed. Put a little sauce over the top, and cover it well over with the remaining, with an ounce of grated cheese and some bread-crumbs. Bake for twenty minutes and serve.

### Potato Omelet.

Take a large hot baked potato, break it open and scoop out the inside. Beat this till smooth, and mix with it a little pepper, salt, a dessert-spoonful of lemon-juice, and the yolks of three eggs. Just before frying the omelet, add the whites of the eggs beaten to a froth. Fry in the usual way, and garnish with fried parsley.

### Potatoes Moulded with Parmesan.

Mash some potatoes very smooth, and work into them a couple of well-beaten eggs. Put them into one of the French china fireproof pie-dishes, and shape them high in a dome-like form. Smooth the surface, and then draw the back of a fork over it in different directions and sprinkle some grated Parmesan over it. Put little bits of butter over it at equal distances, and bake in the oven till the potatoes are of a nice gold colour.

### Potatoes à la Provençale.

Mash two pounds of potatoes, pass them through a wire sieve, season with pepper and salt. Grate two ounces of Gruyère cheese and pound it in the mortar with enough butter to make a paste; add a quarter of a pint of milk and a little minced parsley. Put this into a frying-pan, stirring in the potatoes, and fry till of a pale brown. Dish it up high, *en pyramide*.

### Potato Pudding.

Boil about eight potatoes, take out the potato-flour, mash and mix it with one ounce of suet, a

quarter-pint of milk, and one ounce of grated Parmesan cheese ; add as much boiling water to make it a proper consistency, and bake in an earthen dish.

### Potatoes à la Russe.

Cut up the potatoes in small pieces and fry them in olive oil, with some mushrooms minced small.

### Potatoes Sauté.

Wash a couple of pounds of potatoes in cold water, scrape them, and cut them into shapes like the quarters of an orange. Let them boil up in a saucepan of cold water and wipe them dry. Put two ounces of butter into a stewpan and toss the potatoes in it for about twenty minutes over a quick fire. They should brown on all sides alike. Strain off the butter, sprinkle some salt over the potatoes, and serve.

### Savoury Potatoes.

Take six good-sized potatoes, parboil, and cut them into slices about a quarter inch thick. Melt one ounce of butter and one ounce of fat bacon, cut up into a saucepan, add an onion and a small shalot, and let all stew till tender. Dredge in a tablespoonful of flour, and stir till it is smooth and brown ; then pour in, a little at a time, as much hot gravy as will bring the sauce to the consistence of cream. Add half an ounce of chopped parsley, a bouquet garni, a bay-leaf, and one grate of nutmeg. Let all this simmer for five minutes, when the sliced potatoes must be put in ; and, when tender, place them on a dish and serve very hot.

### Potato Snow.

Take some fine large white potatoes, boil them in their skins in salt and water till quite tender; drain, and *dry them thoroughly* before the fire; rub the potatoes through a coarse sieve on to this dish; do not touch them afterwards, or the flakes will fall. Send to table as hot as possible.

### Potato Soufflé.

Make a smooth paste of two table-spoonfuls of mashed potatoes, one tablespoonful of flour, with a gill of milk, or sufficient to make it into a paste; add salt and pepper and half a pint more milk; put this into a stewpan with an ounce of butter. Stir over the fire till it is as thick as cream, then add four well-beaten yolks of eggs, and then stir in the whites beaten to a froth. When this mixture is stiff enough to bear the weight of an egg, pour it into the soufflé dish and bake it in a moderate oven. When done, just hold a red-hot salamander over for a few seconds, and send quickly to table.

### Potato Soufflé.

(Another way.)

Take as many potatoes as are required, wash and scrub them well. Bake them gently in the oven, and, when done, cut the top off one end of each and get the potato out without breaking the skins. Cut a small piece off the other end of each, so that they may stand up. Work the potato quite smooth, mixing with it pepper, salt, and four drops of essence of anchovy. Take the whites of two

eggs and beat to a stiff froth. Mix this lightly with the potatoes, return all into the skins, put them in the oven to become quite hot, and serve.

### **Potato Soufflé au Parmesan.**

Make this soufflé the same as the preceding recipe, only adding two table-spoonfuls of grated Parmesan cheese into the egg-mixture, and sprinkling Parmesan over the top just before serving.

### **Stewed Potatoes.**

Put one ounce of butter in a saucepan, one chopped onion, a table-spoonful of parsley, a little celery and table-salt mixed. Cut half a pound of potatoes into pieces, put them in a saucepan with three tablespoonfuls of water; when quite soft, add a gill of cream and a little vinegar; sprinkle a little flour in and boil up, and serve.

### **Stuffed Potatoes.**

Hollow out some large potatoes and fill them with mealy potatoes beaten to a paste in a mortar, mixed with chopped parsley, chives, shallot, butter, and fat bacon cut into dice, with pepper and salt to taste. Butter the insides of the potatoes and nearly fill them with this paste; put them on a buttered tin and bake in a Dutch oven.

### **Potato Straws.**

Cut raw potatoes about two inches long and about one-eighth of an inch thick. Fry in boiling fat till a golden brown and crisp, drain well on a sieve before the fire, and serve in the centre of a dish of cutlets.

### **Potatoes and Tomatoes.**

Bake some potatoes ; cut off the tops carefully, so that they may be replaced. Scoop out all the potato, mix it with a little butter, a dust of cayenne, a little garlic butter about the size of a pea, a little finely chopped parsley, and some tomato purée. Mix all these well together in a saucepan, stir well over the fire, and then refill the potato-cases with it, replace the tops, and strew a few baked bread-crumbs over, and serve very hot.

### **Red Cabbage Stewed.**

(Flemish Recipe.)

Take a fresh cabbage and strip the outer leaves, wash it, and cut it into the thinnest possible slices, beginning from the top. Place it in a stewpan, with about two ounces of clarified melted butter ; add some pepper and salt, and stew it very slowly for about four hours in its own juice, stirring it often and pressing it down. When quite tender, add a tablespoonful of vinegar, and mix up thoroughly ; keep the cabbage in a hot dish, and serve broiled sausages round it.

### **Salsify.**

Wash and scrape the salsify very white, put it into water with a dessertspoonful of vinegar in it ; then put it into a pan of boiling water with two ounces of butter, salt, and a tablespoonful of vinegar. When quite tender, put it to drain on a sieve. Then cut it into short pieces, and again put it into a stewpan, with a tablespoonful of white sauce, the

remainder of the butter, and a squeeze of lemon. Shake it over the fire for a few minutes till it is well mixed and very hot, and serve piled high, garnished with fried croûtons.

### Salsify Dressed.

Scrape and soak some salsify in water and vinegar; next boil them in plenty of water with salt and a *little* flour. After they are boiled, toss them up, with a little melted butter and grated cheese.

### Fried Salsify.

Wash and scrape the roots of their dark outside skin, and cut it into lengths of three or four inches, when boil it till tender; drain it. Make some French batter, throw the bits of salsify into it, and take them out separately and fry them a light brown; drain well from the fat, and sprinkle a little salt over it and dish quickly.

### Salsify or Mock Oysters.

(American Recipe.)

Scrape the roots thoroughly and lay in cold water ten or fifteen minutes. Boil whole till tender, drain, and when cold mash with a wooden spoon to a smooth paste, picking out all the fibres. Moisten with a little milk. Add a tablespoonful of butter, and an egg and a half for every cupful of salsify. Beat the eggs light. Make into round cakes, dredge with flour, and fry brown; or it may be sent up in a fireproof china dish, with bread-crumbs on the top, browned and steeped in butter.

### **Salsify Scalloped.**

Scrape some salsify, cut it into very short pieces, and boil it till tender. When sufficiently cooked, drain it, and make a white sauce of butter, flour, and cream, with a teaspoonful of essence of anchovy added to it, a little pepper and celery salt. Mix in an egg, and flavour with a little lemon-juice. Put this mixture into scallop-shells, and sprinkle fried bread-crumbs on them, and slightly brown with the salamander.

### **Scorzonera in Brown Sauce.**

Wash the roots and scrape the skin gently off them, and cut them into lengths of three or four inches; put them into boiling water, with a little salt, a small bit of butter, and the juice of a lemon; boil them for an hour, then drain, and serve with a rich Espagnole sauce over them; or a sauce tournée may be substituted for the brown sauce.

### **Seakale au Parmesan.**

Boil the seakale in boiling water for about twenty minutes, or till tender, drain it, and then pour over it half a pint of white sauce, and sprinkle with grated Parmesan, and serve.

### **Seakale Stewed in Gravy.**

Boil the kale for ten minutes in salt and water, drain it well, and put it into a saucepan with as much good brown gravy as will nearly cover it; stew it gently for ten minutes till tender, and send it to table in the gravy very hot.



**Seakale, Timbale of.**

(Original Recipe.)

Take three or four heads of seakale, boil it till quite soft, drain it on a cloth, cut it in pieces half an inch long; well butter a plain mould, line it with buttered paper, place it in the seakale endways so as to give the appearance of honeycomb when turned out. Make a paste thus: put a gill of water, a small piece of butter, into a little stewpan to boil. When boiling, throw into it a tablespoonful of flour, leave it a few minutes, then stir in one egg and turn it out on a plate until wanted. Take about a pound or rather more of Spanish chestnuts, remove the skin, and pound in a mortar, and then add to it half the quantity of the above paste and a quarter of the quantity of butter, with salt and pepper to taste. Mix all together, add one whole egg and three yolks, pass it through a wire sieve, stir in a gill of white stock or cream, pour it into a mould and steam for half an hour. Serve with truffle sauce; and have ready some truffles cut into fancy shapes, and dipped in white of egg, and quickly ornament the sides and top of the timbale. Little mounds of chopped beetroot should be placed at intervals round the base.

**Spinach.**

Pick the spinach very carefully; put it into plenty of boiling water and salt, pressing it down with a spoon; boil for ten minutes. Drain and squeeze it, and throw it into cold water to preserve the green colour. Pass it through a wire sieve and return it to the stewpan, with a little salt, a piece of

fresh butter, an eggspoonful of castor sugar, the squeeze of a lemon, and a gill of cream. Heat it up in the saucepan after stirring it well, then press it into a plain mould and turn it out, and serve it in the form of diamonds ; garnish with fried sippets glazed.

### **Spinach Chartreuse.**

(Original.)

Make a good purée of spinach, with cream and two eggs to make a liaison ; add a squeeze of lemon. Take a plain mould and place it on ice. Then take a tumbler and half-fill it with cold water and stand it in the centre of the mould. Pour the purée, into which a little aspic jelly has been whipped, into the mould itself ; let it remain on ice till firm, then empty the water from the centre and fill the same with warm water ; after a minute take out the tumbler carefully ; then place in the interior a mayonnaise of hard-boiled eggs in which some aspic jelly has been stirred into the mayonnaise, and when quite iced turn the mould out, and ornament the top with hard-boiled eggs cut in quarters and red aspic cut in dice, and place mounds of chopped aspic round.

### **Curried Spinach.**

Take some well-cooked spinach and fry it in boiling butter into which a tablespoonful of curry powder has been already fried ; add to this a dozen prawns or shrimps and fry all together slowly for one hour.

Serve very hot as an entrée.

### **Spinach, Croustades of.**

Cut some bread into the shape of hearts and slit them all round ; fry them in batter. Arrange the hearts in the form of a rosette. Then cut a round of bread, which slit in the same way, and place it in the centre over the points of the hearts. Fry them till they are of a fine brown, then cut out the interior, remove all the crumb, and fill the space left with spinach cream.

### **Spinach à la Crème.**

Take two good pounds of spinach, boil it till quite tender, chop it very fine, and rub it through a coarse wire sieve ; season with pepper and salt. Place it in a stewpan, stir over the fire till warm ; then pour in a gill of cream, two ounces of butter, and a good saltspoonful of castor sugar. Stir over the fire for five minutes, and press it into a form, turn it out, and garnish with small fried croûtons.

### **Spinach Fritters.**

Boil spinach, thoroughly drain, and mince it. add some grated bread, one grate of nutmeg, and a small piece of sugar. Add as much cream and yolks and whites of eggs as will make the preparation of the consistence of batter, drop the batter into a frying-pan of boiling lard. When the fritters rise, take them out and send to table.

### **Spinach and Eggs.**

Prepare the spinach as for dressing spinach, and cut in the form of large sippets, with a poached egg served on each, and with glazed fried sippets arranged around.

### **Spinach Omelet.**

Make a purée of spinach in the usual way ; take two tablespoonfuls of it and stir it into four eggs which have been previously beaten, yolks and whites separately ; add a little piece of shalot which has been rubbed through the sieve, add pepper and salt to taste. When thoroughly mixed, put the whole into an omelet-pan, with two ounces of butter, and fry a pale brown ; serve very hot.

### **Spinach Soufflé.**

(Original.)

Make a thick purée of spinach, using good broth to mix with it ; add half a spoonful of flour, a little salt, and an ounce of butter ; let all this boil till very thick ; then add the yolks of four or five eggs, a gill of cream, a pinch of castor sugar, and mix all well together. Just before sending to table whip up and add the whites of the eggs and put into the oven for the proper time. Strew hard-boiled egg (yolk and white) passed through the sieve over the top.

### **Tomato Chartreuse.**

(Original Recipe.)

Make a good purée of tomatoes in which some shalot has been minced, and mix with it three well-beaten eggs, a tablespoonful of aspic, and a little salt

and cayenne. Have a plain double mould, which must be well buttered ; pour some tomato purée into the outer mould, and pour into the centre some rich white sauce in which two whole eggs have been beaten up ; add some small button mushrooms, and put this into the inner mould. Tie the mould down with a cloth and steam it like an ordinary custard pudding. It should be kept quite upright ; and when turned out on the dish, pour round some Tournée sauce ; sprinkle a little grated parsley over the top.

### **Tomato Cream à l'Irrésistible.**

(Original Recipe.)

Cut some tomatoes in slices, oil a plain mould, and arrange the tomatoes all round in circles and at the bottom of the mould ; make a white purée of mushrooms, which has been cooked and allowed to cool, and in which, after cooking, half a pint of aspic jelly has been well stirred in. Put this purée into the mould, and put on ice for some hours ; turn out, and serve with a little chervil and tarragon salad round the base, and arrange aspic jelly cut in devices on the top. Hard-boiled eggs in quarters should be placed at equal distances on the chervil salad.

### **Curried Tomatoes.**

Cut tomatoes in slices, bake them, grate an apple, chop a shalot small, and fry these in butter till quite tender ; add a heaped-up dessertspoonful of curry-powder, four tablespoonfuls of good gravy ; simmer all together for a few minutes. Add the tomatoes and a tablespoonful of cocoa-nut milk, a squeeze of lemon-juice, and a tiny bit of sweet chutnee. Serve hot.

### Tomato Fritters.

Bake some tomatoes till nearly cooked (they must be rather uncooked), add some Parmesan cheese, and a *little* very finely chopped shalot. Add as much cream and the white of one egg as will make the preparation of the consistency of batter; drop this batter into a frying-pan of boiling butter, and when the fritters rise take them out and send them to table, just dusting them over with grated Parmesan cheese.

### Stuffed Tomatoes à la Financière.

Dip the tomatoes into boiling water, peel them, and scoop out the centres with a small spoon, and place them on a tin dish. Take a lump of butter the size of a walnut, a little mushroom liquor, a tablespoonful of tomato sauce, a dessert-spoonful of olive oil, a teaspoonful of chopped parsley and shalots in equal quantities, a little salt and pepper to taste; mix and stir all in a stewpan till quite hot and thoroughly mixed. Fill each tomato with some of this stuffing, and sprinkle them with grated bread-crumbs. Pour a few spoonfuls of olive oil into the dish, and bake for ten minutes and brown with a salamander.

### Iced Tomatoes.

(American Recipe.)

Scald the tomatoes for a minute or so and peel carefully, cut out the stalks with a sharp knife, remove about one teaspoonful of the contents and

put in a pinch of salt, sugar, and pepper, and as much minced parsley, shalot, and tarragon as will fill the space ; boil (that is, reduce) some cream, with an onion and some salt, until quite thick, put a dessertspoonful under each tomato ; ice the whole and serve in the dish it is dressed in.

### **Tomato au Gratin.**

Cut some ripe tomatoes in slices, place them in a china baking dish in layers with some chopped onion and bread-crumbs, pepper, and salt, and a little gravy between each layer ; cover the top with a last layer of bread-crumbs and a few lumps of butter. Bake for about twenty minutes.

### **Stuffed Tomatoes à la Milanese.**

Take six ripe tomatoes of equal size, cut a circle off the top of each and scoop out the insides. Press the pulp through a sieve, and mix in with it a little salt, cayenne, two ounces of butter broken into little pieces, two tablespoonfuls of bread-crumbs, a large shalot finely minced, a teaspoonful of parsley, and two very large tablespoonfuls of grated Parmesan. Fill the tomatoes with this mixture, put on the tops again, and bake in a moderate oven, or fry them in oil till cooked brown. Mushroom sauce or sauce espagnole round them.

### **Tomato Omelet.**

Take four tomatoes, peel and mince them finely. Mix a tablespoonful of flour with a little milk till it is quite smooth, add three eggs to it (beaten), a

little salt, and a dust of cayenne, the tomatoes, and half a minced shalot. Fry the omelet in the usual way, and serve very hot.

### **Tomatoes à la Portugaise.**

Slice half-a-dozen ripe tomatoes, season with pepper and salt, and put little pieces of butter here and there upon them. Mince two onions finely, sprinkle over the tomatoes, cover the saucepan slowly, and steam them for fifteen minutes. Then pour a gill of good brown gravy over them, stir often, and let them simmer till done. Have ready four ounces of freshly boiled rice. Stir this in with the tomatoes and mix thoroughly. Turn out on a hot dish and send brown mushroom sauce in a tureen to hand with it.

### **Tomatoes à la Provençale.**

Choose nicely shaped tomatoes, and of an equable shape; divide them in the middle, leaving the blossom side the largest; empty them neatly of their seeds and juice, and have ready a mixture made of two ounces of minced ham, two ounces of mushrooms, two ounces of bread-crumbs, six shalots, a teaspoonful of parsley, a quarter salt-spoonful of cayenne, a little bit of salt, two ounces of butter, two yolks of eggs; stew all together, except the eggs and bread-crumbs. After stewing let this mixture cool, then mix in the bread-crumbs and eggs; fill the tomatoes, cover them with fine bread-crumbs and moisten them with clarified butter, and bake them in a brisk oven till they are well coloured.



### Tomatoes à la San Francisco.

Procure some small round bell-shaped tomatoes, peel and core them with a column cutter, and fill up the inside with three or four anchovies, cut very small, and stirred in mayonnaise sauce. Have some melted aspic jelly, just beginning to set, in a deep basin; pass with a bodkin or trussing needle a piece of string through the top of each tomato, so that you may dip them into the basin of aspic till they are well coated with the aspic; lay them on ice and remove the string when quite cold; cut little fancy rounds of aspic and lay on the top of each, and on this place a sprig of tarragon which has been dipped into mayonnaise. Cut hard-boiled eggs in quarters and place round the tomatoes, and garnish with chopped aspic, with chervil leaves placed at a distance on it, or arranged in a wreath on the chopped aspic

### Tomato Soufflé.

Prepare some tomato pulp—it must not be too liquid—stir in the yolks of three eggs, and afterwards the whites well beaten. Fill a large soufflé case or a number of small ones, and bake as other soufflés.

### Tomato Toast.

Take two good sized-tomatoes, put them into boiling water for two minutes, peel and mince them very fine with two red chillies, a little salt, and a small shalot. Put half an ounce of butter in a saucepan with a dessertspoonful of milk; add the tomato mixture, cook it for a few minutes, and

mix in a well-beaten egg. Go on cooking till it is the thickness of scrambled eggs, and serve on slices of fried bread, and strew a little parsley passed through the sieve on the top.

### Buisson of Truffles.

Cleanse thoroughly as many good-shaped round truffles as may be required, stew them as for truffles à la serviette, and let them cool in the liquor. Take a stale quartern loaf, cut off all the rest, and stamp out or cut the crumb to an oval shape. Cover this with parsley all round and stick a dozen truffles all round it with silver skewers. Pile the rest on the top and serve.

### Truffles in Champagne.

Take a dozen black truffles, pick out the eyes, and soak them in warm water for an hour, and then clean with a scrubbing-brush. Wash well. Place at the bottom of a stewpan three slices of fat bacon, a sliced carrot and turnip, three onions, a bayleaf, a bouquet garni, and six cloves. Put in the truffles and half cover them with white stock, let them simmer for half an hour, then add a pint of champagne, and simmer for another half-hour, keeping the lid *closed*. Let them cool, then place the stewpan on ice with a weight over the cover. Drain dry and serve cold. When they are served hot they are not allowed to cool, and served in the gravy.

### Green Truffles Stewed.

Peel six large green truffles, cut them into thin slices and put them into a stewpan with half a pint

of gravy, a glass of sherry, a bouquet garni, pepper and salt to taste. Cover them close, and let them simmer very slowly for an hour, then add a piece of butter and flour. Stew till thick, then squeeze in the juice of half a lemon, crisp the top of a French roll, arrange it in the centre of the dish. Remove the herbs and put the truffles over the roll.

### **Truffles à l'Italienne.**

Wash clean, wipe, and peel some truffles very thin ; put them in a sauté-pan, with a slice of fresh butter, some very finely chopped parsley, shallot, salt and pepper, and put them on the fire and stir them well ; in ten minutes they will be done, then drain off part of the butter, and throw in a bit of fresh butter, a small ladleful of sauce espagnole, the juice of one lemon, and a little cayenne pepper.

### **Truffles à l'Italienne.**

(Another way.)

Cut the truffles in fillets and sauce them with sauce italienne, and garnish with glazed sippets.

### **Truffles à la Serviette.**

Take some fine large truffles, wash and brush them well in cold water. When perfectly clean, line a stewpan with slices of bacon, put in the truffles with a bunch of parsley, green onions, and thyme, two bayleaves, half a dozen cloves, and a little sweet basil ; pour in sufficient rich veal gravy to cover them, with the addition of a pint of champagne, boil them very gently for an hour, then draw them aside and let them cool in the gravy.

Heat them up afresh when they are wanted for table ; they must be lifted out very tenderly and drained on a clean cloth, and dished up on a snow-white napkin.

### **Turnips à la Béchamel.**

Cut some finely-grained turnips in quarters and pare them into balls of equal size ; arrange them in a stewpan, and nearly cover them with good veal stock ; add a little salt, a small lump of sugar, and boil them quickly until they are quite tender, but not at all broken ; dish them up and pour over a rich thick white béchamel sauce.

### **Turnips à la Française.**

Cut them into cubes or scoop them out as balls with cutters, then boil them in salt and water with a piece of butter. White sauce in which a little nutmeg has been grated should be poured over them.

### **Turnips stewed in Butter.**

Take some young turnips, wash and dry them, pare them, slice them to half an inch thick, and divide them into dice. Now dissolve one ounce of butter for each half-pound of turnips, and stew them gently for nearly an hour. When half cooked, add salt and white pepper to taste. These can be served by themselves or dished up in the centre of an entrée.

### **Turnip Pudding à la Brisse.**

Wash, blanch, and peel some large turnips. Cut them into slices and cook in a saucepan with melted butter ; add salt, pepper, and pinch of pow-

dered sugar, and stir in some very thick béchamel sauce, boil for a minute, pass through a tammy and add sufficient eggs to make the purée a good substance, pass it into a well-buttered mould, which has a well in the centre, cook it in a bain-marie or some substitute, and when done turn out of the mould, garnish the centre with prettily cut vegetables which have been cooked in béchamel sauce.

This dish can also be made with carrots or spinach.

### **Vegetables Curried.**

Take the remains of any cooked vegetables, the greater variety the better; fry them in butter, with a little onion and a dessertspoonful of curry powder, a teaspoonful of desiccated cocoa-nut, and half a teacupful of milk. Let all these stew slowly for an hour. Serve with rice.

### **Vegetable Macédoine.**

Take any vegetable that is in season, such as carrots, turnips, Jerusalem artichokes, small onions, asparagus tops, branches of cauliflower, cucumbers, peas, French beans, &c. Boil them separately, drain them, toss them up in a yellow sauce, and serve.

### **Vegetable Marrow Chips.**

Bake partially a vegetable marrow, then cut it into pieces like potato chips, or into lengths like potato ribbons, throw some salt over and fry them in hot dripping, mount them high in a dish, and sprinkle Parmesan cheese over. This dish can also be served without the cheese.

### Vegetable Marrow à l'Espagnole.

Slice a Spanish onion and two good-sized tomatoes, and fry them in about half an ounce of butter. Then cut a vegetable marrow into neat square pieces, add a little hot stock, and pepper and salt. Let all simmer together till the marrow is cooked, and serve very hot.

### Vegetable Marrow à l'Italienne.

Take a couple of vegetable marrows as near the same size as possible, slice them as thin as cucumber is sliced, dry them on a cloth, and fry them in very hot butter, dredge with pepper and salt, and serve up on a napkin. The fat *must* be very hot, as they are done in a minute.

### Vegetable Marrow à l'Orient.

Squeeze the water out of a vegetable marrow, grate it small, grate also some new cheese, add a couple of eggs and a small quantity of fried onions and pistachio nuts. Make this into a paste, and beat it up well together. Then take some slices of vegetable marrow, spread the paste upon them rather thickly, having first put a little butter on the slices. Bake in a slow oven for half an hour

### Vegetable Marrow au Parmesan.

Peel, cut in half a vegetable marrow, take out the seeds and soft part, and cut it into neat oval-shaped fillets about two and a half inches long and two wide. Put them in a sauté-pan with a piece of

butter, and stew till tender. Add pepper and salt, serve on fried croûtons of toast, and pour over them Parmesan sauce.

### **Vegetable Marrow Stuffed.**

Boil a marrow tender in stock, cut it lengthways in half, hollow out the insides and fill them with a rich mince of white meat, or scalloped lobsters or oysters, or minced mushrooms. Put the two sides together again and dish up with a rich sauce or a piquant sauce round.

### **Vegetable Pie à la Grimod de la Reynière.**

Cook green peas, young broad beans, small carrots, and tender French beans separately in a rich béchamel sauce ; place these in a baked pie case, divided into compartments by thin pieces of paste, and serve.

### **White Kidney Beans.**

(Haricots Blancs.)

Throw the haricots into boiling salt and water with a small bit of butter in it, having soaked them previously for a couple of hours. Bring them gently to the boil and then simmer gently till tender. Drain them when they are cooked, and place them in a clean stewpan with two ounces of fresh butter and a dessertspoonful of chopped parsley, and salt and pepper to taste. Toss the beans gently till they are quite hot and equally covered with the sauce, add the strained juice of half a lemon, and serve quickly.

## *SALADS.*

### **Artichoke and Tomato Salad.**

Take some artichoke bottoms, boiled, and some slices of raw tomato. Mix some tarragon, chervil oil, pepper, salt, and vinegar together. Dip the artichokes and tomatoes in separately and lay them alternately in a salad bowl. Pour the dressing over.

### **Artichoke Salad.**

Cut up six artichoke bottoms into thin strips, slice two medium-sized cucumbers very thin, chop up two very young onions; toss these ingredients; then shape neatly in the dish, garnish with small radishes, sprinkle half a teaspoonful of celery salt over the dish, pour a simple salad dressing over all and serve.

### **Salad of Asparagus.**

Large white asparagus. Boil till quite done, cut in half-inch lengths, throwing away any part not absolutely tender. Place in the bowl, cover with good sauce; then sprinkle over with grated ham. Or add tiny strips of smoked sausage.



### Broccoli Salad.

Choose the whitest and closest heads, trim off all the outside leaves and outsides of the stalks, and place the broccoli in salted water a few minutes; when well washed, put them into a saucepan and cover with hot water, add a little salt and boil for fifteen minutes; drain quietly and plunge into a basin of cold water. Mash a clove of garlic, and chop it up fine with a few sprigs of chervil or parsley, a little grated horse-radish, and a leaf of mint; add a wineglass of the best vinegar and three wineglasses of oil and a dust of cayenne, mix well together and pour over the broccoli, and serve.

### Iced Salad à l'Inspiration.

(Original Recipe.)

Take two large heads of celery, cleanse it well and chop it up very finely; take a small onion, parboil it, also a small shalot; chop them up very finely also; mix all together thoroughly.

Make a mayonnaise sauce by taking a dessert-spoonful of Swiss milk, the yolks of two eggs, and beat them up well together; then add a mustard-spoonful of made mustard, a tablespoonful of tarragon vinegar, a dessertspoonful of plain vinegar, and stir up again; then pour in a tablespoonful of cream (this can be omitted), and after that four or five tablespoonfuls of best salad oil drop by drop, stir till it is as thick as cream, and mix in the celery and onion; now add half a pint of whipped aspic jelly and whip up in it, and mix in the celery and onion.

Oil a plain round mould and fill in this salad mixture, let it stand on ice for twelve hours and

turn it out. Have ready cut some rounds of beetroot stamped out with a cutter about the size of a florin, with scalloped edges, and decorate the outside of the moulded salad with it; on the top cut the rounds of beetroot into halves and stand them up all round the edge; put a little piece of the celery with the green top on it in the middle of the top, strew a little finely chopped aspic over the top and serve some more all round the base, with hard-boiled eggs cut in half-quarters here and there on the aspic garnish.

Little dariole moulds can be filled with this mixture as a variety, but the beetroot decoration must then be cut the size of sixpences.

### **Iced Salad à la Tentation.**

(Original Recipe.)

Take some cabbage lettuces, thoroughly cleanse them, cut out the hearts and white leaves only, also endive, some peas, haricots, asparagus heads if in season, cucumber, beetroot and watercress, and two or three spring onions; chop up all very finely and mix them thoroughly together; then make a mayonnaise and aspic sauce exactly the same as for iced salad à l'Inspiration, and mould it in the same fashion. Decorate it with hard-boiled eggs cut in devices alternately yellow and white, and here and there a truffle cut in dice.

Have some chopped red aspic jelly and strew all over the mould and round the base, and have rolled anchovies arranged round the top of the mould, and in the centre half of the yolk of a hard-boiled egg, on which four fillets of anchovy should

rest; a few capers, olives, and rolled anchovies should be placed about the aspic garnish at the base.

### **Nantese Salad.**

Peel half a dozen small Spanish onions, take out the core, put a little butter inside each, and bake them in a moderate oven till quite tender. Let them get cold, cut them into slices and lay them at the bottom of a salad bowl. Scrape half a dozen sardines, remove the skin, take the flesh from the bones, and lay the fish in neat-sized pieces on the onion. Slice half a dozen hard-boiled eggs, place these on the fish and strew over the whole with two tablespoonfuls of finely minced parsley and a teaspoonful of chopped tarragon and chervil each. Serve with the following salad dressing. Beat up the yolks of four eggs with two ounces of butter, half a teacupful of cream, a gill of vinegar, and a tablespoonful of made mustard. Put this in a jar and stand it in a pan of boiling water, and stir till it is thicker than custard. When quite cold, thin it by beating in the juice of half a lemon, and pepper and salt to taste.

### **Rochelle Salad.**

Wash a couple of heads of celery and dry them. Cut the stalks into three-inch lengths and place them in a salad bowl mixed with the whites of three hard-boiled eggs, thinly shred. Press the yolks of the eggs through a wire sieve, then pour over a pint of 'sauce tartare.' Sprinkle over this first the powdered yolks of eggs, and then three finely shred truffles

Garnish the salad with curled anchovies, beet-root cut in stars, and slices of German sausage.

### **Onion and Tomato Salad.**

Parboil a large Spanish onion, scald and peel six or eight tomatoes; slice them and put them in the salad bowl. Add a little chopped parsley, tarragon and chervil, pepper and salt. Stir in thoroughly some oil, then vinegar to taste.

### **Potato Salad.**

Bake some potatoes, peel and slice them, and put them in the salad bowl with two onions and one shalot cut in quarters, pour over them two wine-glassfuls of claret, add a little salt and pepper, and stir till thoroughly mixed; after which pour in a dessertspoonful of vinegar and a wineglassful of best Lucca oil, and stir up well; then add some chervil leaves chopped fine, remove the onion and ornament with a hard-boiled egg, the white cut in strips and the yolk passed through the sieve and sprinkled over all.

### **Potato and Truffle Salad.**

Bake, peel, and slice some potatoes, cut up some truffles which have been boiled in saumur into very thin slices, and arrange them in alternate layers in a salad bowl with the sliced potatoes—the last layer must be of truffles. Garnish with small pickled onions, fillets of anchovy, and either stoned or stuffed olives; sprinkle with salt and pepper. Mix a dressing of oil and vinegar and pour over.

### **Red Cabbage Salad à la Russe.**

Cut up a red cabbage into very fine narrow strips, plunge for a minute into boiling salt and water, cool in cold water, drain. Lay in a deep dish and sprinkle with salt and tarragon vinegar.

Stir some mashed hard-boiled yolks of eggs into half a tumbler full of sour cream, season with salt, pepper, chopped chervil, and tarragon leaves.

Pour over the cabbage and garnish with a few slices of black radish.

### **Salsify Salad.**

Boil the salsify till perfectly tender, drain it, and cut it into inch lengths. Pour over it any simple salad dressing or toss it up lightly with oil, vinegar, salt, pepper, and chopped ravigote.

### **Salad of Seakale.**

Boil seakale till quite tender, let it cool, and cut it into half-inch lengths. Take care that it is quite dry. Put in the salad bowl. An hour before serving, pour over some good mayonnaise or tartare sauce, and add fillets of anchovy, laid on the top.

### **Shikaree Salad.**

Wash, dry, and break up some lettuces in the usual way, with cress, endive, beetroot, &c., and pour over a salad dressing made as follows: Mix a teaspoonful of cayenne with a tablespoonful of powdered white sugar. Put the mixture into a small saucepan and pour over it two glassfuls of

mushroom ketchup, two glassfuls of claret, and the strained juice of a large lemon. Stir the liquor over the fire till the sugar is dissolved and it is quite hot ; then let it cool, and add to it the yolk of an egg and four tablespoonfuls of salad oil and well mix.

### **Tomato Salad.**

Choose four round red tomatoes, throw them into a saucepan of fast boiling water for two minutes or less, take them up quickly and throw them into cold water for two minutes. The skin will now quickly peel off. Cut up the tomatoes in thick rounds, lay them on a dish, sprinkle over a little salt and sugar, a scrape of onion, and a few drops of salad oil ; then drip vinegar over and serve directly.

### **Salad of Tomatoes en Surprise.**

(Original Recipe.)

Chop up some tomatoes small, flavour them with a bead of garlic and a shalot chopped up and rubbed through the sieve ; add four tablespoonfuls of whipped aspic jelly and mayonnaise sauce, and mix into the purée.

Decorate a mould with hard-boiled eggs stamped out in rounds or stars, and arrange them in tiers one above the other. Between each layer of egg place a little chervil leaf and a sprig of tarragon alternately ; fill the mould with the tomato purée, place on ice, and when ready turn out. Garnish with small salad mixed with mayonnaise sauce round the base. Arrange watercress prettily on the top and sprinkle red aspic jelly all over it.

### **Vegetable Salad.**

Boil equal quantities of carrots, peas, asparagus heads, French beans, potatoes, and half the quantity of turnips ; when done, drain carefully and place in a salad bowl in separate groups with a head of boiled cauliflower in the centre. Cover with a sauce made of twelve tablespoonfuls of salad oil, two of vinegar, half a teaspoonful of anchovy sauce, a little salt, pepper, a dust of cayenne, and a rub of garlic, all stirred well together

### **Watercress Salad.**

Get some nice young watercress, cleanse it thoroughly in salt and water, and put it in a salad bowl with a few sliced young radishes and four hard-boiled eggs cut into half-quarters. Pour a simple salad sauce over it.

# INDEX.

---

- AIQUEBELLE** fritters, 1  
American yams, 1  
**Artichokes** à la Barigoule, 2  
— à la Carême, 3  
— cream of, 3  
— à la kaiser, 4  
— à la Malay, 4  
— à la Gouffé, 5  
— à l'Italienne, 5, 6  
— stuffed, à la béchamel, 6  
— aux fines herbes, 6  
— au diable, 7  
— à la chef, 7  
— chips, 7  
— Jerusalem, à la reine, 8  
— — au parmesan, 8  
— salad, 75  
**Asparagus** with cream, 8  
— omelet, 8  
— à la Tod Heatly, 9  
— à la Pompadour, 9  
— rolls, 9  
— à la rustic, 10  
— à la Française, 10  
— pudding, 11  
— salad, 75
- BEANS**, broad, à la crème, 13  
— Brittany, 12  
— French, à la poulette, 13  
— omelet of, 13  
— French, à la béchamel, 14  
— white kidney, fricasseed,  
14  
— — à la crème, 14  
**Beetroot**, dressed, 11  
Beetroot fritters, 11  
— à la Savarin, 12  
— stewed, 12  
Broad beans, 13  
Broccoli à la fermière, 15  
— salad, 76  
Brussels sprouts à la Lucerne,  
15  
— — à la Parisienne, 16  
— — fried, 16
- CABBAGE**, ladies', 16  
— à la Flamande, 17  
— and rice balls, 17  
— jelly, 16  
— stuffed, à la Russe, 18  
— red, stewed, 57  
Cardoons, boiled, 18  
— à la fromage, 18  
— stewed, 19  
Carrots, fillets of, 19  
— à l'Allemande, 19  
— à la Flamande, 19  
— à la Windsor, 20  
— fritters, 20  
— à la maître d'hôtel, 20  
Cauliflowers, curried, 21  
— fritters, 21, 24  
— à la maître d'hôtel, 21  
— au gratin, 22  
— au parmesan, 22  
— stuffed, 23  
— moulded, 23  
— omelet, 23  
Celery with brown sauce, 24  
— with cream, 24



Celery à l'Espagnole, 24  
 — au jus, 25  
 — stewed, 25  
 — à la Villeroi, 25  
 — à l'ambrosia, 25  
 Colcannon, 27  
 Cucumber à l'Espagnole, 25  
 — fillets of, 27

ENDIVE ragoût, 30  
 — stewed, with cream, 30

GREENS à la Hottentot, 31

HARICOT beans à la maître  
 d'hôtel, 31

ICED salad, 77

KOHLRABI au gratin, 31  
 — steamed, 32

LAVER, 32  
 — stewed, 32  
 Lentils, curried, 32  
 Lettuces, stewed, 33  
 — stuffed, 33

MANDARINS, 33  
 Morelles à l'Andalouse, 34  
 — green, stewed, 34  
 Mushrooms à la Bordelaise, 34,  
 35  
 — au beurre, 35  
 — croustades of, 36  
 — stuffed, à la Lucullus, 37  
 — toast, 37  
 — and tomatoes, 37

NANTESE salad, 78

ONIONS, Spanish, baked, 38  
 — à la Bretonne, 38  
 — à la Bordeaux, 38

Onions, Spanish, à la céleri, 38  
 — à la Corsica, 39  
 — à la crème, 39  
 — fritters, 39  
 — à la Génoise, 40  
 — au jus, 40  
 — miroton of, 40  
 — ragoût of, 40  
 — à l'Espagnole, 41  
 — Spanish, stewed, 41  
 — stuffed, 41, 42  
 — and tomato salad, 79

PARSNIP fritters, 42

— balls, 43  
 Peas à la demi-bourgeoise, 43  
 — stewed, with lettuce and  
 ham, 43  
 Potato balls, 44  
 — — à la duchesse, 44  
 — — ragoût, 45  
 — à la Bonn, 45  
 — boulettes, 45  
 — in cases, 46  
 — chips or ribbons, 46  
 — à la crème, 46  
 — croquettes, 47  
 — à la crème au gratin, 47,  
 48  
 — cheese, 48  
 — fritters, 48  
 — — au gratin, 49  
 — fried, à la Hollandaise, 49  
 — à l'Italienne, 49, 50  
 — klösse, 50  
 — à la Lyonnaise, 50  
 — à la maître d'hôtel, 51  
 — à la Milanese, 51  
 — à la mode, 51  
 — à la Moltke, 52  
 — à la Napolitaine, 52  
 — omelet, 53  
 — moulded with parmesan, 53  
 — à la Provençale, 53  
 — pudding, 53  
 — à la Russe, 54

Potato sauté, 54  
 — salad, 79  
 — savoury, 54  
 — snow, 55  
 — soufflé, 55  
 — — au parmesan, 55  
 — stewed, 56  
 — stuffed, 56  
 — straws, 56  
 — and tomatoes, 57  
 — and truffle salad, 79

RED cabbage, stewed, 57

SALADS, 75-82

Salsify, 57  
 — dressed, 58  
 — fried, 58  
 — or mock oysters, 58  
 — salad, 80  
 — scalloped, 59  
 Scorzoneria in brown sauce, 59  
 Seakale au parmesan, 59  
 — stewed, in gravy, 59  
 — timbale of, 60  
 Shikaree salad, 80  
 Spinach, 60  
 — chartreuse of, 61  
 — curried, 61  
 — croustades of, 62  
 — à la crème, 62  
 — fritters, 62  
 — and eggs, 63  
 — omelet, 64  
 — soufflé, 63

TOMATO chartreuse, 63  
 — cream à l'irrésistible, 64

Tomato, curried, 64  
 — fritters, 65  
 — stuffed, à la financière, 65  
 — iced, 65  
 — au gratin, 66  
 — à la Milanese, 66  
 — omelet, 66  
 — à la Portugaise, 67  
 — à la Provençale, 67  
 — à la San Francisco, 68  
 — salad, 81  
 — — en surprise, 81  
 — soufflé, 68  
 — toast, 68  
 Truffles, buisson of, 69  
 — in champagne, 69  
 — green, stewed, 69  
 — à l'Italienne, 70  
 — à la serviette, 70  
 Turnips à la béchamel, 71  
 — à la Française, 71  
 — stewed, in butter, 71  
 — pudding à la Brisse, 71

VEGETABLES, curried, 72

— macédoine, 72  
 Vegetable-marrow chips, 72  
 — — à l'Espagnole, 73  
 — — à l'Italien, 73  
 — — à l'Orient, 73  
 — — au parmesan, 73  
 — — stuffed, 74  
 — pie à la Grimod, 74  
 — salad, 82

WHITE kidney beans, 74

Watercress salad, 82

YAMS, American, 1



