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HOW
TO COOK
in CASSEROLE
DISHES

By
Marion H. Neil



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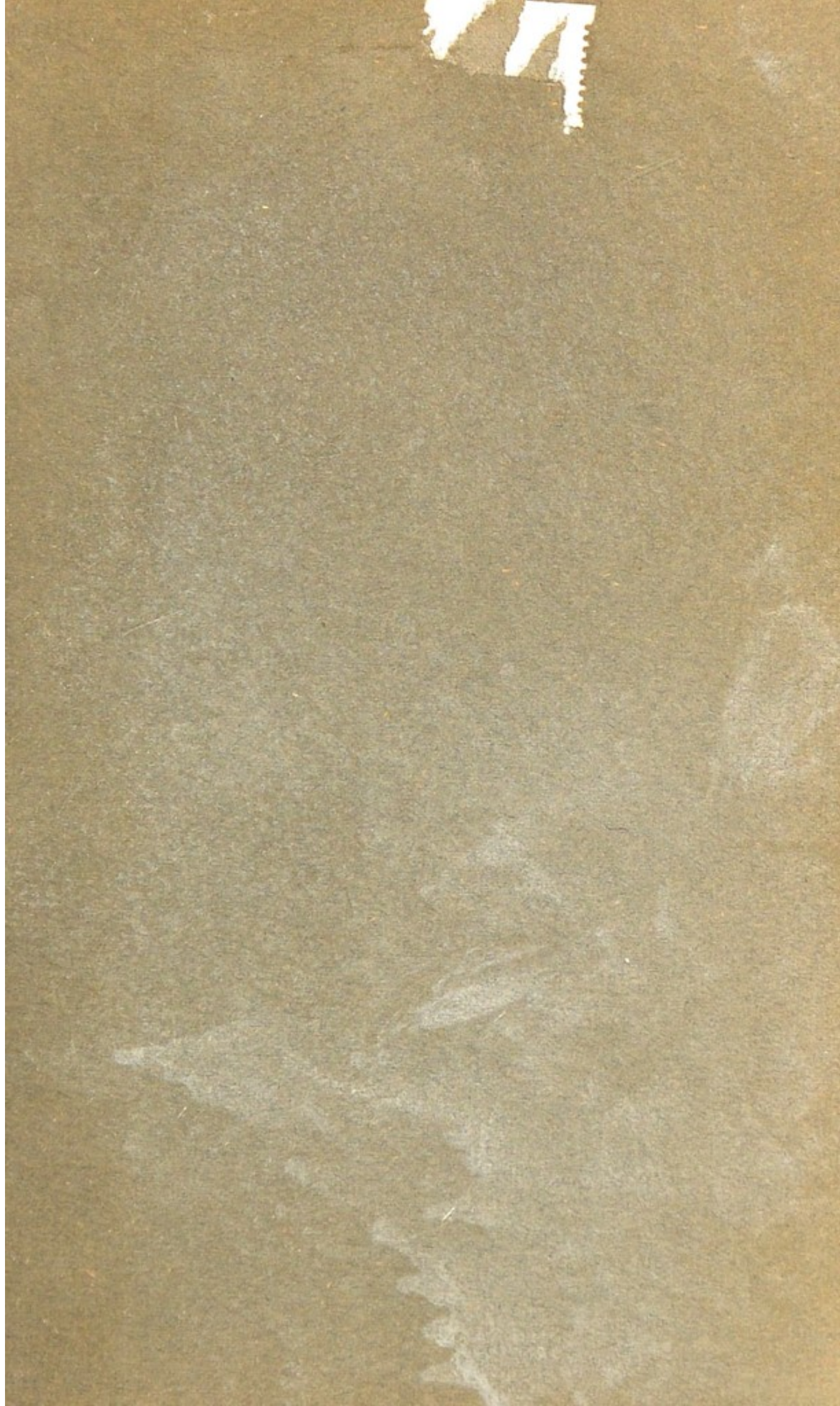
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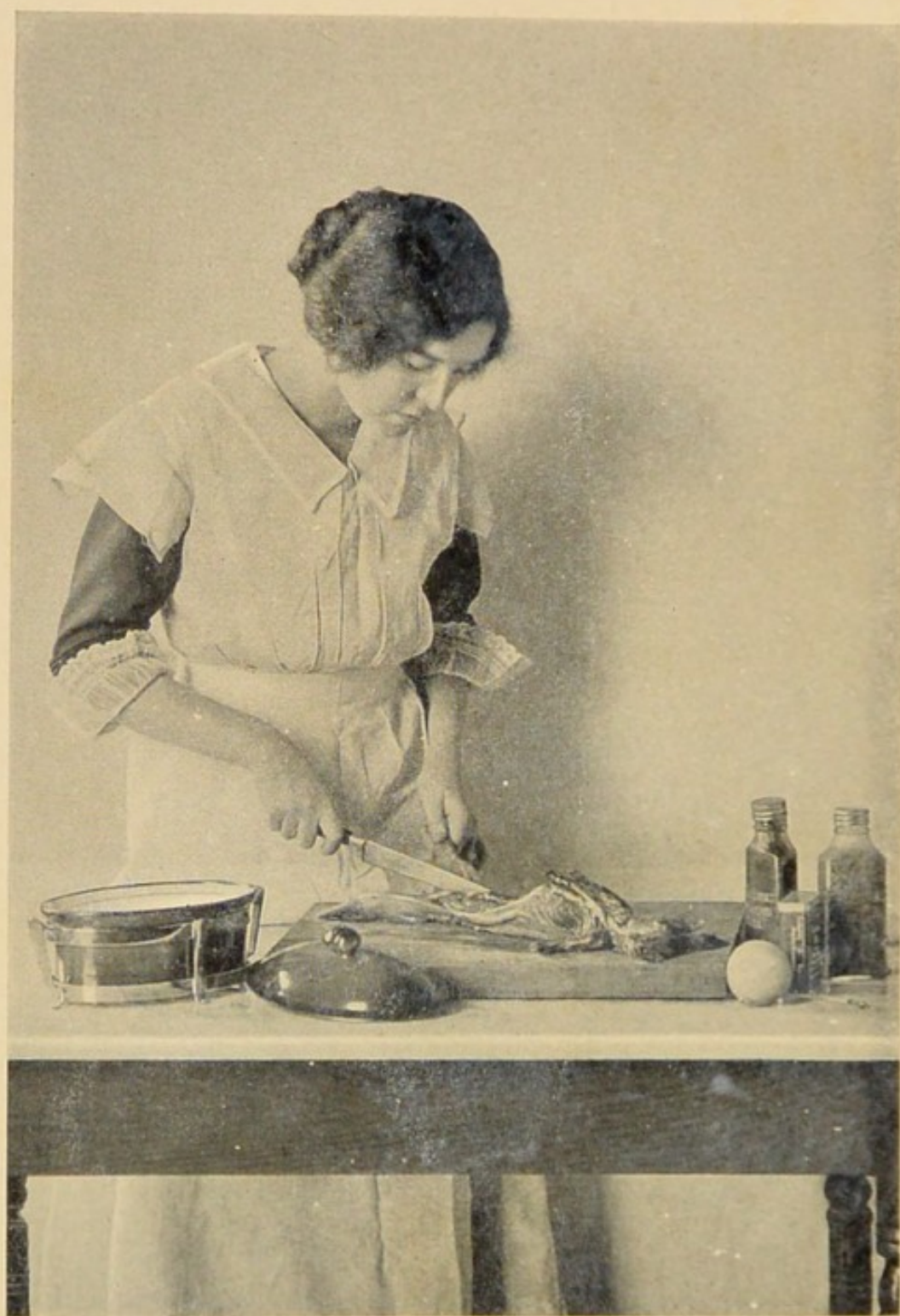
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RABBIT EN CASSEROLE

HOW TO COOK IN CASSEROLE DISHES

BY
MARION HARRIS NEIL



LONDON: 38 SOHO SQUARE, W.
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ADDENDA

In place of "whole peppers" read "peppercorns."

In place of "okra" read "canned okra or diced vegetable marrow."

In place of "squabs" read "pigeons."

In place of "corn-starch" read "corn-flour."

In place of "pumpkin" read "canned pumpkin."

In place of "string-beans" read "French beans."

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HOW TO COOK IN CASSEROLE DISHES

*"Some hae meat and canna eat,
An' some wad eat that want it,
But we hae meat an' we can eat,
Sae let the Lord be thankit."*

There is no doubt that the fashion of cooking in casseroles or earthenware dishes has come to stay in this country; and it is hardly a matter of surprise when the advantages of this form of cookery are really understood, whether it be actual casserole cookery, so called, or cookery in fireproof utensils.

Cooking "en casserole" is a term which signifies dishes cooked and served in the same earthenware pot or utensil, though, as every one knows, the original French word is the generic name for a stewpan or a saucepan.

The old idea of a casserole was some preparation of chopped fish, flesh, or vegetables enveloped in a crust of cooked rice, macaroni, or potato. Properly speaking, however, a casserole is a dish, the material for which in many instances is first prepared in the sauté or frying pan and then transferred to the earthenware pan to finish cooking by a long, slow process

which develops the true flavors of the food being cooked.

The sooner the casserole utensil becomes an indispensable part of our kitchen outfit the better, for it makes in every way for economy,—economy of materials, time, and labor,—as materials often too tough for ordinary cooking may by this means be served in a nutritious and tender condition. When casserole cookery is thoroughly understood, many combinations of food and many inexpensive viands will be put to use and very palatable results obtained.

Casseroles nowadays take on all shapes and sizes, from the dainty individual dishes up to a size sufficient for serving a large number of persons.

Of late years the prices of these utensils have been reduced so greatly that they are within the reach of the most modest housewife's pocketbook, and then at the same time the actual pots and fireproof dishes have been improved enormously in quality.

Every kind of utensil can be had in this ware nowadays, and people are realizing how delicious food cooked in this way is.

They may be bought at all the reliable house-furnishing stores. Ornamental effects in brown, green, blue, red, white, or yellow stoneware add to the appearance of the breakfast, luncheon, or dinner table. No one attempts to deny that the eye has much to do with the palate, and that a dish served

in an attractive form is likely to prove much more pleasing to the taste than a carelessly offered one. The holders in which the casseroles are placed when removed from the oven and taken to the table are made of silver, nickel, brass, copper, and wrought iron, and are examples of genuine artistic merit.

For those who do not wish the extra expense of the metal holder a platter or tray will answer the purpose, which is simply to keep the hot casserole from coming in contact with the table or table mats and scorching them. The adaptability of a stoneware cooking utensil deserves to be more fully known, when it will be more thoroughly appreciated.

For braising, pot roasting, as well as stewing, which are slow cooking processes, the casserole has proved its superiority over the metal pans again and again. It gives its best and almost exclusive service in the baking oven, for poultry done in pot roasting fashion or for stewing fruit, and other articles which require to be cooked slowly under close cover. There are few cooks who do not know that the application of a moderate, even heat for certain food materials produces far better results than if quick heat is applied. For such cases the use of earthenware cooking utensils is to be strongly recommended, because by their aid an application of heat, such as will insure gentle simmering, steaming, or baking, is assured.

The casserole may be regarded as a labor-saving

device, taking the place of a half-dozen pots and pans in the kitchen.

SOME COMMENDABLE FEATURES OF CAS- SEROLE DISHES

(1) The initial cost of the utensils is very low, and if proper care is bestowed on them they may last as long as metal pans.

(2) All risk of metallic contamination is avoided. The ingredients may be put together in a casserole and allowed to stand for hours in it before cooking without spoiling in the very least degree. Its lining cannot scale, and in cooking the contents cannot become tainted or discolored.

(3) The ornamental appearance of casserole dishes simplifies the practice of serving the viands at table in the vessels in which they were cooked, so great a desideratum in cases where the prosperity of a dish depends upon its hot service. The troublesome process of redishing can in most cases be dispensed with. This is convenient as well as economical.

(4) Casseroles are readily cleaned on account of their perfectly hard and unbroken surfaces. It can easily be seen when casseroles are clean. They are sanitary, and food prepared in them is pure and sweet. They do not retain any taste whatever from previous cooking. Therefore the same utensils can be used for the most varying preparations.

(5) The cooking in casserole dishes is slow but thorough, and all the nutritious elements in the viands are preserved in their integrity. The cover must fit snugly to each utensil, to prevent too rapid escaping of the aromas and flavors. Sometimes a strip of cloth, spread with a soft paste of flour and water or mashed potatoes, is pressed over the joining of the casserole and the cover, and the heat of the oven finishes the sealing of the dish. When the dish is ready to serve, the strip of cloth and paste is removed.

(6) The use of a casserole is economical. The actual cooking is effected slowly and evenly, consequently less fuel is used in cooking. Once the materials have been started on their culinary way they require little attention. A casserole dish may be placed in the oven or on the stove; it may be used for steamed food or as a chafing dish.

(7) The cleanliness and wholesomeness of a casserole make it especially valuable in preparing food for the invalid and the convalescent.

(8) In the cooking of fruits and vegetables, especially for canning, the casserole is invaluable. The earthenware is not attacked by fruit acids, therefore cannot give rise to any noxious product.

(9) Any dish which requires slow, gentle cooking can be prepared in a casserole, and hash, curry, and other *réchauffés* are far superior in flavor when re-cooked in earthenware than in metal. The stew,

or whatever it is, may be left to get cold in the casserole. The color would be spoiled if this were done with an ordinary saucepan.

(10) The flavor of the food cooked is brought out best when it is prepared in an earthenware dish.

(11) The fact that a casserole is a non-conductor of heat makes it more economical to use than other ware.

(12) The amount of water, liquid, or stock in which the article is to be cooked should be relatively small, and, in general, seasoned. For stews, ragouts, etc., it is better to cook the meat in a nicely seasoned sauce, that it may absorb the flavor in cooking. The time, in general, should be multiplied by two; that is, if the recipe calls for thirty minutes; cook in the casserole in the oven for about sixty minutes. The heat of the oven should be about 212 degrees Fahrenheit or less, that the liquid in the casserole may simmer, not boil.

When vegetables are to be cooked—and nearly all vegetables are wonderfully better when cooked by this method—a small amount of water, in many cases seasoned stock, should be used.

(13) Left-overs, salads, and small entrées of all kinds may be served in a most attractive manner in ramequins or individual casseroles.

(14) The crowning advantage of casserole cooking, especially in a family where for one cause or another meals are apt to be irregular, is that the dish can be

kept waiting for a considerable time without deterioration. Food can be left in a casserole with perfect safety as long as desired.

HOW TO CARE FOR CASSEROLE DISHES

The cook who has been accustomed to the use of iron, granite, copper, aluminum, or other metal cooking utensils will necessarily have something to learn when adopting earthenware. It must be realized that it is a method of slow cookery, and cannot be hurried. Before being used for the first time the vessels should be soaked in cold water for some hours, as this will go far toward saving them from cracking on their first exposure to heat. There need be little risk of this if the heat be applied gradually, and this principle should always be observed; although as the utensils become seasoned by constant use the risk of accident is materially lessened. In many places garlic is considered indispensable, the new dishes being rubbed with a clove of it, "to prevent their cracking." Never place the vessels on the stove or within the oven without either water or fat in them. Never put a casserole roughly on a metal surface, especially if it is full or partly full.

Sudden alternations of temperature should be avoided, that is to say, the casserole should not be taken off the range or out of the oven and placed in

cold water or on the wet sink, and vice versâ. A fierce heat is never needed or desirable.

If the cooking is done on an ordinary coal range the fire holes should be kept closed and the heat received through the top lids; if a gas range be employed, the gas jets should be kept low, and not allowed to flare round the utensil. When cooking is being done on the top of the range with wood, coal, gas, or oil as the fuel, an asbestos mat placed underneath will modify the heat. The asbestos mat may also be used in the oven. If the heat must be intense for other food in progress of cooking at the same time as an earthenware dish is in the oven, the heat may be controlled by placing the casserole in a pan of hot water which can be lowered in temperature by occasional supplies of cold water added to the hot water.

The adoption of these simple precautions will make easy the use of earthenware utensils. Marmites, ramequins, cocottes, au gratin dishes, and soufflé cases all come under the head of casseroles.



SOUP EN MARMITE

SOUP RECIPES

SOUP RECIPES

"Give zest and flavor to a mess of pottage"

BROWN SOUP WITH FORCEMEAT BALLS

| | |
|----------------------------------|--------------------------------------|
| ¾ lb. lean beef | 1 tablespoonful mushroom |
| 1 carrot | ketchup |
| 2 onions | 4 cloves |
| 1 teaspoonful whole pep- pers | 1 teaspoonful powdered herbs |
| 1 teaspoonful salt | 2 tablespoonfuls (1½ ozs.) butter |
| Few sprigs parsley | 2 tablespoonfuls (1½ ozs.) flour |
| 2 stalks celery | 1 teaspoonful kitchen bou- quet |
| 3 pints (6 cups) water | Some forcemeat balls |
| 1 turnip | |

Melt the butter in a large marmite, let it get brown, then brown in it the onions, cut in rings; remove the onions from the pot, and brown the flour in the butter; then add the water and the kitchen bouquet, stir till smooth, allow this to boil, put back the onions, and add the vegetables cut into neat pieces, the meat cut up into small pieces, and the seasoning; simmer for one and a half hours, remove the meat, and rub through a sieve as much of the vegetables with the soup as possible.

Put the soup back into the marmite with the meat and some forcemeat balls (made as undernoted); simmer again for fifteen minutes, skim off the fat if necessary, and serve in small fireproof dishes.

FORCEMEAT BALLS

| | |
|---------------------------------|--------------------------------|
| 4 tablespoonfuls bread crumbs | 1½ tablespoonfuls chopped suet |
| 1 teaspoonful chopped parsley | ½ teaspoonful powdered herbs |
| ½ teaspoonful grated lemon rind | Seasoning of salt and pepper |
| 1 egg | A pinch powdered mace |

Beat up the egg and mix in the above ingredients, form into tiny balls, roll in flour, and add to the soup.

BROWN STOCK

| | |
|-------------------------|-----------------------------|
| 4 lbs. shin of beef | 2 onions, browned |
| 3 cloves | 1 bunch sweet herbs |
| 2 quarts (8 cups) water | 1 teaspoonful whole peppers |
| 2 stalks celery | 1 teaspoonful salt |
| 1 bay leaf | Some poultry or game bones |
| 1 blade mace | 3 sprigs parsley |
| 1 large carrot | |

Wipe the meat and cut it into small square pieces. Break up the bones and remove the marrow. Put the bones and the meat into a large casserole, cover with the water, and bring slowly to boiling point; skim thoroughly, then add all the other ingredients,

and simmer for four hours; then strain, and when cold remove the fat.

The bones may be boiled down again for cheaper stock.

To brown the onions place them with the skin on in a tin and set in the oven until brown.

CHEESE SOUP WITH SAVORY CUSTARD

| | |
|---|-----------------------------|
| 2 heaping tablespoonfuls | 1 onion |
| grated cheese | 1 carrot |
| 1 quart (4 cups) white | 1 teaspoonful whole peppers |
| stock | 1 stalk celery |
| $\frac{1}{4}$ pint ($\frac{1}{2}$ cup) cream | Bunch sweet herbs |
| 2 egg yolks | 1 heaping tablespoonful (1 |
| 1 heaping tablespoonful | oz.) flour |
| (1 oz.) butter | Few sprigs parsley |
| 1 blade mace | Savory custard |
| 1 teaspoonful salt | |

Pare and slice the vegetables and fry them in the butter with the herbs, mace, and whole peppers for five minutes, then add the flour and the stock; simmer for one hour, rub through a sieve; mix together the egg yolks, cream, and grated cheese, add to the soup and re-heat, taking care that it does not boil.

Meanwhile prepare a savory custard as follows: Put half a cupful of stock and one tablespoonful of grated cheese into a small saucepan and bring to boiling point. Beat up two eggs with salt and pepper to taste, strain the stock to them, pour into one or

two small buttered molds, stand in a pan of hot water, allowing the water to come within half an inch of the top of the molds; place in the oven, and when set turn out and allow to cool, cut into dice, divide into petites marmites, and pour over the soup.

OYSTER OR CLAM BISQUE

| | |
|-----------------------------|--|
| 3 dozen clams | Salt and pepper |
| 1 onion | Some cream |
| 1 carrot | 1 tablespoonful butter |
| 1 bay leaf | 1 tablespoonful flour |
| 2 sprigs parsley | 1 gill ($\frac{1}{2}$ cup) Madeira wine |
| 1 quart (4 cups) fish stock | |

Put the clams into a casserole, slice the onion and the carrot, and add them with the bay leaf, parsley, and stock.

Simmer for one and a half hours, then strain; return to the casserole and add the needed salt and pepper.

Blend the butter and flour together and add them with enough cream to make two pints. Simmer for five minutes and add the wine when serving.

CREAM OF BARLEY SOUP

| | |
|--|---|
| 2 ozs. ($\frac{1}{4}$ cup) fine barley | $\frac{1}{2}$ pint (1 cup) hot milk |
| 2 sliced onions | 2 egg yolks |
| 2 sliced carrots | 1 glass sherry wine |
| 1 small bay leaf | $\frac{1}{2}$ pint (1 cup) boiled green |
| Few sprigs parsley | peas |
| 2 quarts (8 cups) veal or chicken stock | Salt and pepper to taste |

Put the stock into a fireproof pot, add the barley, onions, carrots, bay leaf and parsley and simmer for three hours.

When almost ready, add the yolks of the eggs mixed with the milk, wine, and seasonings. Press through a sieve and re-heat.

Divide the hot peas into earthenware handled cups, pour over the soup, and serve very hot.

CREAM OF SALSIFY SOUP

| | |
|---|--|
| 4 roots salsify | 1 oz. (1 heaping tablespoon- ful) flour |
| 2 pints (4 cups) milk | 2 eggs |
| 1 teaspoonful onion juice | Salt and pepper to taste |
| 1 tablespoonful chopped parsley | A few chopped pistachio nuts |
| 1 oz. (1 heaping table- spoonful) butter | Water |
| | ½ pint (1 cup) cream |

Clean the salsify, throwing at once into cold water to prevent their turning dark. Put them into an earthenware dish with water to well cover and cook till very tender, then rub through a sieve.

Return to the casserole and add to the pulp two cupfuls of the milk, onion juice, chopped parsley, salt and pepper to season.

Have ready the remaining milk, thickened with the butter and the flour rubbed together, add to the salsify, and heat thoroughly.

Just before serving stir in the beaten yolks of the eggs mixed with the cream.

Pour into hot marmites. Have ready the stiffly

beaten whites of the eggs, put a spoonful of the egg on the top of each marmite, and sprinkle over the chopped pistachio nuts.

Serve hot.

FISH SOUP

| | |
|---|--|
| 1 lb. haddock or flounder | 2 quarts (8 cups) water or stock |
| Some fish bones or skin | |
| 2 stalks celery | 1 heaping tablespoonful (1 oz.) butter |
| 2 heaping tablespoonfuls (2 ozs.) flour | 1 tablespoonful chopped parsley |
| ½ pint (1 cup) milk | Salt and pepper to taste |
| 1 bay leaf | |
| 1 large onion | |

Skin and fillet the fish. Put the fish bones, skin, and any other fish trimmings into an earthenware pot with the stock or water and the salt; bring to the boil and skim well, add the bay leaf, the onion, and celery cut into small pieces; simmer for one and a half hours; then strain. Melt the butter in the pan, add the flour, stir till smooth, then add the milk; allow this to boil for four minutes, add the soup, the parsley, and the fish cut into small pieces; season nicely, simmer for fifteen minutes, and serve hot.

FRUIT SOUP

| | |
|-----------------------------|---|
| 1 pint (2 cups) fruit juice | 4 bitter almonds |
| 2 quarts (8 cups) water | ¼ lb. (½ cup) tapioca |
| 6 cloves | 3 heaping tablespoonfuls (3 ozs.) sugar |
| 3 inches cinnamon stick | 1 teaspoonful salt |
| Peel of 1 orange | |
| Peel of 1 lemon | |

Put one quart of the water into a fireproof utensil, add the cloves, cinnamon, lemon and orange peels, and the bitter almonds.

Allow to remain for one hour, then simmer for fifteen minutes.

Strain and return to the pan, add the tapioca and the remainder of the water, and simmer until clear; then add the sugar, salt, and fruit juice.

Serve hot.

Cherry, strawberry, currant, blackberry, or grape juice may be used for fruit soups.

GUMBO SOUP

| | |
|-------------------------|---------------------------------|
| 1 quart okra | 1/2 lb. sliced ham |
| 1 chicken | 1/4 lb. chopped bacon |
| 2 onions | 1 tablespoonful chopped pars- |
| 1 garlic clove | ley |
| 1 tablespoonful flour | 1 head celery |
| 2 tablespoonfuls melted | 3 pints (6 cups) strained stock |
| butter | 1 pint (2 cups) plain boiled |
| 1 quart tomatoes | rice |
| Salt and pepper | |

Chop the onions and the garlic, roll them in the flour, then brown them in the butter, and add the tomatoes. Cut the heads off the okra, split each four times and cut into dice, add it to the tomatoes in the casserole, add the parsley, salt and pepper, and the celery, bacon, and ham chopped; brown all together.

Cut up the chicken and fry it for a few minutes, then add it with the stock, and simmer until thick.

Serve with plain boiled rice. One pint of cooked crab meat, cooked shrimps, or oysters, may be added with the chicken if liked.

LENTIL SOUP

| | |
|-----------------------------------|---|
| $\frac{1}{2}$ lb. (1 cup) lentils | 1 blade mace |
| 3 stalks celery | 1 teaspoonful salt |
| 4 springs parsley | $\frac{1}{4}$ pint ($\frac{1}{2}$ cup) cream |
| 1 onion | 3 pints (6 cups) water |
| 1 carrot | $\frac{1}{2}$ pint (1 cup) milk |
| 1 turnip | 1 heaping tablespoonful (1 |
| 1 crust stale bread | oz.) butter |
| 1 bay leaf | 1 heaping tablespoonful (1 |
| 1 teaspoonful whole peppers | oz.) flour |

Wash the lentils and put them to soak in cold water overnight. In the morning drain them and put them into an earthenware pan with the water, bring slowly to the boil, and skim well; then add the vegetables cut into small pieces, the mace, bay leaf, whole peppers, and bread, simmer for one and a half hours. Strain the soup, rubbing as much of the pulp through the sieve as possible.

Melt the butter in the pan, stir in the flour, add the milk, and boil for four minutes. Add the soup, and season it nicely. Divide the cream into earthenware cups and pour the soup over it.

OYSTER BOUILLON

| | |
|------------------------------|--------------------|
| 2 quarts oysters | 1 celery stalk |
| 1 quart (4 cups) white stock | Salt and pepper |
| 1 onion | Some whipped cream |

Put the oysters into a casserole, add the white stock, the onion and celery chopped, and the salt and pepper.

Simmer gently for one hour. Strain the soup, re-heat it, and serve in earthenware bouillon cups with a tablespoonful of whipped cream on the top of each.

POTATO PURÉE

| | |
|---|-------------------------------------|
| 12 medium sized potatoes | 1 pint (2 cups) cream |
| 2 ozs. (2 heaping table- spoonfuls) butter | 2 tablespoonfuls flour |
| Salt and pepper | 2 tablespoonfuls melted but- ter |
| 1 quart (4 cups) white stock | 1 teaspoonful onion juice |

Boil the potatoes in their skins till tender, then cool and peel them. Cut them into quarters and put them into an earthenware pan with the two ounces of butter to brown just a very little in places.

Season with the salt and pepper, then add the stock, cream, and the onion juice.

Allow to boil up, and strain through a sieve; return the purée to the pan and stir into it the melted butter mixed with the flour.

Boil for three minutes and serve hot.

SCOTCH BROTH

| | |
|----------------------|-----------------------------------|
| 2 lbs. mutton (neck) | 1 teaspoonful dripping |
| ½ lb. (1 cup) barley | 1 small cabbage |
| ½ pint (1 cup) peas | 1 tablespoonful chopped parsley |
| 1 carrot | |
| 1 turnip | 4 quarts (16 cups) water or stock |
| 1 teaspoonful sugar | |
| 3 onions or leeks | Salt and pepper to taste |

Prepare the vegetables and cut them into small pieces. Put the water or stock into a large earthenware pan, and when it boils, add the meat and the barley. Boil up, skimming frequently, add the vegetables, and then simmer for three hours.

Now stir in one extra carrot grated, the salt and pepper, sugar and dripping. Simmer again for thirty minutes.

Add the parsley and the broth is ready to serve.

The mutton may be served separately with potatoes.

SHRIMP CHOWDER

| | |
|--|-------------------------------------|
| 3 cupfuls picked shrimps | ¼ cupful salt pork fat cut in cubes |
| 2 ozs. (2 heaping tablespoonfuls) butter | 1 chopped onion |
| 2 ozs. (2 heaping tablespoonfuls) flour | Salt and red pepper to season |
| 1 blade mace | 2 pints (4 cups) milk |
| | ½ pint (1 cup) hot cream |

Cook the onion in the salt pork fat. Melt the butter in a casserole, stir in the flour and seasoning, then

add the milk very gradually and stir till boiling, allow to cook for five minutes, then add the shrimps and cook for twenty-five minutes; add the strained salt pork fat, the hot cream, and serve hot.

SOUP TO SERVE IN PETITES MARMITES

| | |
|------------------------------|--------------------|
| 4 lbs. beef from the round | 1 turnip |
| 1 fowl weighing 3 lbs. | 4 stalks celery |
| 8 inches beef marrow bone | Some toasted bread |
| 6 pints (12 cups) cold water | Salt |
| 1 large onion | 1 bay leaf |
| 2 cloves | 1 blade mace |
| 1 large carrot | 12 whole peppers |

Remove the marrow from the bone. Saw the bone into inch lengths and put it into a large stoneware soup pot with the beef and the water.

Let it come slowly to boiling point, remove the scum, and set on a cool part of the stove to simmer for half an hour. Draw, truss, and roast the fowl for twenty minutes, then, when well browned, put it into the soup pot, adding the giblets well cleaned. Remove the beef and the chicken as soon as they are tender. Keep hot a part of the beef and a part of the breast of the chicken to serve in the petites marmites.

The remainder can be used for other dishes. Press the cloves into the onion and add it to the soup with the bay leaf, mace, whole peppers, carrot, turnip, and celery, cleansed and pared, and cut into neat pieces. Allow to simmer until the vegetables are tender.

Remove the fat and strain the soup; add salt to taste and re-heat it. Into each small soup pot put two pieces each of chicken, beef, and vegetables, and pour over them the soup. Place on the covers and serve with small pieces of toasted bread.

VEGETABLE SOUP

| | |
|----------------------------|-------------------------------|
| 2 lbs. lean beef or mutton | 2 parsnips |
| 4 onions | 1 teaspoonful white pepper |
| 2 turnips | 1 tablespoonful salt |
| 4 carrots | 3 stalks celery |
| 5 skinned tomatoes | 3 quarts (12 cups) cold water |
| 6 potatoes | |

Cut the meat into small, neat slices; put it into a deep earthenware pan, sprinkle in the salt and pepper; add the tomatoes, sliced, the other vegetables all pared or scraped and cut into neat pieces, and the water. Cover tightly and cook slowly in the oven for two and a half hours.

If too thick, add a little boiling water before serving.

WHITE STOCK

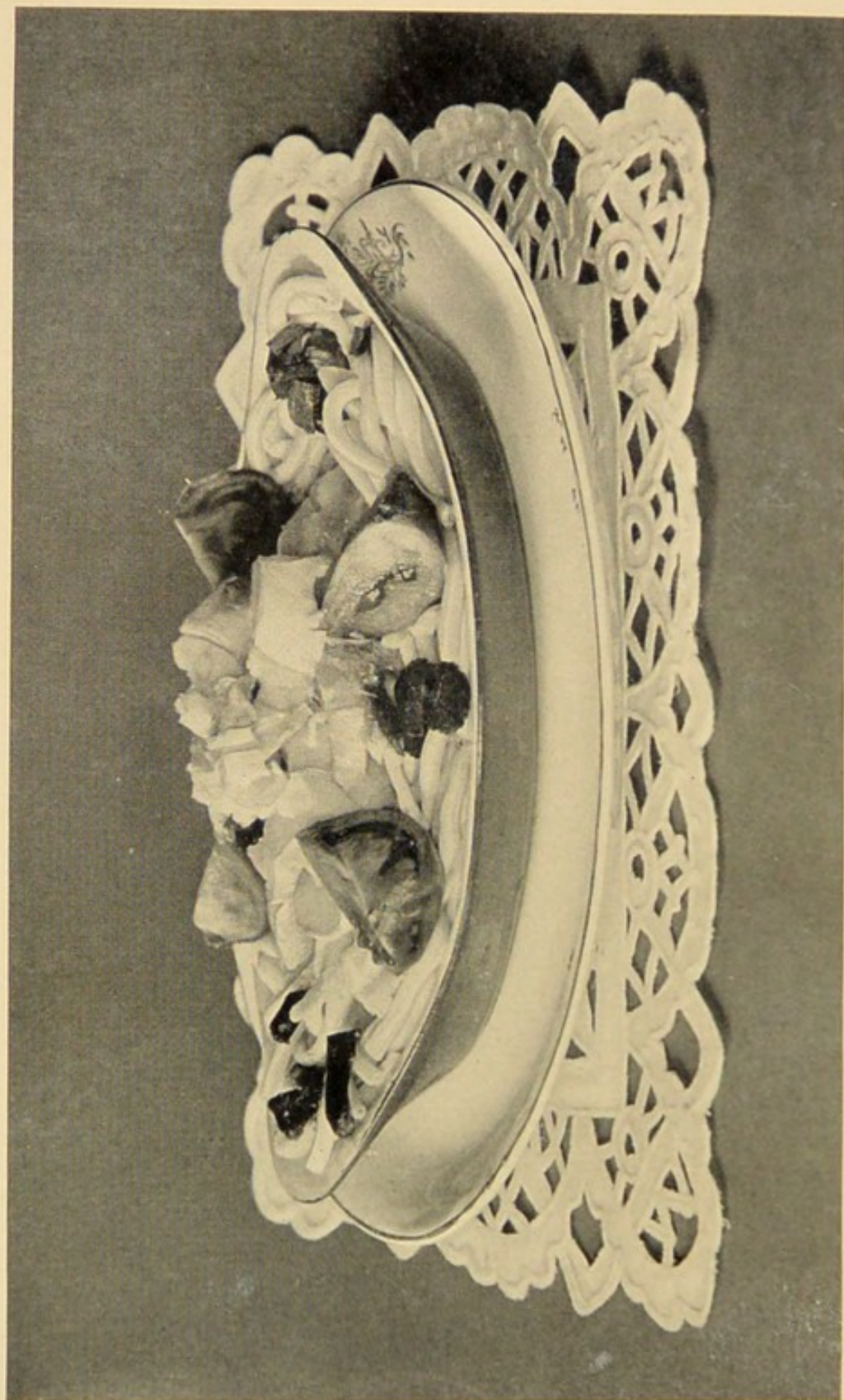
| | |
|---------------------|---------------------------|
| 4 lbs. shin of veal | 2 quarts (8 cups) water |
| 1 onion | 1 teaspoonful white whole |
| 1 blade mace | peppers |
| 2 stalks celery | 1 teaspoonful salt |
| 1 fowl | Some bones |

Wipe the meat and cut it up into small pieces; and put it into a large marmite or casserole; add the

bones and the water and bring slowly to boiling point; skim thoroughly, add the other ingredients, and simmer for four hours; strain through a fine sieve, and when cold remove the fat.

The fowl should be cleaned and added with the meat.

The bones may be boiled again for cheaper stock.



HADDOCK AND MACARONI

FISH RECIPES

FISH RECIPES

*"Why, then, the world's mine oyster
Which I with sword will open."*

BAKED OYSTERS

| | |
|---|---|
| 1 quart oysters | 1 heaping tablespoonful |
| 2 ozs. (2 heaping table- spoonfuls) butter | grated cheese |
| 2 ozs. (2 heaping table- spoonfuls) flour | A little melted butter |
| $\frac{1}{2}$ pint (1 cup) milk | Some fine bread crumbs |
| $\frac{1}{2}$ pint (1 cup) cream | 1 tablespoonful white wine |
| | Salt, pepper, and grated nut- meg to taste |

Scald the oysters in their liquor, and put them aside to cool; then divide each oyster into four pieces.

Melt the butter, stir in the flour, then add gradually the milk and cream; stir until thickened, and add the seasonings, wine, and cheese. Butter sufficient octagon ramequins, put in a layer of the oysters, fill up with the sauce, pour a little melted butter over each, sprinkle some bread crumbs on the top, and bake in a moderate oven for ten minutes.

COD À LA GARONNE

| | |
|------------------------------------|---|
| 2 slices cod | 1 tablespoonful chopped pars- ley |
| 1 garlic clove | |
| 4 tablespoonfuls olive oil | 1 heaping tablespoonful (1 oz.) butter |
| 1 tablespoonful chopped capers | A few bread crumbs |
| 3 boned and chopped an- chovies | Salt and paprika to taste |

Rub a shallow fireproof dish with a cut clove of garlic, then lay in the fish and add the oil.

Bake in the oven, and when three parts cooked take out and sprinkle in the capers, anchovies, parsley, bread crumbs, salt, and paprika; divide the butter into tiny pieces, lay it on the top, and return it to the oven to brown and to finish cooking.

Serve hot in the casserole.

COLD MACKEREL, VINAIGRETTE

| | |
|----------------------------------|--|
| 1 mackerel | 12 tablespoonfuls olive oil |
| 1 bunch parsley | 1 teaspoonful chopped shal- lots |
| 1 slice lemon | |
| 6 tablespoonfuls tarragon | 1 teaspoonful chopped pars- ley |
| vinegar | |
| 2 teaspoonfuls made mus- tard | 1 tablespoonful chopped gher- kins and capers |
| 1 teaspoonful salt | |

Clean the mackerel, leaving the head on, wrap it in a piece of cheesecloth, and boil in boiling salted water until tender.

The water should contain a little vinegar. Put the tarragon vinegar into a basin, add the mustard, salt, olive oil, parsley, shallots, gherkins, and capers. Remove the cloth from the fish, then lay the mackerel in an earthenware dish, pour the sauce over it and let it marinate thoroughly. It should be put into the refrigerator as soon as cool.

Serve cold in a bed of parsley garnished with slices of lemon.

CRAB À LA CARMEN

| | |
|-----------------------------|------------------------------|
| 1 good-sized crab | 1 teaspoonful tarragon vine- |
| 2 tablespoonfuls olive oil | gar |
| 1 chopped shallot | 1 tablespoonful cream |
| 1 teaspoonful chopped pars- | 3 tablespoonfuls fish stock |
| ley | ½ pint (1 cup) white sauce |
| 2 tablespoonfuls bread | 2 hard cooked egg yolks |
| crumbs | Salt and pepper to taste |
| 2 tablespoonfuls chopped | |
| cooked chicken | |

Boil the crab, then remove the meat from it. Put the oil into a casserole, add the crab meat, the shallot, and parsley; stir over the fire until quite hot; then add the bread crumbs, vinegar, chicken, cream, stock, and seasonings; fill some flange ramequins very full with the mixture, heaping them in the center; pour over each some of the white sauce, and sprinkle over the top the sieved hard cooked yolks of eggs.

Stand them in a pan containing a little boiling water on the stove until thoroughly hot, then serve.

CURRIED FISH

| | |
|---|-------------------------------|
| 1 ½ lbs. cooked fish | 1 tablespoonful chutney |
| 2 heaping tablespoonfuls (2 ozs.) butter | 1 lemon |
| 2 large onions | 1 teaspoonful salt |
| 1 large apple | 1 ½ pints (3 cups) fish stock |
| 2 heaping tablespoonfuls | ½ lb. (1 cup) boiled rice |
| (2 ozs.) rice flour | ½ cupful shrimps |
| 1 tablespoonful curry powder | 2 hard cooked eggs |

Free the fish from skin and bones. Melt the butter in a fireproof dish, then put in the apple and the onion cut into small pieces, fry together until a nice brown color, then stir in the rice flour, curry powder, chutney, the strained juice of the lemon, salt, and stock; simmer for fifty minutes, then add the fish.

Arrange the hot boiled rice around a casserole, turn the curry into the center; garnish with the shrimps made hot in a little cream and quarters of the hard cooked eggs.

Serve very hot.

FINNAN HADDIE

| | |
|---------------------------------|---|
| 1 medium sized finnan haddie | 2 ozs. (2 heaping table- spoonfuls) butter |
| | Salt and pepper |

Select a well-cured medium sized fish. If not well cured it will probably be tasteless and flabby. Wash

it well, trim off the fins, the tail, and the two bones at the head.

Lay it in a buttered casserole, sprinkle with a little salt and pepper, pour in enough boiling water to cover it, and allow it to simmer for ten minutes.

Drain it from the water, return it to the casserole with the butter, and cook it for ten minutes in the oven.

See that it is thoroughly cooked, but not hardened.

FISH SOUFFLÉ

| | |
|---------------------------|-----------------------------|
| ½ lb. cooked chopped fish | 1 oz. (½ cup) bread crumbs |
| 6 boiled potatoes | 3 tablespoonfuls (1 oz.) |
| 3 heaping tablespoonfuls | chopped suet |
| (3 ozs.) butter | 1 teaspoonful chopped pars- |
| 1 teaspoonful anchovy ex- | ley |
| tract | 5 egg whites |
| 1 teaspoonful made mus- | A few browned bread crumbs |
| tard | Salt and paprika to taste |
| ¼ pint (½ cup) thick | |
| cream | |

Boil the potatoes and rub them through a sieve while they are hot; mix with them the butter, salt, paprika, anchovy extract, mustard, cream, fish, white bread crumbs, suet, parsley, and the whites of eggs beaten stiffly.

Mix carefully and turn into a well-buttered fireproof soufflé dish; sprinkle the top of the soufflé with the browned bread crumbs and here and there put a

little bit of butter; place it on a baking tin and cook in a moderate oven for about forty minutes.

Serve at once.

FLOUNDER AU GRATIN

| | |
|-------------------------|--|
| 1 large flounder | 2 heaping tablespoonfuls (2 |
| 2 chopped shallots | ozs.) butter |
| 1 tablespoonful chopped | $\frac{1}{4}$ pint ($\frac{1}{2}$ cup) white wine |
| parsley | $\frac{1}{2}$ cupful bread crumbs |
| | Salt and pepper |

Clean and skin the fish. Salt and pepper both sides of the flounder, then lay it in a fireproof au gratin dish, sprinkle in the shallots and the parsley; add the butter divided into small pieces, the wine, and the layer of bread crumbs.

Let it cook in the oven for about half an hour.

HADDOCK AND MACARONI

| | |
|--|------------------------------|
| 1 lb. boiled haddock | Seasoning of salt and pepper |
| $\frac{1}{2}$ pint (1 cup) white sauce | 3 pickled gherkins |
| $\frac{1}{4}$ lb. macaroni | 1 heaping tablespoonful (1 |
| 2 small skinned tomatoes | oz.) butter |

Break the macaroni in pieces from one to one and a half inches long, put it into a pan of fast-boiling, salted water, add the butter, and boil until it is tender without being in the least mashed; drain and wash the macaroni in a little hot water.

Heat the sauce in a fireproof dish, stir in the fish without breaking the flakes, and season it nicely with salt and pepper.

Arrange a border of the hot macaroni around a hot casserole, pile the fish and sauce in the middle.

Cut the tomatoes in quarters; cook them for a few minutes on a buttered baking tin, then arrange them round the fish. Cut the gherkins into shreds and place them in small heaps on the macaroni.

Heat in the oven for a few moments and serve hot.

HADDOCK AU GRATIN

| | |
|------------------------------------|---|
| 1 haddock weighing 4 lbs. | $\frac{1}{2}$ cupful grated Parmesan |
| 2 heaping tablespoonfuls | cheese |
| (2 ozs.) butter | 2 tablespoonfuls buttered |
| Salt and pepper | bread crumbs |
| 2 lemons | 1 tablespoonful potato flour |
| 4 ozs. ($\frac{1}{2}$ cup) melted | 1 gill ($\frac{1}{2}$ cup) thick cream |
| butter | |

Boil the haddock in boiling salted water with the two ounces of butter, seasoning of salt and pepper, and the strained juice of one lemon.

When it is ready remove the skin, put the fish into a buttered gratin dish, pour over it the melted butter, and sprinkle over it a little red pepper and lemon juice.

Cover it with the cheese and the buttered bread crumbs and put in a hot oven to brown.

Mix the potato flour with the cream, make hot, and pour over the fish just before sending to table.

Garnish with a thinly sliced lemon.

HALIBUT TIMBALE

| | |
|---------------------------------|---------------------------------|
| 1 1/2 lbs. fresh halibut | 5 egg whites |
| 1 teaspoonful salt | 1 tablespoonful chopped parsley |
| A few grains red pepper | |
| 1 gill (1/2 cup) whipping cream | |

Put the fish through a meat-chopper, add to it the parsley, salt, red pepper, whipped cream, and the whites of eggs stiffly beaten.

Mix carefully and turn into a well-buttered earthenware mold, cover, and steam steadily for half an hour.

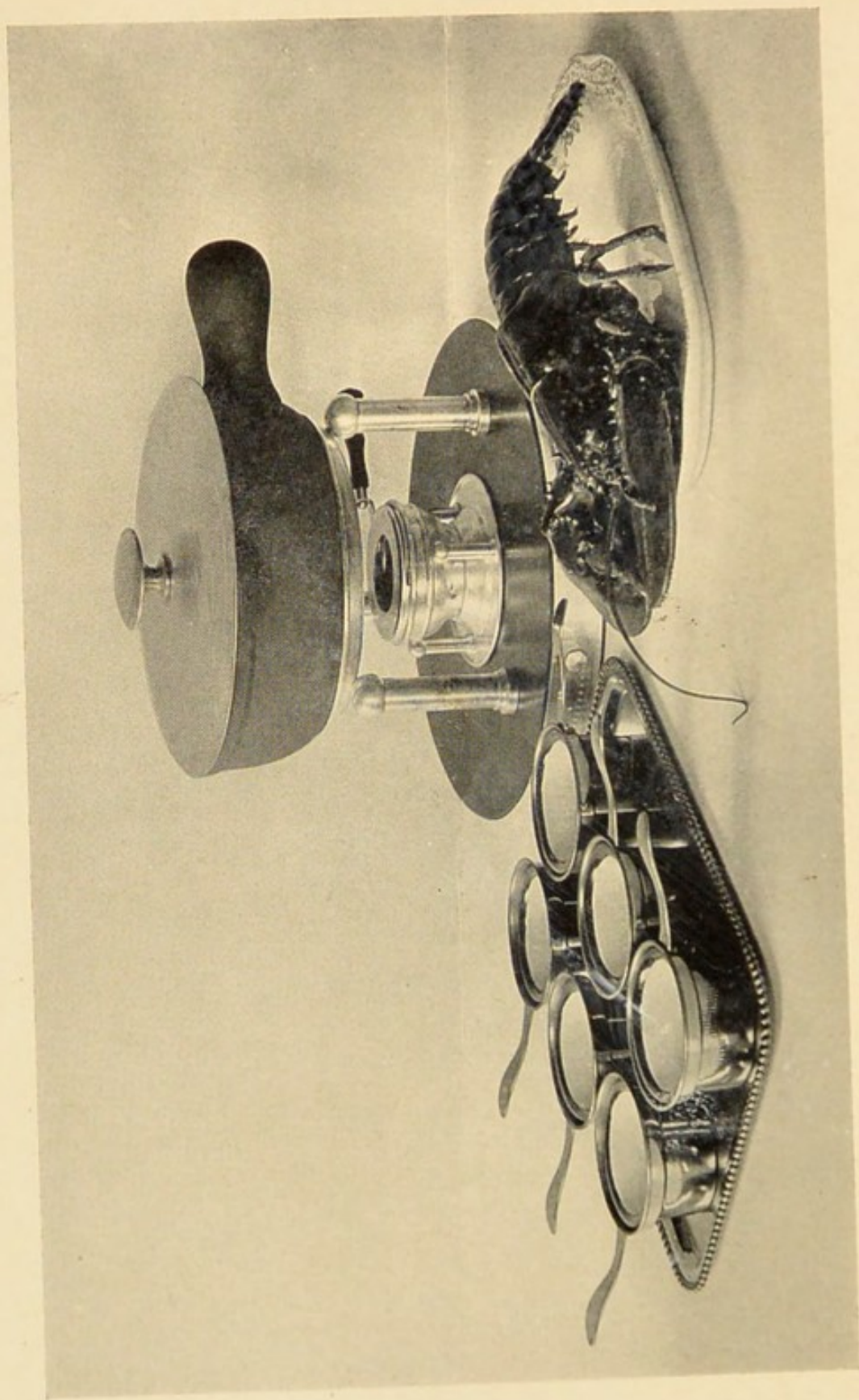
Serve with egg sauce.

LOBSTER NEWBURG

| | |
|------------------------|--|
| 1 lobster | 1 heaping tablespoonful (1 oz.) butter |
| 1/2 pint (1 cup) cream | |
| 3 egg yolks | 1 wineglassful sherry wine |
| | Salt and red pepper to taste |

Take the meat from a boiled lobster and cut it into dice; sauté it in the butter, then add the seasonings, sherry wine, and the yolks of eggs mixed with the cream.

Stir until the mixture begins to thicken, then remove it from the fire and serve at once in hot ramequins.



LOBSTER NEWBURGH

MACKEREL WITH TOMATOES

| | |
|----------------------------|-----------------------------------|
| 1 medium sized mackerel | $\frac{1}{2}$ pint (1 cup) stock |
| 1 lb. skinned tomatoes | 1 teaspoonful powdered herbs |
| 1 wineglassful sherry wine | $\frac{1}{2}$ cupful bread crumbs |
| 2 heaping tablespoonfuls | Salt and pepper |
| (2 ozs.) butter | 1 tablespoonful chopped pars- |
| 1 slice onion | ley |
| Juice $\frac{1}{2}$ lemon | |

Cook the mackerel in the oven with the stock, sherry wine, herbs, lemon juice, and onion, cover with a buttered paper; when cooked, remove the skin, split the fish open, and remove the bones; butter a fire-proof dish, lay in a layer of sliced tomatoes, a little salt and pepper, then a layer of fish and some tiny pieces of butter, repeat this until the fish is used; finally put a layer of sliced tomatoes on the top; pour over the stock in which the fish was cooked, cover with bread crumbs and some small pieces of butter, and cook in a moderate oven for twenty minutes; sprinkle the parsley over the top and serve at once.

OYSTER CURRY

| | |
|---------------------------------------|----------------------------|
| 1 quart oysters | 2 tablespoonfuls flour |
| $\frac{1}{2}$ pint (1 cup) tomatoes | 1 teaspoonful salt |
| 3 tablespoonfuls curry | 1 cupful plain boiled rice |
| powder | 2 tablespoonfuls butter |
| $\frac{1}{2}$ pint (1 cup) beef stock | 1 Spanish onion |
| 1 apple | |

Chop the onion and brown it in one tablespoonful of the butter in a casserole or earthenware dish, add the curry powder, the remaining tablespoonful of butter, the apple chopped, and the stock.

Simmer slowly for half an hour.

Put the oysters, their liquor, and the tomatoes into another pan over the fire. When the edges of the oysters begin to ruffle put the two mixtures together.

Add the salt, and thicken with the flour moistened with a little cold water. Boil for five minutes stirring constantly.

Serve with the hot plain boiled rice.

SCALLOPS EN CASSEROLE

| | |
|---|-------------------------------|
| 18 scallops | 1 heaping tablespoonful (1 |
| $\frac{1}{2}$ pint (1 cup) white stock | oz.) flour |
| 2 heaping tablespoonfuls (2 | 3 egg yolks |
| ozs.) butter | 3 chopped mushrooms |
| $\frac{1}{4}$ pint ($\frac{1}{2}$ cup) cream | Some small pieces puff pastry |
| 1 small onion | Salt, pepper, and red pepper |
| 2 shallots | to taste |

Put the scallops and mushrooms into a casserole with one tablespoonful of the butter, cover, and let cook for ten minutes.

Peel and chop finely the onion and shallots, blanch them in water, and drain.

Put them into an earthenware pan with the remainder of the butter and cook until a light brown color; stir in the flour, mix for a few minutes over the

fire, add the stock and scallop liquor, simmer for fifteen minutes, stirring in the yolks of eggs one at a time, season with salt, pepper, and a dust of red pepper, put in the scallops and mushrooms, and heat but do not boil; mix in the cream just before serving.

Garnish the top with the pieces of pastry.

STEWED EELS

| | |
|--|---------------------------------------|
| 2 or 3 eels | Seasoning of salt, pepper, and |
| $\frac{1}{2}$ pint (1 cup) white stock | red pepper |
| 2 tablespoonfuls cream | Bunch of parsley |
| 2 ozs. (2 heaping table- spoonfuls) flour | $\frac{1}{4}$ teaspoonful lemon juice |
| 2 ozs. (2 heaping table- spoonfuls) butter | 1 small onion |
| $\frac{1}{2}$ teaspoonful whole white peppers | Blade of mace |
| | Bunch of sweet herbs |

Skin and divide the eels into pieces about two inches long, put them into a casserole with the stock, sliced onion, herbs, mace, lemon juice, parsley, and whole peppers. Bring to the boil, skim, and allow to simmer for twenty minutes; lift out the eels and strain the stock.

Melt the butter in the casserole, stir in the flour, add the liquid from the fish, the cream, and boil for five minutes, stirring all the time, then add the seasonings and the eels, allow to heat thoroughly, and serve.

STUFFED HERRINGS

| | |
|-------------------------|-----------------------------|
| 4 large fresh herrings | 2 heaping tablespoonfuls (2 |
| 1 cupful bread crumbs | ozs.) butter |
| 1 tablespoonful chopped | 1 egg |
| parsley | Salt and pepper to taste |

Split the herrings up the back, remove the backbones, lay two herrings open on a buttered fireproof dish; mix together the bread crumbs, parsley, salt, pepper, egg well beaten, and one tablespoonful of the butter; lay this on the split herrings, place the other two on the top, sandwich fashion; put the remainder of the butter on the top, sprinkle with bread crumbs, and bake in a hot oven for twenty minutes.

Serve with parsley sauce.

TERRAPIN STEW

| | |
|----------------------------------|----------------------------|
| 2 terrapins | 1 teaspoonful white pepper |
| 4 hard cooked yolks of eggs | 3 tablespoonfuls browned |
| $\frac{1}{2}$ lb. (1 cup) butter | flour |
| 1 tablespoonful salt | 1 pint (2 cups) cream |
| | 1 wineglassful sherry wine |

Encourage the terrapin to move about in lukewarm water for a few minutes, then plunge head first into a pan of boiling water.

Remove from the water in about five minutes, or as soon as the thin white skin can be removed from the head and feet, then put back into fresh boiling water and simmer for forty minutes, or until the upper

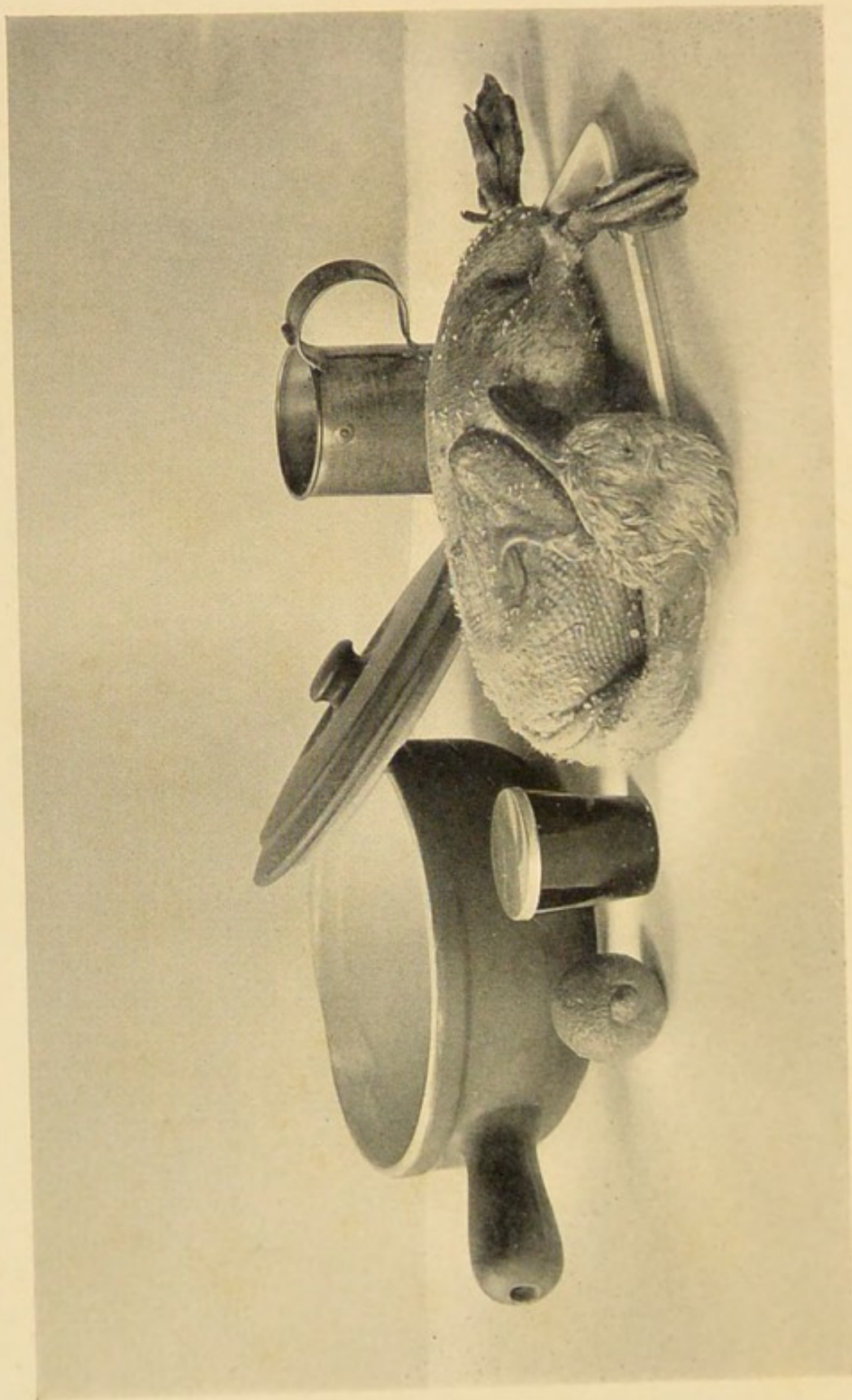
shell separates readily from the lower on a slight pressure. Drain, lay them on their backs, heads from you; then loosen the shells and take them off. Remove the sand bags, bladders, and the thick part of the intestines and the gall sacks, which are found embedded in one lobe of the liver, and throw them away. The meat is separated and the giblets cut up fine. Place all in a casserole and barely cover with boiling water. Simmer for half an hour, then add the dressing. Mash the egg yolks with the butter, then add the salt, pepper, flour, and cream. Stir until smooth and creamy, then add to the terrapin and simmer for fifteen minutes, stirring frequently. If too thick, reduce with a little boiling water. Add the wine and serve very hot.

TROUT WITH POTATOES

| | |
|--------------------------|--------------------------|
| 1 fresh trout | 2 heaping tablespoonfuls |
| ½ pint (1 cup) milk | (2 ozs.) butter |
| 2 tablespoonfuls chopped | ¼ pint (½ cup) cream |
| parsley | Salt and pepper |
| 3 large potatoes | 1 egg white |
| | Oyster sauce |

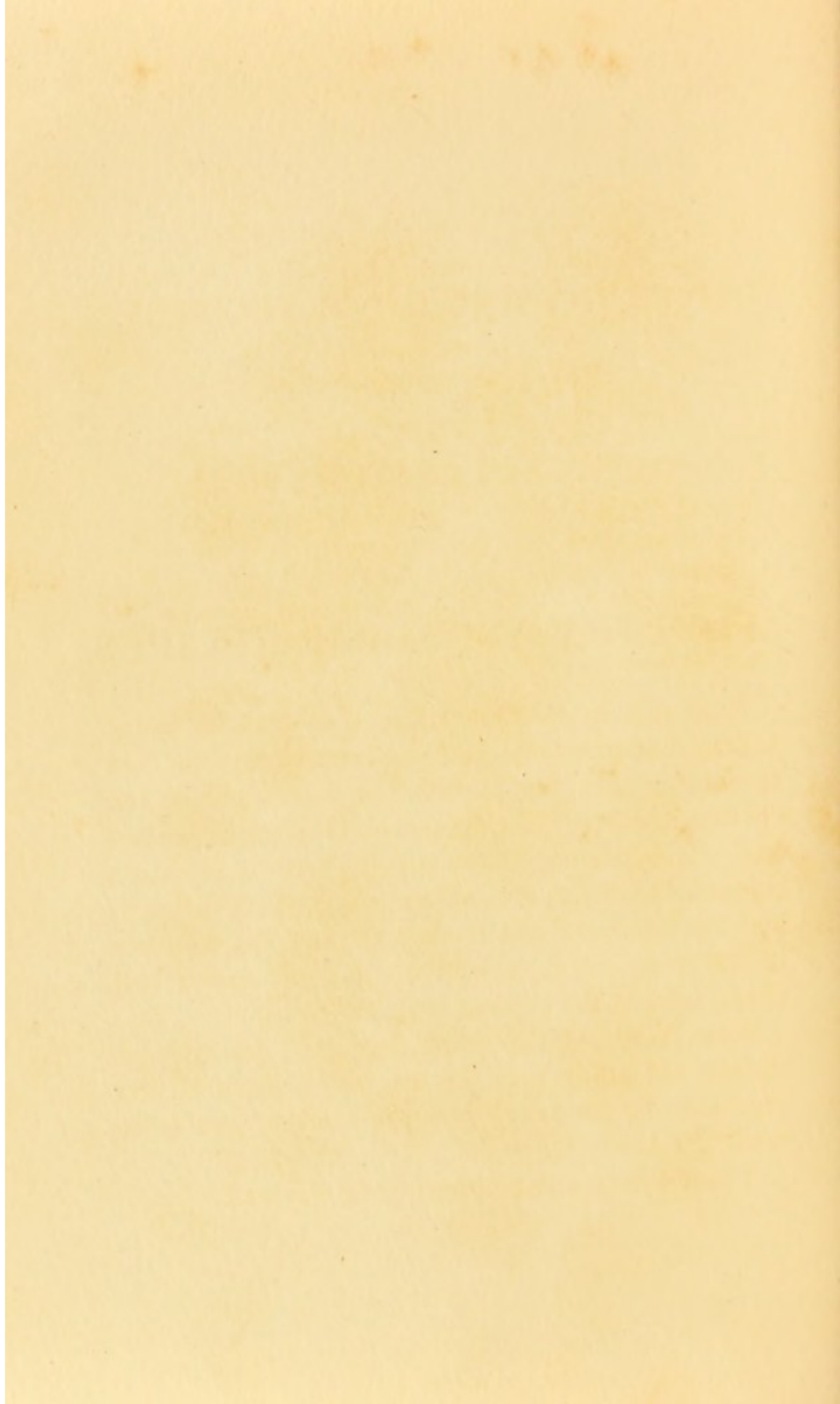
Boil the trout in boiling salted water for twenty minutes or until ready; when cold, bone it and flake it, and lay it in a well-buttered fireproof dish; bring the milk and parsley to the boil and pour them over the fish; boil the potatoes, then mash them with the butter, cream, salt, and pepper, spread them over the

fish, smooth the surface, then mark it in fancy design with a fork; place the casserole in a hot oven for ten minutes. Remove it from the oven, beat up the white of the egg stiffly, brush it over the top of the potatoes, and continue to bake for fifteen minutes. Serve hot with the oyster sauce. The sauce may be served in an earthenware gravy boat.



FOR RAGOUT OF DUCK

POULTRY AND GAME RECIPES



POULTRY AND GAME RECIPES

*"O: dainty duck,
With wings as swift as meditation"*

CHICKEN EN CASSEROLE NO. 1

| | |
|----------------------|---------------------------|
| 1 good sized chicken | 2 pickled walnuts |
| 1 lb. sliced bacon | 1 bay leaf |
| 1 onion | 1 pint (2 cups) stock |
| 3 tomatoes | 1 tablespoonful arrowroot |
| 3 celery stalks | Salt and pepper |
| 5 mushrooms | |

Singe and draw the chicken, then truss it as for boiling, have ready a casserole large enough to hold the bird whole; line it with the bacon, put in the chicken, sprinkle in salt, pepper, and the onion chopped fine. Then arrange round the chicken the tomatoes skinned, the celery, mushrooms and walnuts chopped, and the bay leaf; add the stock, place the casserole in the oven, let it cook gently for one and a half hours, basting the chicken frequently.

When ready, remove the bay leaf, brown and thicken the gravy with the arrowroot, leave all the vegetables in the gravy with the chicken, and serve hot in the casserole.

A turkey may also be prepared in this way.

CHICKEN EN CASSEROLE NO. 2

| | |
|--|---------------------------------|
| 1 large chicken or turkey | 1½ pints (3 cups) chicken |
| 3 tablespoonfuls olive oil | stock |
| 2 heaping tablespoonfuls (2 ozs.) butter | Salt and pepper to season |
| 2 heaping tablespoonfuls (2 ozs.) flour | 1 tablespoonful kitchen bouquet |
| | 1 cupful chopped oysters |

Singe, draw and cut the fowl into neat joints, removing the skin and as many small bones as possible.

Heat the oil in a frying pan, lay in a few pieces of chicken at a time, and fry until the meat looks white on each side. Turn frequently but do not let them brown.

Take out and drain on paper. Add a little more oil if necessary, until all the pieces have been cooked. Blend the butter and flour in a saucepan over the fire: when smooth stir in the stock, and continue stirring until it cooks for five minutes.

Add the kitchen bouquet and the seasonings. Strain the sauce into a casserole, add the chicken, arranging the pieces so that they are level at the top, cover closely with a sheet of buttered paper, and put on the casserole lid. Cook in a moderate oven for an hour or until ready. About fifteen minutes before serving uncover and add the oysters scalded and cut into halves.

CHICKENS WITH OLIVES

| | |
|---|--|
| 2 young chickens | 2 dozen olives |
| 3 pints (6 cups) water | 1 tablespoonful capers |
| 1 onion | 1 oz. (1 heaping tablespoon- ful) flour |
| Salt and pepper | |
| 3 heaping tablespoonfuls (3 ozs.) butter | |

Prepare the chickens and cut them into joints, then put them in a casserole with the water, salt, pepper, and onion.

Cook slowly till tender. Lift out the pieces of chicken and drain and dry them, then fry them in the butter till they are brown.

Stir the flour into the casserole, add a pint of the water in which the chickens were cooked, the olives, chopped, capers, and seasoning of salt and pepper.

When quite smooth add the chickens and serve when hot.

GOOSE DEVEILED EN CASSEROLE

| | |
|--------------------------|------------------------------------|
| 1 goose | 1 tablespoonful white pepper |
| Potato stuffing | 2 tablespoonfuls made mus- tard |
| 4 tablespoonfuls vinegar | |

After cleaning the goose and wiping it well with a damp cloth, plunge it into a saucepan of boiling water, and boil gently for one hour. Take it from the saucepan, drain well, and wipe it very dry.

Fill the body and neck with potato stuffing, truss

and sew up, lay it in an earthenware pan, and roast in a very hot oven, allowing twenty minutes to every pound.

Mix the vinegar, pepper, and mustard together, pour them over the goose, and baste it frequently. An old goose that can be cooked in no other way may be so dressed, two hours being allowed for the boiling instead of one hour.

To make the potato stuffing: Cook one chopped onion in a quarter of a cupful of salt pork cubes until brown, then add two cupfuls of hot mashed potatoes, salt and pepper to taste, half a teaspoonful of poultry seasoning, one tablespoonful of chopped parsley, and one cupful of cooked sausages cut in pieces. Mix thoroughly, then stuff the goose with the mixture.

GUINEA FOWL EN CASSEROLE

| | |
|-----------------------------|-----------------------------|
| 1 large guinea fowl | 2 heaping tablespoonfuls (2 |
| 1 onion | ozs.) flour |
| 4 tablespoonfuls cream | ½ pint (1 cup) white stock |
| A bunch herbs | 1 blade mace |
| 2 celery stalks | 6 whole peppers |
| 2 heaping tablespoonfuls (2 | 2 slices carrot |
| ozs.) butter | ½ pint (1 cup) milk |
| | Salt and pepper |

Draw and truss the guinea fowl; then put it into a casserole with sufficient hot water to cover, then bring to the boil, and simmer gently until the bird is cooked. Take it up and let it cool.

Measure half a pint of the water the guinea fowl

was boiled in. Put this into a pan with the milk, add the onion, mace, carrot, herbs, celery, whole peppers, and the stock; bring slowly to boiling point; then simmer for ten minutes.

Melt the butter, stir in the flour, then stir in the boiling stock. Cook slowly for ten minutes, season with salt and pepper, add the cream.

Cut the guinea fowl into neat joints. Put these into a casserole, strain the sauce over, put it on the fire, and heat up; make quite hot without boiling.

Serve in the casserole.

JUGGED HARE

| | |
|------------------------|-----------------------------|
| 1 hare | 1 tablespoonful flour |
| 1 carrot | 1 blade mace |
| 1 onion | 4 tablespoonfuls water |
| 1 turnip | 1 tablespoonful red currant |
| 2 celery stalks | jelly |
| Small bunch parsley | 1 tablespoonful Worcester- |
| Small piece lemon rind | shire sauce |
| 3 allspices | 1 tablespoonful mushroom |
| 1 clove | ketchup |
| 1 bay leaf | 1 tablespoonful lemon juice |
| Salt and pepper | 2 wineglassfuls port wine |
| Stock | 12 small forcemeat balls |

Skin the hare after taking out the inside, wipe the hare thoroughly, but do not wash it, cut it into neat joints, dust a little flour over them, and fry them in smoking hot fat till browned. Drain them and put them into an earthenware jar with the vegetables

cut into small pieces, the bay leaf, lemon rind, mace, clove, allspices, salt and pepper; fill up the jar with boiling stock, let it simmer for two or three hours, according to the size of the hare; when cooked, take out the pieces of hare, warm them to prevent their getting dry; mix the flour with the water, add it to the blood and the pounded liver, thicken the gravy with it, stir in the jelly, sauce, ketchup, lemon juice, and wine, strain on to the hare in a casserole, put in the forcemeat balls that have been fried in smoking hot fat; heat and serve.

QUAILS EN CASSEROLE

| | |
|---|--------------------------------------|
| 6 quails | $\frac{1}{4}$ lb. preserved cherries |
| 2 heaping tablespoonfuls (2 ozs.) butter | 1 wineglassful port wine |
| $\frac{1}{4}$ pint ($\frac{1}{2}$ cup) red currant jelly | $\frac{1}{2}$ pint (1 cup) stock |
| $\frac{1}{2}$ lemon | $\frac{1}{2}$ orange rind |
| | Salt and pepper to season |

Prepare and truss the quails. Melt the butter in an earthenware pan; when hot, put in the birds, and brown them all over.

Cover with the lid, and put into a moderate oven till ready.

Lift out the quails and keep hot. Drain the fat from the pan, add the stock, wine, and orange rind.

Simmer for ten minutes, then stir in the jelly. Put in the quails for ten minutes; season with salt, pepper, and the strained lemon juice.

Before serving remove the orange rind and add the cherries.

Serve hot.

RABBIT EN CASSEROLE

| | |
|-----------------------------|---------------------------------------|
| 2 rabbits | 1 pint (2 cups) hot water |
| 2 sliced onions | $\frac{1}{2}$ pint (1 cup) cold water |
| 2 celery stalks | 1 tablespoonful Worcester- |
| 1 cupful chopped carrots | shire sauce |
| 1 bay leaf | 12 stoned olives |
| 2 heaping tablespoonfuls (2 | 1 tablespoonful capers |
| ozs.) butter | 2 tablespoonfuls dripping |
| 2 heaping tablespoonfuls (2 | Salt and pepper |
| ozs.) flour | |

Skin and joint the rabbits, then put them into an earthenware pan, add the onions, celery, carrots, bay leaf, dripping, and cold water.

Simmer for thirty minutes, then remove the rabbits. Add the butter and flour to the pan, stir over the fire till brown, then add the hot water, stirring till smooth, add the salt, sauce, capers, olives, pepper, and rabbits.

Cover closely and bake for forty minutes.

RAGOUT OF DUCK

| | |
|-----------------------------|--|
| 1 cooked duck | A few sprigs of parsley |
| 2 heaping tablespoonfuls (2 | 1 teaspoonful lemon juice |
| ozs.) butter | Salt and pepper |
| 1 heaping tablespoonful (1 | 1 teaspoonful red currant jelly |
| oz.) flour | $\frac{1}{2}$ teaspoonful meat extract |
| 1 pint (2 cups) stock | Few drops kitchen bouquet |
| 3 shallots | |

Cut the duck into neat joints. Melt the butter in an earthenware pan, toss the pieces of duck in it, then sprinkle in the flour, and fry it a light brown color; then add the stock, stirring it in smoothly. Add the parsley, lemon juice, shallots, jelly, kitchen bouquet, and meat extract.

Put on the lid and let it simmer for thirty minutes. Season it nicely. Pin a napkin round the casserole and serve it hot.

SQUABS EN CASSEROLE

| | |
|----------------------------------|-----------------------------|
| 4 squabs | Small piece lemon rind |
| 1 onion | 1 heaping tablespoonful (1 |
| $\frac{1}{4}$ lb. raw lean bacon | oz.) flour |
| Bunch of herbs | 1 heaping tablespoonful (1 |
| 1 tablespoonful chopped | oz.) butter |
| parsley | 1 pint (2 cups) stock |
| 1 bay leaf | 1 wineglassful Marsala wine |
| 1 blade mace | Salt and pepper to season |

Cut each bird in four pieces. Cut the bacon into small pieces and the onion into large dice. Melt the butter in a casserole, put in the bacon, onion, herbs, mace, parsley, and bay leaf, and fry them for five minutes, or till a good brown color.

Add the stock, and bring it to boiling point. Lay in the pieces of squabs and lemon rind, cover the casserole tightly, and allow its contents to simmer very gently for one hour. Next skim it well, remove the squabs, and strain the stock. Put the squabs back

in the casserole. Mix the flour smoothly and thinly with a little cold water, add it to the stock, and strain both over the squabs.

Put in the wine and a good seasoning of salt and pepper. Allow the gravy to boil for five minutes to cook the flour, and serve it in the casserole. The wine may be omitted.

SQUIRRELS EN CASSEROLE

| | |
|-------------------------------------|-------------------------------|
| 3 squirrels | 1 quart (4 cups) peeled, cut |
| $\frac{1}{2}$ lb. chopped salt pork | tomatoes |
| 1 cupful chopped onions | 1 tablespoonful sugar |
| $1\frac{1}{2}$ cupfuls sliced par- | 1 tablespoonful salt |
| boiled potatoes | 4 heaping tablespoonfuls (4 |
| 1 cupful green corn | ozs.) butter |
| 1 cupful lima beans | 2 heaping tablespoonfuls (2 |
| 4 quarts (16 cups) boiling | ozs.) flour |
| water | Black and red pepper to taste |

Clean, wash, and joint the squirrels. Lay them in salted water for thirty minutes. Put the ingredients into a large casserole in the following order: First a layer of the pork, then one of the onions; next, of potatoes; then follow with successive layers of corn cut from the cob, the beans, and the squirrels. Season each layer with black and red pepper. Pour in the water, put on the cover, and seal with a paste made of flour and water. Cook gently for three hours, then add the tomatoes, sugar, and salt. Cook for one hour longer; stir in the flour and butter mixed together, boil for five minutes, and serve in the casserole.

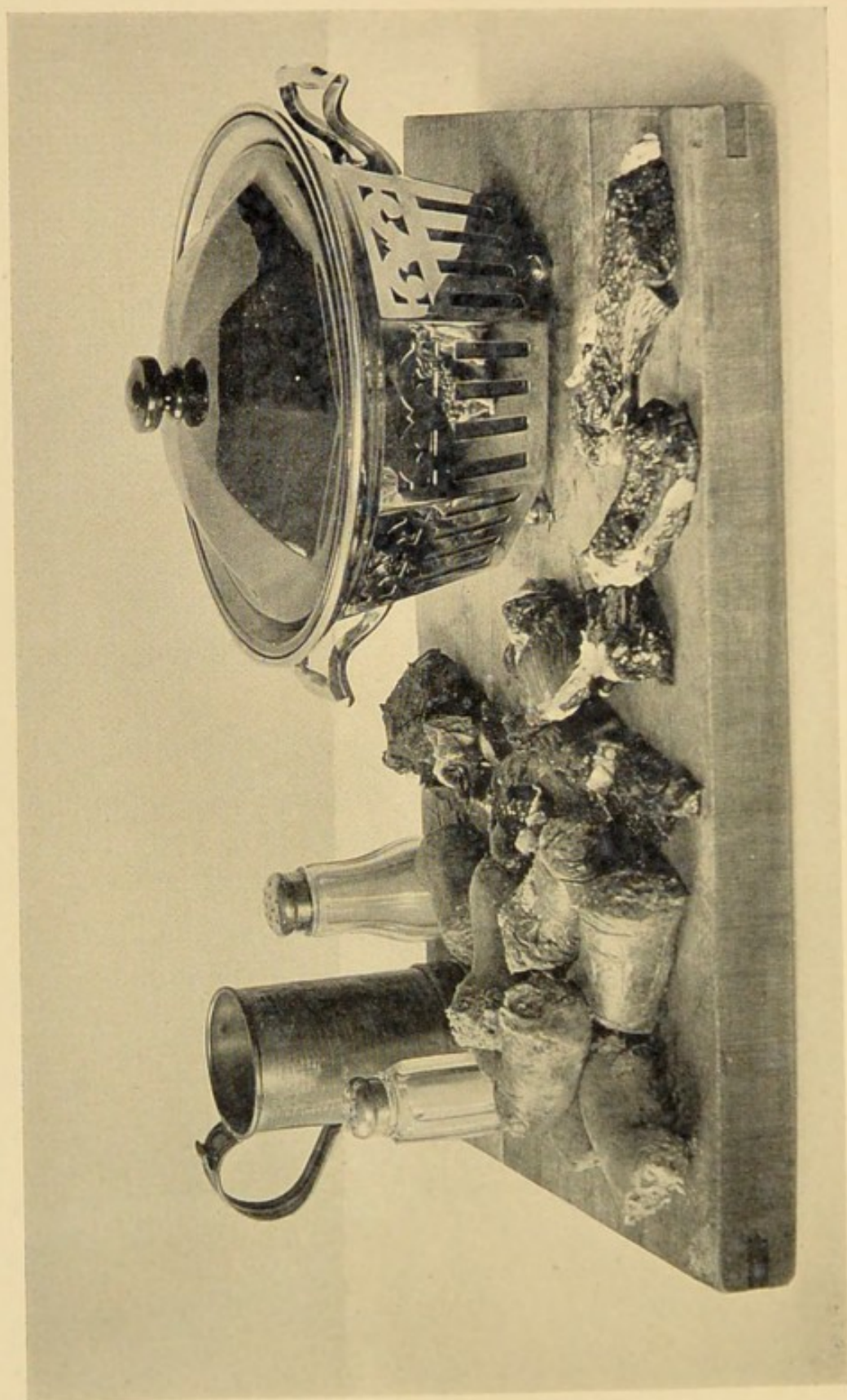
VENISON EN CASSEROLE

| | |
|-------------------------------------|-----------------------------|
| 2½ lbs. venison | 1½ pints (3 cups) stock |
| 10 whole peppers | 2 heaping tablespoonfuls (2 |
| 12 tiny white onions | ozs.) flour |
| 1 clove garlic | 12 mushrooms |
| 1 tablespoonful chopped parsley | 2 pickled walnuts |
| 1 bay leaf | Salt and pepper |
| 2 tablespoonfuls (2 ozs.) butter | A bunch of herbs |
| | 3 wineglassfuls port wine |

Cut up the venison into square pieces; put them into an earthenware jar, add the clove of garlic, bay leaf, peppers, a pinch of salt, and one glassful of the wine. Let this marinade remain for six hours.

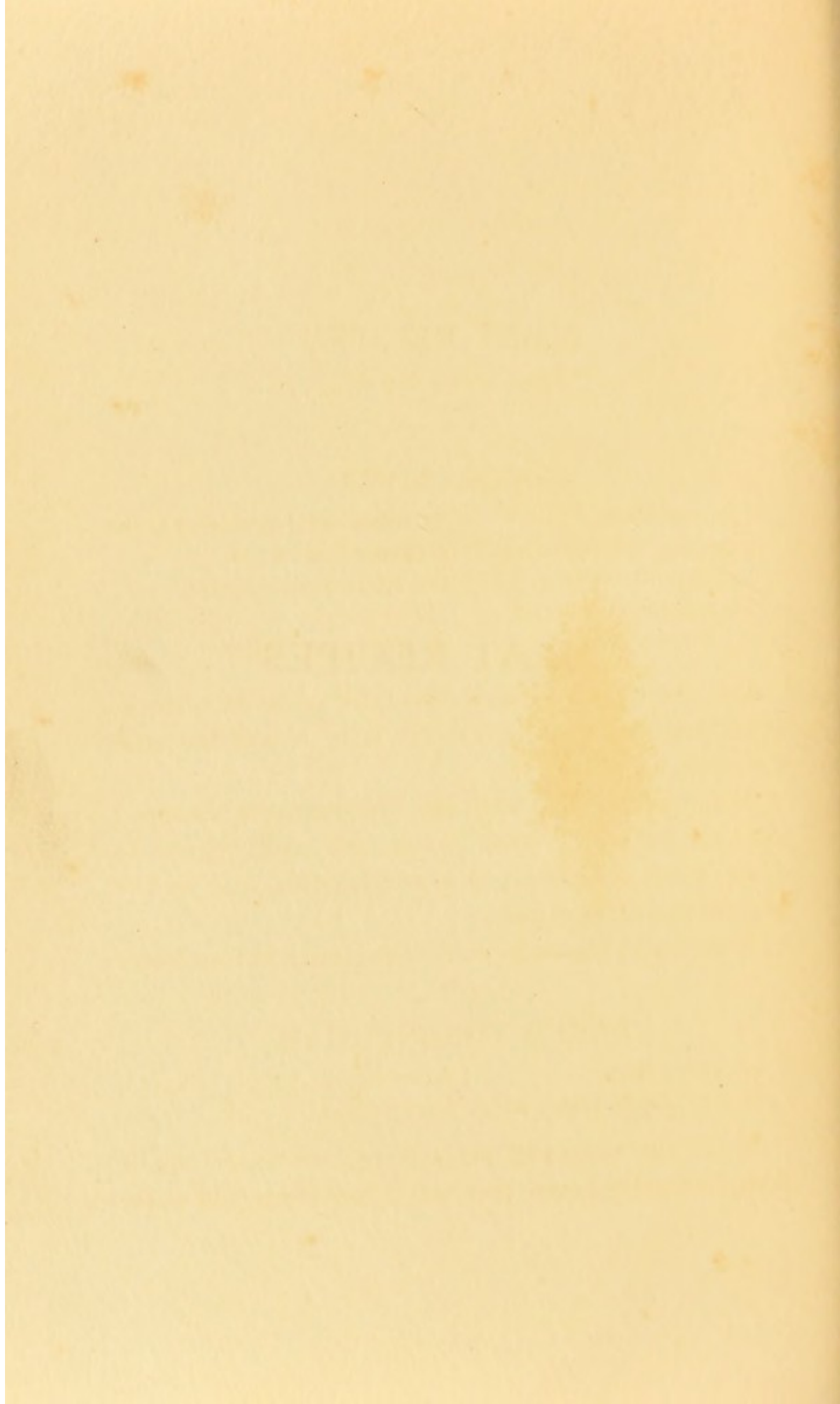
Drain the pieces of venison and dry them. Melt the butter in a casserole, put in the venison, and fry for ten minutes; then add the flour, and mix well; add the wine and the stock, stir till it boils, draw to one side of the fire, add the herbs, the onions, peeled, salt and pepper to taste, and pickled walnuts.

Simmer for forty minutes. Ten minutes before serving add the mushrooms. Remove the herbs before serving in the casserole.



BEEF AND SAUSAGES

MEAT RECIPES



MEAT RECIPES

"Appetite comes with eating"

BAKED LIVER

| | |
|--|--|
| 1 lb. calf's liver | $\frac{1}{4}$ teaspoonful powdered herbs |
| 3 heaping tablespoonfuls bread crumbs | 1 chopped onion |
| 1 teaspoonful chopped parsley | Salt and pepper to taste |
| | Sliced bacon |
| | $\frac{1}{2}$ pint (1 cup) water |

Cut the liver into slices one-third of an inch thick, wash and dry thoroughly, lay it in a well-buttered casserole.

Make a forcemeat with the bread crumbs, chopped parsley, herbs, chopped onion, salt and pepper to taste, cover each strip of liver with this, and on the top place a strip of bacon.

Pour round the water and bake slowly for one hour.

BAKED VIRGINIA HAM

| | |
|--|--------------|
| 1 Virginia ham | A few cloves |
| $\frac{1}{2}$ pint (1 cup) sherry wine | Brown sugar |

Wash the ham and place it in cold water; let it soak for twelve hours, then put it into fresh cold water

and let it soak for another twelve hours. When ready to cook, place it skin down in a large casserole, which must be of good size and full of cold water. It will take about one hour, over a moderate fire, to come to boiling point.

Then keep it boiling steadily—on no account must it be allowed to boil fast—and as the water boils down replenish with hot, never with cold, water, so as not to check the boiling.

When the ham is done it will, on its own accord, turn over skin up. This is sufficient proof of its being thoroughly cooked without further test. Let it cool in the liquor in which it was cooked. Take it out, gash the entire top, having the gashes about half an inch apart. Stick cloves in the gashes, sprinkle thickly with brown sugar, and pour over all the sherry wine.

Lay the ham in a fireproof dish and bake till brown.

BEEF AND SAUSAGES

| | |
|--|--------------------------------------|
| 1 lb. thinly cut beef | ½ lb. sausages |
| 2 heaping tablespoonfuls (2 ozs.) flour | 1 tablespoonful chopped pars- ley |
| Some bread stuffing | Salt and pepper |

Cut the meat into neat strips. Season the flour with salt and pepper; toss the meat in this, and fold each strip into neat rolls, placing a small portion of light bread crumb stuffing in each. Prick and divide

the sausages. Place a layer of sausage in a casserole, then the beef, and then the sausage. Sprinkle in the remaining flour and chopped parsley. Cover with water, put on the lid, then cook slowly for two and a half hours.

To make the bread stuffing: Put into a saucepan one heaping tablespoonful of butter and fry in it one chopped onion; then add one cupful of bread crumbs, one cupful of stock, one teaspoonful of salt, half a teaspoonful of pepper and thyme, one tablespoonful of chopped parsley, and half a cupful of chopped celery. Stir it until it leaves the sides of the pan, then use.

BEEF AND TOMATOES

| | |
|--------------------|---------------------------|
| 2 lbs. lean beef | ½ lb. grated cheese |
| 1 bunch celery | Salt and pepper |
| 4 onions | 1 cupful small mushrooms |
| 1 can tomatoes | 1 tablespoonful soy sauce |
| ¼ package macaroni | |

Cut the meat, celery, and onions into small pieces, then put them into a frying-pan. Set on the range and stir constantly until well browned, being careful not to scorch.

Remove from the fire, and put into a large casserole, add the tomatoes, the macaroni cooked, the cheese grated, the mushrooms, soy, salt and pepper.

Simmer for two hours and serve hot.

CALF'S LIVER À LA MADRID

| | |
|---|---------------------------|
| 1 ½ lbs. calf's liver | ½ pint (1 cup) stock |
| 3 heaping tablespoonfuls (3 ozs.) butter | 3 egg yolks |
| 2 chopped onions | 1 teaspoonful lemon juice |
| 1 heaping tablespoonful (1 oz.) flour | Salt and pepper |
| | Some toast points |

Melt the butter in a casserole; cut the liver in thin slices and fry it in the butter for three minutes; take out the liver, add the onions to the butter, fry till a nice brown color; then sprinkle in the flour, add the stock, and bring to the boil; then add the liver, cover and simmer for thirty minutes, stir in the yolks of eggs and the lemon juice, season nicely with salt and pepper.

Place the toast points on the top and serve in the casserole.

CHILLI CON CARNI

| | |
|---|---------------------------------|
| 2 lbs. round steak | 2 large onions |
| 1 oz. (1 heaping table- spoonful) butter | ¼ teaspoonful powdered thyme |
| 3 dry red peppers | 1 tablespoonful flour |
| 4 red chillies | 3 cloves |
| 3 tablespoonfuls rice | 1 cupful cooked beans |
| Salt | 1 clove garlic |
| ½ pint (1 cup) boiling water | |

Cut the steak into small pieces. Put the butter into a casserole and allow it to get hot, then add the

steak and fry it brown, then add the water and the rice. Cover closely, and cook till very tender. Remove seeds and partitions from red peppers and chillies and cover with boiling water for five minutes.

Drain and chop the peppers and chillies and add them to the steak, with the cooked beans, chopped garlic, flour, thyme, chopped onions, salt to taste, cloves, and cook till very hot and the gravy a nice consistency.

HAM EN CASSEROLE

| | |
|------------------------|-----------------------------|
| 1 slice ham cut thick | ½ teaspoonful celery seed |
| 1 small, chopped onion | 1 small, sweet green pepper |
| 1 bay leaf | Salt and pepper |
| 1 blade mace | Cider |
| 4 cloves | |

Brown the ham on both sides in a hot frying-pan, then lay it in a casserole, add the seasonings, the pepper and the onion chopped. Pour over enough sweet cider to come well up on to the ham.

Cover and bake slowly for two and a half or three hours. Serve hot with cider or tomato sauce and stuffed potatoes.

HAMBURG STEAK EN CASSEROLE

| | |
|--|---------------------------------|
| 1 lb. Hamburg steak | ½ pint (1 cup) stock or water |
| 1 heaping tablespoonful (1 oz.) butter | 1 tablespoonful chopped parsley |
| 1 heaping tablespoonful (1 oz.) flour | A few fried bread croûtons |
| 1 chopped onion | Salt and pepper |

Heat the butter in an earthenware dish, add the onion, fry it until brown, then add the flour, stir well together, add gradually the water or stock, and simmer for ten minutes.

Add the Hamburg steak and cook slowly for half an hour; baste it occasionally. Season with the salt, pepper, and chopped parsley, and place on top just before serving a few nicely fried bread croûtons.

HUNGARIAN GOULASH

| | |
|---------------------------------|---|
| 1 lb. lean veal | 6 carrot balls |
| ½ lb. lean beef | 6 turnip balls |
| 3 tablespoonfuls lard | 1 teaspoonful salt |
| 1 large onion | 1 bay leaf |
| 1½ pints (3 cups) boiling water | 1 clove |
| 1 teaspoonful paprika | 2 heaping tablespoonfuls (2 ozs.) flour |
| 12 potato balls | ½ pint (1 cup) cold water |
| 6 small white onions | 1 chopped chilli pepper |

Slice the onion and brown it in the lard. Remove the onion and put in the veal and beef cut into small pieces. Brown these thoroughly, and remove the meat and place it in a casserole. Add the paprika and the boiling water. Cover the dish and place it in the oven.

Fry the potato, carrot, turnip balls, and onion in smoking hot fat. Add them to the meat after it has simmered for one and a half hours. After the vegetables are added, add the salt, bay leaf, clove, and

flour mixed with the cold water. Pour this into the casserole and stir until the mixture is slightly thickened. Add the pepper mixed with a cupful of boiling water. Cover and simmer for another hour and a half. Serve from the casserole.

IRISH STEW

| | |
|--------------------|-------------------------------|
| 4 lbs. mutton neck | 1 tablespoonful chopped pars- |
| 5 large onions | ley |
| 2 lbs. potatoes | Salt and pepper to taste |
| | Water to cover |

Cut the meat into neat pieces, put it into a large casserole; add the onions sliced, and enough water to cover.

Simmer for two hours; season with salt and pepper. Add the potatoes sliced rather thinly.

Cover closely, and continue to simmer for another hour.

Sprinkle in the parsley just before serving.

KIDNEYS EN CASSEROLE

| | |
|---|--------------------------------------|
| 3 sheep's kidneys | 2 eggs |
| 3 ozs. ($\frac{1}{2}$ cup) chopped suet | 1 tablespoonful chopped pars- ley |
| $\frac{1}{2}$ lb. (2 cups) bread crumbs | 1 teaspoonful powdered herbs |
| $\frac{1}{2}$ pint (1 cup) milk | Salt and pepper |

Skin and chop the kidneys, put them into a basin with the suet, bread crumbs, milk, eggs well beaten, parsley, herbs, and seasonings.

Mix well, turn into a buttered earthenware bowl, cover with a buttered paper, and steam for one hour. Serve hot with brown sauce or good gravy.

LAMB EN CASSEROLE

| | |
|----------------------------|------------------------|
| 2½ lbs. loin of lamb | ¼ lb. (½ cup) butter |
| ¼ lb. (½ cup) rice | 2 egg yolks |
| 1 pint (2 cups) good gravy | Salt and pepper |
| 1 blade mace | A little grated nutmeg |

Half roast the loin of lamb, and cut it into steaks. Boil the rice in boiling salted water for ten minutes, drain it, and add to it the gravy with the nutmeg and the mace; cook slowly until the rice begins to thicken, remove it from the fire, stir in the butter, and when melted add the yolks of eggs well beaten; butter a casserole well, sprinkle the steaks with salt and pepper, dip them in melted butter, and lay them in the buttered dish; pour over the gravy that comes from them, add the rice and simmer for half an hour.

MUTTON À LA VERONA

| | |
|--|----------------------------|
| 2 lbs. neck mutton | 12 preserved cherries |
| 2 turnips | 1 wineglassful sherry wine |
| carrots | 1 tablespoonful mushroom |
| 2 onions | ketchup |
| 1 heaping tablespoonful (1 oz.) flour | 4 tomatoes |
| 1 heaping tablespoonful (1 oz.) butter | 1 pint (2 cups) stock |
| | Salt and pepper |

Wipe the meat, then cut it into neat, small joints. Melt the butter, put in the meat, and fry it on both sides a good brown color.

Remove the meat, sprinkle in the flour, and brown it carefully. Add the stock, and stir until it boils. Put the meat into the casserole, add the sliced onions and tomatoes, some neatly cut pieces of carrot and turnip, the stock, and a little salt. Put on the lid, and simmer for about two hours, until the meat is quite tender.

Meanwhile, with a round vegetable-cutter cut out balls of carrot and turnip, using the reddest part of the former. Cook these in boiling salted water until tender, then drain and keep them hot. Season the stew with salt and pepper, and stir in the wine and ketchup. Arrange the vegetable balls and cherries on the top and serve as hot as possible.

OX TAIL EN CASSEROLE

| | |
|---|--|
| 2 ox tails | 1 blade mace |
| 3 heaping tablespoonfuls (3 ozs.) butter | 1 heaping tablespoonful (1 oz.) flour |
| 1 sliced carrot | $\frac{1}{2}$ pint (1 cup) brown sauce |
| 2 sliced onions | $\frac{1}{2}$ pint (1 cup) stock |
| 2 celery stalks | 1 teaspoonful meat extract |
| 1 bunch herbs | A few stuffed olives |
| 8 whole peppers | Salt and pepper |
| 4 cloves | |

Wash and dry the tails and cut them into joints.

Put the butter into an earthenware pan, add the vegetables, herbs, whole peppers, cloves, and mace. Place the joints on the top of these ingredients with a buttered paper over and the cover of the pan, and cook on the top of the stove for twenty minutes; then remove the paper, sprinkle in the flour, add the meat extract, brown sauce, salt and pepper to season, and the stock; replace the paper and cover and simmer for three and a half hours, adding a little stock occasionally as the liquor reduces, and removing any fat that may rise to the surface.

When ready to serve, put the ox tails on a hot fire-proof dish, and rub the vegetables through a sieve with the liquor. Reheat the sauce, add the olives, and pour it over the meat.

OX TONGUE EN CASSEROLE

| | |
|-----------------|---------------------------|
| 1 ox tongue | Little thyme and marjoram |
| 2 carrots | 3 cloves |
| 2 onions | 6 allspices |
| 1 turnip | Stock or water |
| A bunch parsley | Salt and pepper |

Wash and trim the tongue carefully, roll it round in the same way as you would ribs of beef, and keep it in shape with a piece of tape.

Wash and trim the vegetables, and cut them in pieces. Lay half of them in a casserole with the spices. Next put in the tongue, then the rest of the vegetables, and pour in enough stock or water to half cover the

tongue. Put the lid on the casserole, and let the contents simmer gently for four hours. The tongue should be turned once during the cooking.

Then either serve the tongue hot, with the stock thickened, carefully seasoned, and flavored with mushroom ketchup, or serve it cold garnished with parsley.

PORK EN CASSEROLE

| | |
|--|----------------------------|
| 6 pork chops | 1 teaspoonful salt |
| 2 large onions | 1 teaspoonful pepper |
| 1 tablespoonful powdered sage | 1 teaspoonful curry powder |
| 1 heaping tablespoonful (1 oz.) flour | Hot apple sauce |

Cut up the onions and mix them with the sage. Mix together the flour, salt, pepper, and curry powder. Dip the pork chops into this mixture. Put the onions into a casserole, lay the chops on the top, cover with hot water, and simmer in the oven for two hours.

Serve with hot apple sauce.

To make the apple sauce: Put into a saucepan one heaping cupful of chopped apples, add one tablespoonful of arrowroot, a few grains of salt, one tablespoonful of lemon juice, grated rind of one lemon, a pinch of powdered cinnamon and a quarter of a pint of cold water. Cook all together for fifteen minutes, stirring occasionally. Strain and serve in an earthenware gravy boat.

STEAK EN CASSEROLE

| | |
|--|--|
| 2 lbs. steak | $\frac{1}{2}$ cupful diced fried bacon |
| 2 heaping tablespoonfuls (2 ozs.) butter | 10 small mushrooms (canned) |
| 1 onion | 1 diced cooked carrot |
| 3 tablespoonfuls brown sauce | 1 diced cooked potato |
| 1 tablespoonful chopped pickles | 1 teaspoonful meat extract |
| | A few small fried potatoes |
| | Salt and pepper |

Cut the steak into six neatly shaped flat pieces, and season them with salt and pepper. Fry them slightly on one side in a little of the butter, over a quick fire, and set them aside.

Peel the onion and chop it finely, fry it in a small stewpan in one tablespoonful of the butter to a golden color, moisten with the brown sauce and a little of the mushroom liquor. Boil up, and add the pickles, bacon, mushrooms, carrot, and potato. Heat up these and put them in a casserole, place the meat on the top, add the meat extract, dissolved, cover and cook in the oven for twenty minutes.

Serve hot in the casserole, with the fried potatoes placed on the top.

STEAK AND KIDNEY PUDDING

| | |
|----------------------------------|------------------------|
| 1 $\frac{1}{2}$ lbs. lean beef | Salt and pepper |
| 3 sheep's kidneys | 1 cupful chopped suet |
| $\frac{1}{2}$ lb. (2 cups) flour | Water or buttermilk |
| 1 teaspoonful baking powder | 2 tablespoonfuls flour |

Chop the suet and rub it into the flour, add the baking powder, half a teaspoonful of salt, and enough water or buttermilk to make a stiff paste. Cut off a small piece for a lid.

Roll out the larger piece and line a greased casserole with it.

Cut the meat in thin slices; remove the fat from the kidneys and cut them into four pieces.

Mix two tablespoonfuls of flour with a little salt and pepper, then dip the meat and the kidneys into them. Place the meat and kidneys into the prepared casserole, fill up with water, roll out the small piece of paste and lay it on the top.

Cover with the casserole lid or a piece of buttered paper, and steam steadily for two and a half hours.

SWEETBREADS EN CASSEROLE

| | |
|----------------------|----------------------------|
| 3 sweetbreads | A few parsley sprigs |
| 1 bunch herbs | 1 heaping tablespoonful (1 |
| ½ pint (1 cup) stock | oz.) butter |
| ¼ lb. fat bacon | 1 heaping tablespoonful (1 |
| 1 carrot | oz.) flour |
| 1 onion | Salt and pepper |

Soak the sweetbreads in cold water for two hours, changing the water several times; drop them into boiling water for three minutes, lift out into cold water for fifteen minutes; drain, and remove the skin and fat, place them for half an hour between two plates,

divide the bacon into neat lardoons, and lard them; slice the vegetables and lay them in a casserole, lay the sweetbreads on the top, pour in the stock, and simmer for half an hour.

Melt the butter in another pan, add the flour and the stock from the sweetbreads, and boil for three minutes. Lift the sweetbreads on to a hot dish and strain the sauce over them.

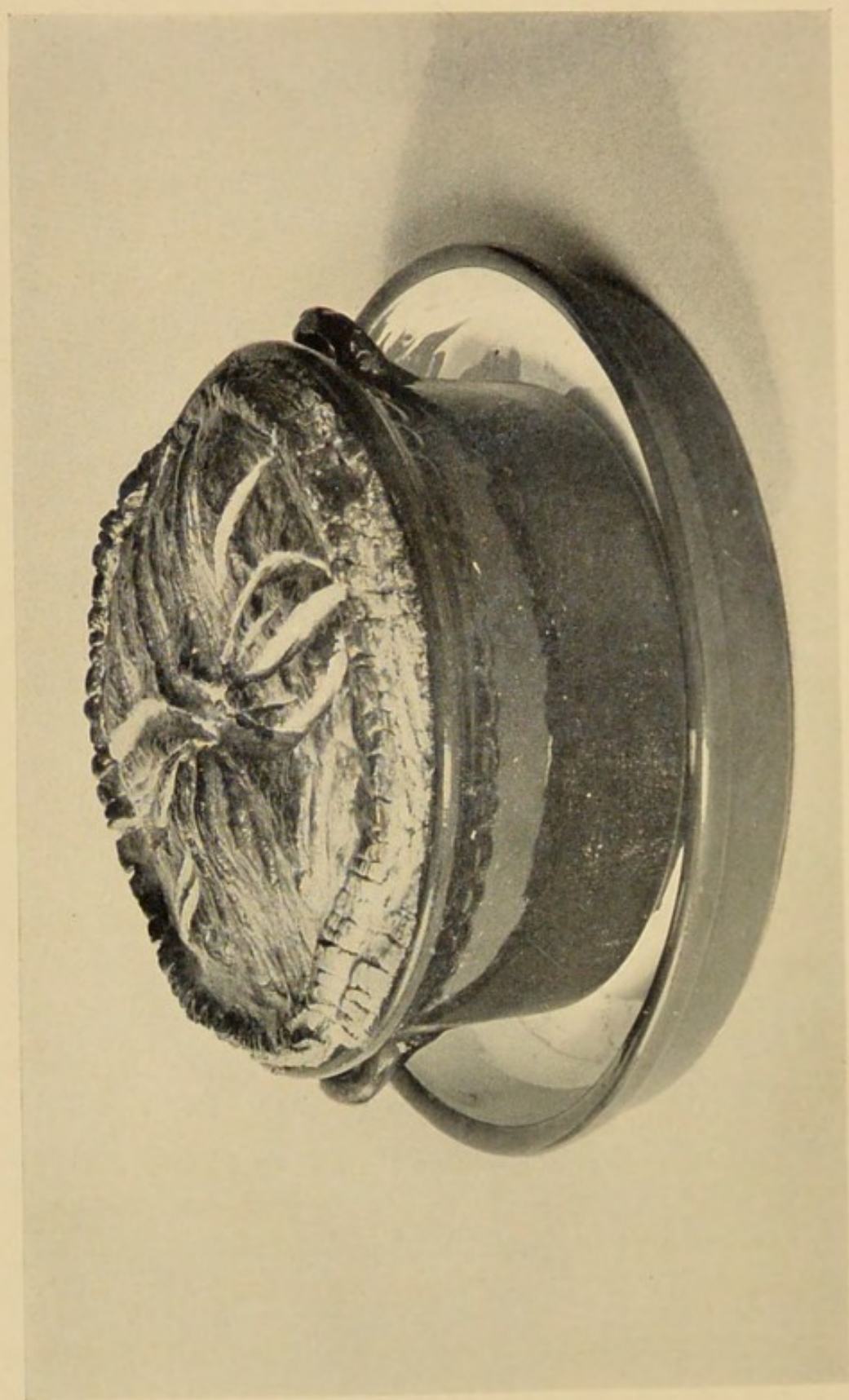
SWISS STEAK

| | |
|------------------------|--------------------------------|
| 1 1/2 lbs. round steak | Salt and pepper |
| 1 carrot | Some flour |
| 1 small turnip | 1/2 pint (1 cup) boiling water |
| 1 onion | 2 tablespoonfuls dripping or |
| 1 tomato | butter |
| 1 bay leaf | |

The steak should be cut two inches thick. Pound into it, using a steak shredder, as much flour as it will hold.

Melt the butter in a casserole, and when it is hot brown the steak in it, turning it over.

Add the onion, carrot, turnip, and tomato sliced and fry them for a few minutes, then add the bay leaf and seasoning of salt and pepper. Pour in the boiling water, put on the cover, and simmer for two hours.



VEAL AND HAM PIE

VEAL AND HAM PIE

| | |
|----------------------------|-------------------------------|
| 1½ lbs. veal | Salt, pepper, red pepper, and |
| 2 hard cooked eggs | mace to taste |
| ½ lb. ham | 1 tablespoonful chopped pars- |
| 1 tablespoonful flour | ley |
| 1 teaspoonful grated lemon | Some puff pastry |
| rind | Stock |
| 1 teaspoonful powdered | |
| herbs | |

Cut the veal and ham into thin slices; mix on a plate the flour, salt, pepper, red pepper, mace, powdered herbs, and lemon rind, roll in this seasoning each piece of veal, and lay in a deep casserole, alternately, layers of veal, ham, and egg cut in slices; pile this in the center of the dish, add one cupful of water, and the parsley; cover with puff pastry and bake in a hot oven for one and a quarter hours.

When baked add a little very good seasoned stock. Serve hot or cold.

YORK HOT POT

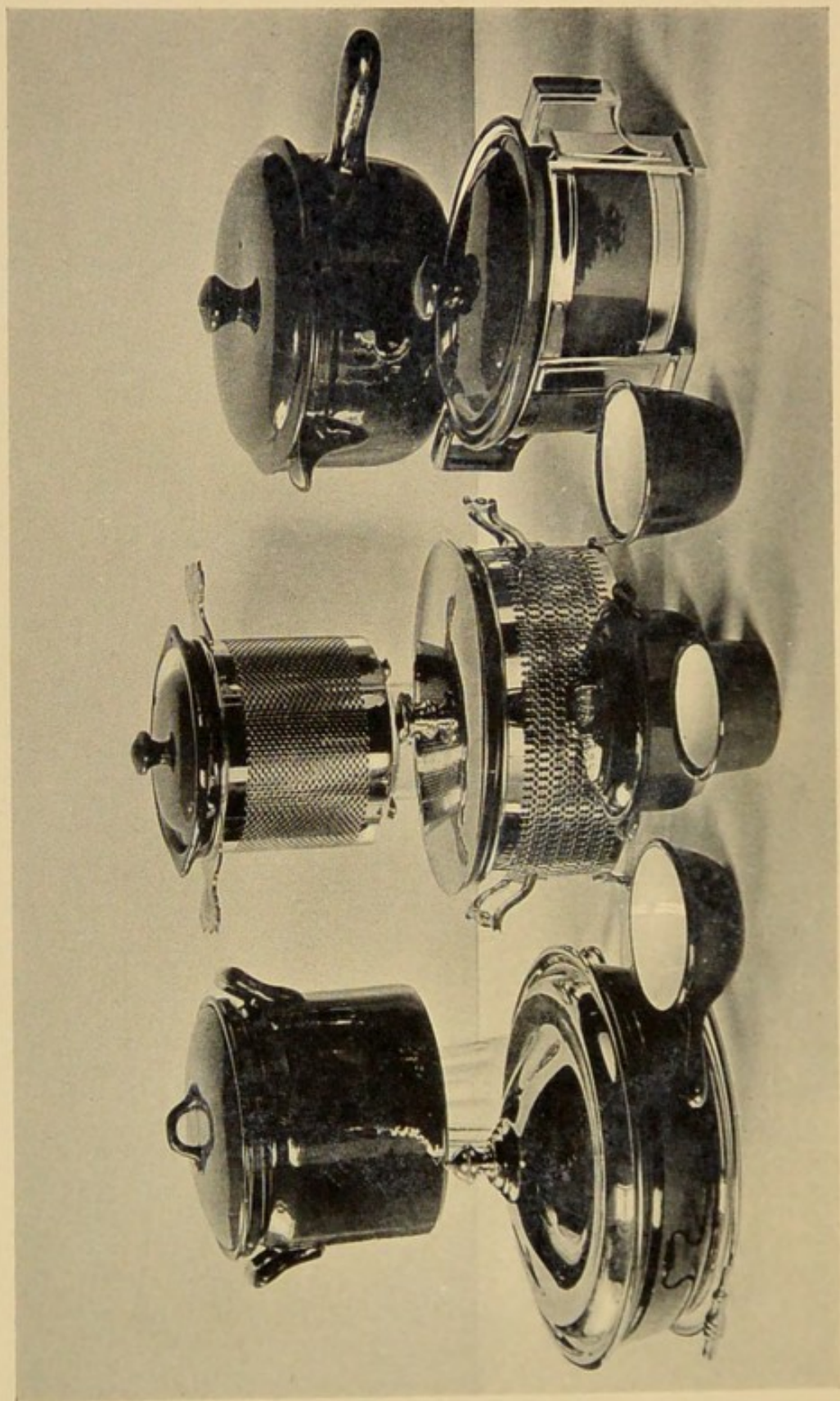
| | |
|--------------------|----------------------------|
| 2 lbs. mutton neck | 1 pint (2 cups) stock |
| 2 lbs. potatoes | 1 heaping tablespoonful (1 |
| 3 onions | oz.) butter or dripping |
| 3 mutton kidneys | 1 teaspoonful curry powder |
| 12 oysters | Salt and pepper to taste |

Cut the meat into neat cutlets. Peel the potatoes, and cut six or eight of them in halves, slicing the rest

thickly. Peel and slice the onions thinly. Wash the mushrooms and oysters. Skin and halve the kidneys.

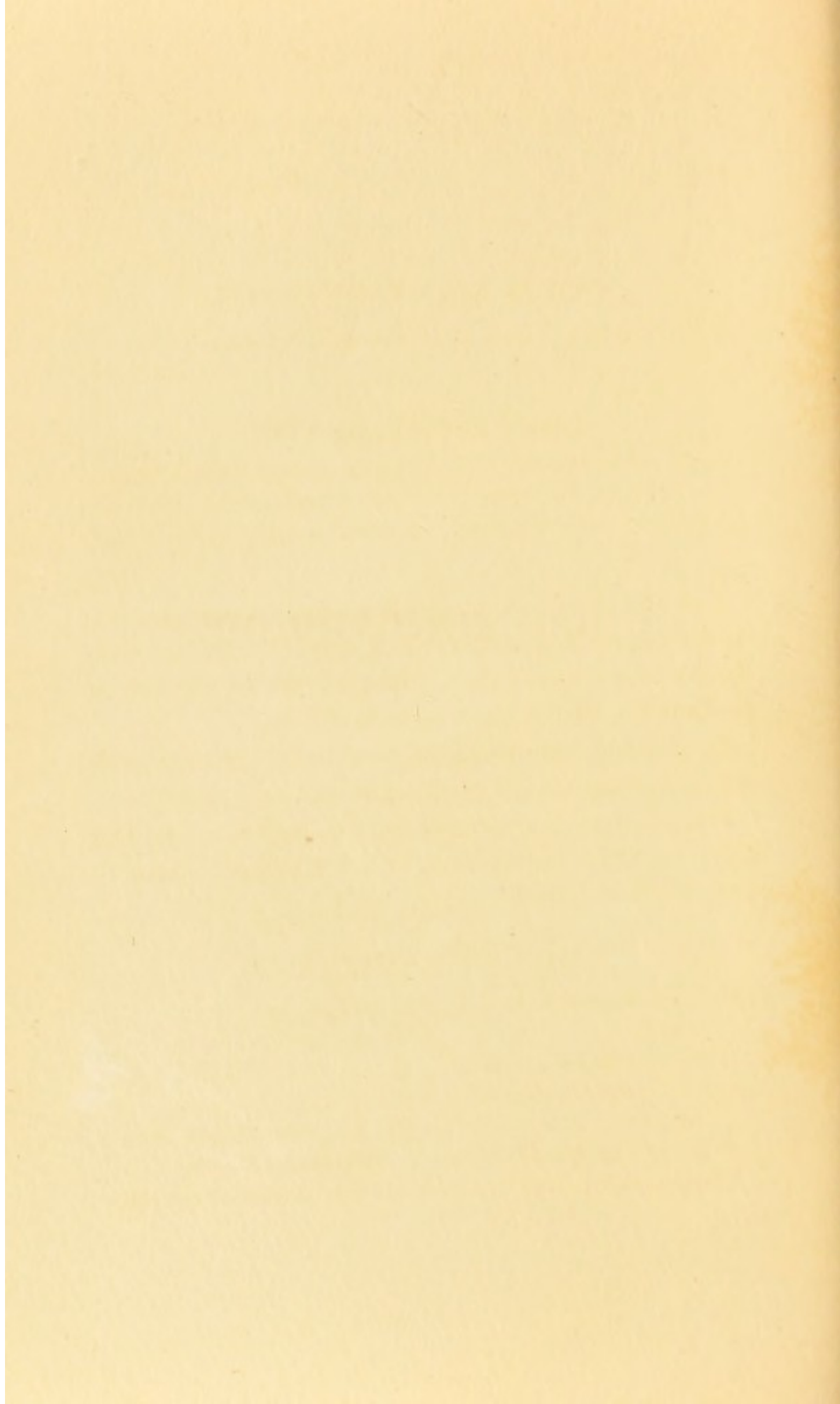
Put all these in layers in a casserole. The last one should be of potatoes cut in halves. Season well, put in the butter, and pour in the stock; put the lid on, and cook gently in a slow oven for two and a half hours.

For the last half hour remove the lid, so that the potatoes may brown nicely. Serve in the casserole.



GROUP OF CASSEROLES

COLD MEAT RECIPES



COLD MEAT RECIPES

"I always match my appetite to my bill of fare"

CHICKEN AU GRATIN

| | |
|---|-------------------------------|
| 1/2 lb. cold chicken | 1/2 pint (1 cup) tomato sauce |
| 1/2 cupful grated cheese | A few bread crumbs |
| 2 heaping tablespoonfuls (2 ozs.) rice | Salt and pepper |

Cut the chicken into small pieces. Cook the rice in boiling salted water until tender. Drain well. Butter an au gratin dish, place a layer of chicken at the bottom, then a layer of cooked rice.

Pour some tomato sauce over this, sprinkle with bread crumbs, grated cheese, and salt and pepper.

Repeat these layers until the dish is full. The last layer must be cheese and bread crumbs. Place in a hot oven to brown.

CHICKEN RAMEQUINS

| | |
|---------------------------------------|--|
| 1 1/2 cupfuls cooked chicken cubes | Salt and pepper Dust of paprika |
| 1/2 pint (1 cup) cooked peas | 1 gill (1/2 cup) chicken stock |
| 1 gill (1/2 cup) sliced mushrooms | 1 gill (1/2 cup) cream |
| 2 ozs. (1/4 cup) butter | 1 gill (1/2 cup) liquor from canned mushrooms |
| 2 tablespoonfuls flour | A few browned bread crumbs |

Blend the butter and flour together in a fireproof dish, add the chicken stock, cream, mushroom liquor, and seasoning of salt, pepper, and paprika. Stir until they boil for three minutes, then add the chicken, peas, and mushrooms, and when all are thoroughly hot and well mixed, divide into hot buttered ramequins.

Sprinkle a few browned bread crumbs over the top and serve at once.

CHOPPED VEAL

| | |
|--|---|
| 1 lb. chopped veal | $\frac{3}{4}$ pint (1½ cups) gravy or |
| 1 heaping tablespoonful (1 oz.) butter | stock |
| 1 heaping tablespoonful (1 oz.) flour | Seasoning salt, pepper, lemon juice, and mace |
| | Toast points and cut lemon |

Put the butter into a fireproof dish, and when quite hot add the flour and brown it, then add the stock; boil for five minutes, then add the veal and seasonings.

Heat through but do not boil. Serve garnished with toast points and cut lemon.

The gravy or stock may be made by stewing the veal bones with a carrot, turnip, onion, sprig of parsley, and a strip of lemon rind for one hour.

COTTAGE PIE

| | |
|------------------------|--------------------------|
| Some cold potatoes | A little gravy |
| Some cold chopped meat | Salt and pepper to taste |
| A little dripping | |

Rice the potatoes or rub them through a sieve; butter a fireproof dish, put in alternate layers of potatoes and meat, add a little pepper, salt, and gravy to each layer; continue this until the dish is full, and have a good layer of potatoes for the top; mark the top with a fork, and put on a few pieces of butter or dripping.

Bake a nice brown color and serve hot.

MACARONI RAGOUT

| | |
|--|---|
| ½ package macaroni | 2 tablespoonfuls cornstarch |
| 2 tablespoonfuls chopped cooked ham | ½ pint (1 cup) milk |
| 1 tablespoonful chopped cooked meat or tongue | 1 oz. (1 heaping tablespoon- ful) butter |
| 1 oz. (4 tablespoonfuls) grated cheese | ½ teaspoonful meat extract |
| Salt, pepper, and dust of red pepper | 1 tablespoonful chopped pars- ley. |

Break the macaroni into inch lengths, then boil it in plenty of boiling salted water until tender; drain and keep hot.

Mix the cornstarch with a little cold milk till smooth; boil the remaining milk, stir in the cornstarch, meat extract, seasonings, chopped parsley, cheese, chopped ham, chopped meat or tongue; allow to cook for ten minutes, stirring occasionally.

Pile the macaroni mixture in a buttered casserole and pour over it the cornstarch mixture.

Put in the oven to brown over and serve hot.

CREAMED DRIED BEEF WITH MACARONI

| | |
|-------------------------------------|----------------------------------|
| $\frac{1}{2}$ lb. sliced dried beef | 4 ozs. (4 tablespoonfuls) butter |
| $\frac{1}{4}$ lb. macaroni | |
| 4 hard cooked eggs cut in rings | 4 ozs. (4 tablespoonfuls) flour |
| | Salt and paprika to taste |
| 1 pint (2 cups) milk | |

Break the macaroni into inch lengths, then throw it into boiling salted water, allow to cook for forty minutes, then drain and keep hot.

Melt the butter in a casserole, then fry the beef until slightly browned, then remove the beef, stir in the flour, and cook for eight minutes; add the seasonings and the beef.

Arrange the macaroni on a hot casserole, pour over the beef, and garnish with the eggs.

MUTTON HASH

| | |
|--|----------------------------------|
| Some cold mutton | Bunch sweet herbs |
| 1 heaping tablespoonful (1 oz.) butter | $\frac{1}{2}$ pint (1 cup) stock |
| 1 heaping tablespoonful (1 oz.) flour | 1 small onion |
| 1 celery stalk | 2 parsley sprigs |
| | Salt and pepper |
| | Some mashed potatoes |

Melt the butter in an earthenware pan, and when quite hot, brown the onion sliced, then the flour; add the stock, which may be made by stewing the bones with one onion, carrot, turnip, and a blade of mace; when boiling, add the celery, herbs, parsley,

pepper, and salt; simmer for half an hour, then add the mutton, taking care to remove the fat; allow this to simmer for half an hour.

Serve hot with mashed potatoes.

PORK PIE

| | |
|------------------------------------|----------------------------------|
| Some cold pork | 4 ozs. (1 cup) grated cheese |
| $\frac{1}{2}$ package macaroni | 1 onion |
| 1 tablespoonful chopped parsley | $\frac{1}{2}$ pint (1 cup) cream |
| Salt and pepper to taste | 1 egg |
| | Some pastry |

Cut the meat into neat pieces; boil the macaroni in boiling salted water for half an hour, then drain it; mix the pork with the macaroni, add the cheese, the onion and parsley chopped fine, cream, salt and pepper to taste; butter a fireproof pie-plate, line it with pastry, fill it with the mixture, cover it with pastry, brush it over with the egg well beaten, and bake in a hot oven for half an hour.

Serve hot.

PUFFS OF MEAT

| | |
|---------------------------------|--|
| 1 cupful diced roast meat | 1 heaping tablespoonful (1 oz.) flour |
| 2 eggs | |
| $\frac{1}{2}$ pint (1 cup) milk | Salt and pepper to taste |
| 1 teaspoonful baking powder | |

Beat up the eggs, add them gradually to the flour, then add the milk, meat, salt and pepper, and powder.

Divide into buttered cocottes, and bake in a hot oven.

Serve hot.

RÉCHAUFFÉ OF BEEF

| | |
|---------------------------|------------------------------|
| Some slices of cold roast | 3 tablespoonfuls red currant |
| beef, rare if possible | jelly |
| 1 oz. (1 heaping table- | 1 wineglassful sherry wine |
| spoonful) butter | Salt and red pepper to taste |

Melt the butter and red currant jelly in a casserole, then add the wine and the seasonings.

When thoroughly hot, add the beef cut in small, neat, rather thick slices. Heat it through, but do not let it boil.

SOUFFLÉ OF VEAL

| | |
|-----------------------------|--------------------------------|
| 1 pint (2 cups) cold cooked | 1 pint (2 cups) milk |
| chopped veal | 4 eggs |
| 2 ozs. (2 heaping table- | 2 tablespoonfuls chopped pars- |
| spoonfuls) butter | ley |
| 2 ozs. (2 heaping table- | Salt and pepper to taste |
| spoonfuls) flour | |

Blend the butter and the flour in an earthenware dish over the fire, add gradually the milk, stir till it thickens, and cook for five minutes. Then add the veal, parsley, and the seasonings.

Remove from the fire and add the eggs well beaten. Pour into a well-buttered casserole and bake in the oven until nicely browned, it will take twenty or twenty-five minutes.

Serve hot.

SURPRISE POTATOES

| | |
|---|-------------------------------------|
| 5 large potatoes | $\frac{1}{2}$ tablespoonful chopped |
| 1 lb. cold meat | parsley |
| 3 mushrooms | Salt and pepper to season |
| 2 heaping tablespoonfuls (2 ozs.) butter | |

Peel and chop the mushrooms, and cook them in one tablespoonful of the butter. Cut the meat into small pieces, add it to the mushrooms, season nicely, and heat thoroughly. Choose five large, even-sized potatoes, wash and dry them; make a small incision in each, place in a hot oven, and bake until soft.

Cut each potato into half lengthways, scoop out most of the center, and rub through a sieve. Season with salt and pepper, add the remainder of the butter and the parsley; replace some of this mixture in the potato skin, leaving a hollow in each.

Fill this center cavity with the meat preparation. Place the halves of potato together again, lay them in small fireproof dishes, and put in the oven to reheat.

TONGUE RAMEQUINS

| | |
|---------------------------------|------------------------------|
| 1 cupful diced cooked tongue | 1 hard cooked egg |
| 1 firm lettuce | Seasoning of salt and pepper |
| 2 pickled walnuts | Some chopped aspic jelly |

Chop the tongue, hard cooked egg, crisp lettuce leaves, and walnuts; then mix them together, seasoning

them with a little salt and pepper. Divide into white china ramequins and decorate the top with chopped aspic jelly.

Serve very cold.

TONGUE STANLEY

| | |
|--------------------------|---------------------------|
| A few slices cold tongue | Some good white stock or |
| Some poached eggs | sauce |
| A few chopped pistachio | Salt and pepper to season |
| nuts | |

Cut the slices of tongue half an inch in thickness, then trim them neat and round. Lay these rounds in small fireproof dishes, season with salt and pepper, place a poached egg on each piece of tongue, pour over some good white stock or sauce, heat in the oven, and serve decorated with chopped pistachio nuts.

TURKEY EN CASSEROLE

| | |
|----------------------------|--------------------------|
| The remains of a turkey | 1 bay leaf |
| 1 heaping tablespoonful (1 | 3 sprigs parsley |
| oz.) butter | 1 small onion |
| 1 heaping tablespoonful (1 | 1 wineglassful port wine |
| oz.) flour | Salt and pepper to taste |
| 1 pint (2 cups) stock | |

Put the bones and trimmings of the turkey, the onion, and herbs, with water to cover, into an earthenware pan.

Let these simmer for one hour. Melt the butter,

stir in the flour smoothly, and fry it carefully a good brown. Then strain in the stock, stirring it well all the time.

Let it boil, then season it carefully and add the wine. Cut the turkey into neat pieces, put it into a casserole, strain over the gravy, cover, and put the casserole either in the oven or on the stove.

Let the meat heat gently, being careful that it does not *boil*, or it will become hard and tough.

Serve in the casserole.

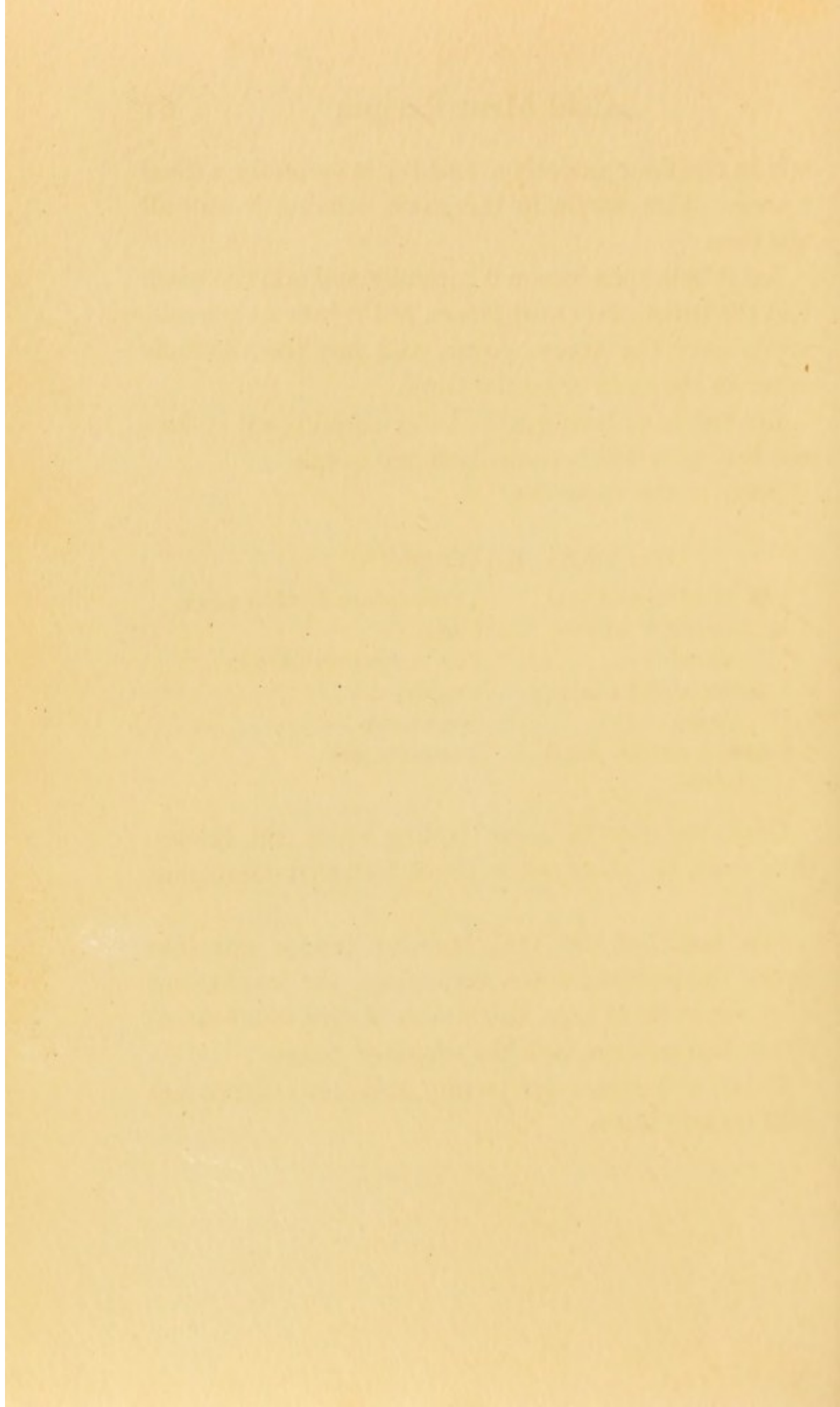
VEAL RAMEQUINS

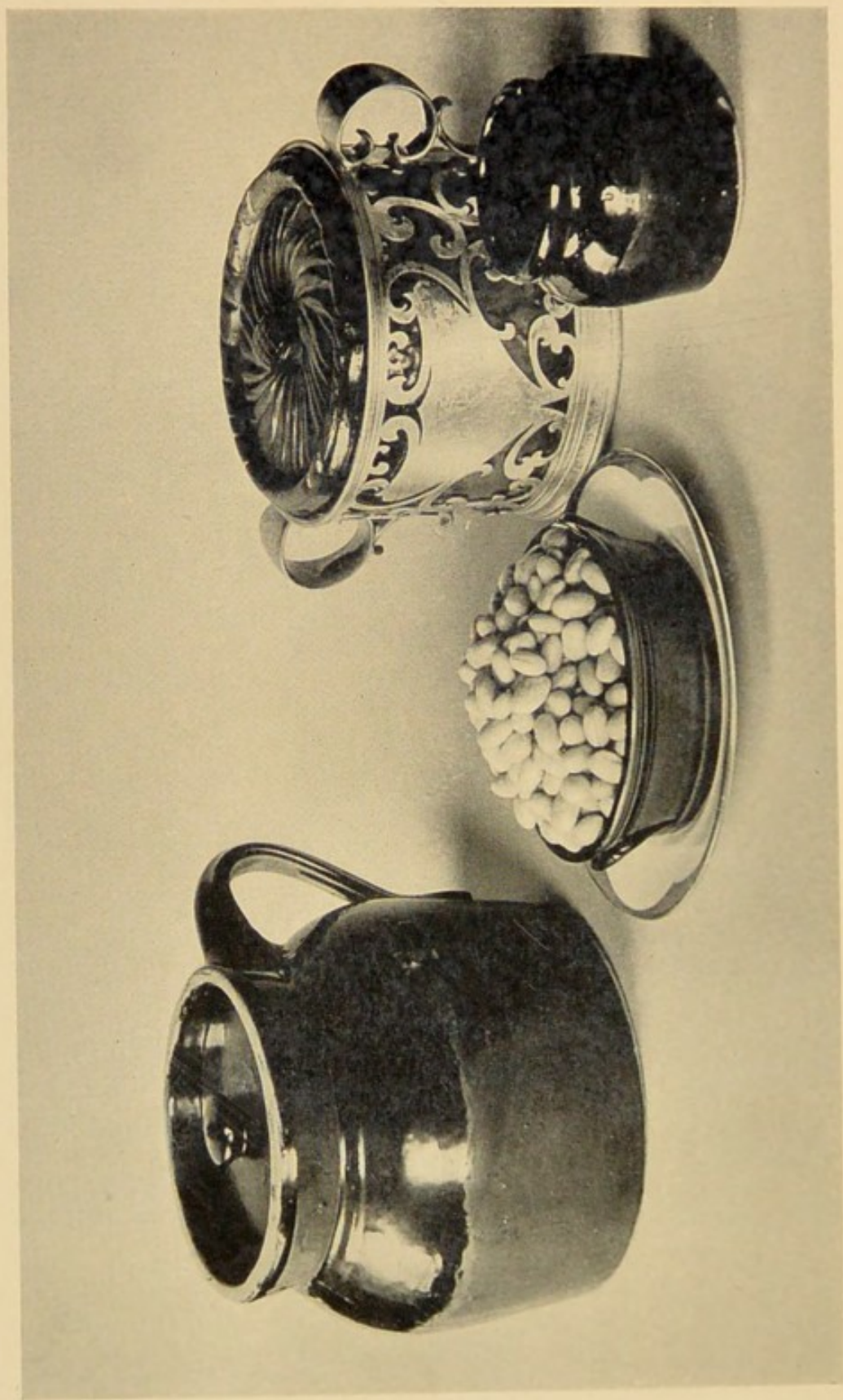
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|------------------------------------|------------------------------|
| 1 lb. diced cooked veal | 4 tablespoonfuls white sauce |
| ¼ lb. cooked ham or tongue | 2 eggs |
| 1 tablespoonful chopped parsley | Salt and pepper to taste |
| 6 cooked button mush- rooms | 1 cupful rice |
| | Some stock |
| | Tomato sauce |

Cook the rice in some boiling stock till tender, then drain it. Line some small buttered ramequins with it.

Mix together the veal, ham, or tongue cut into strips, the parsley, sauce, seasonings, the mushrooms chopped, yolks of eggs, and whites of eggs well beaten; divide this mixture into the prepared dishes.

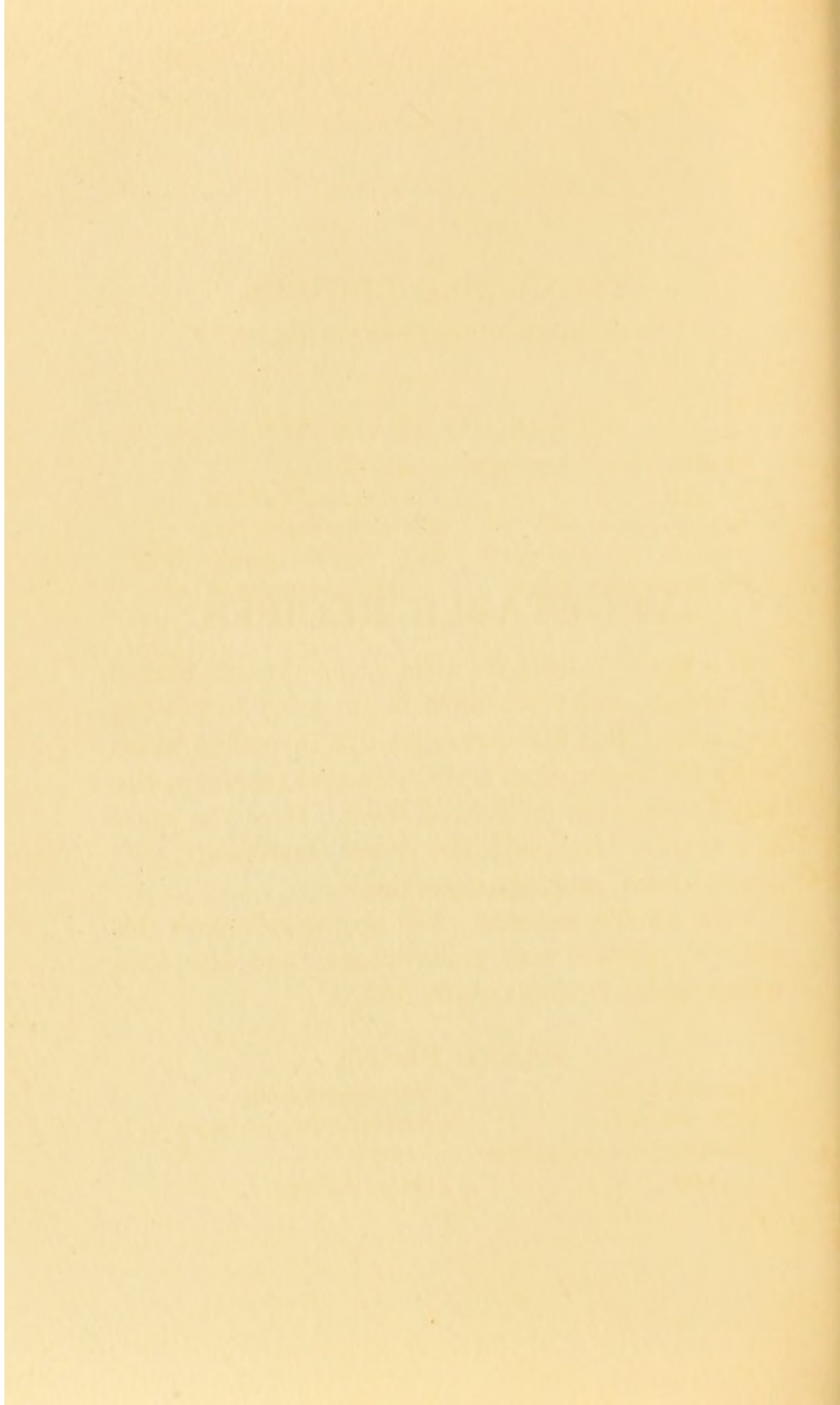
Cover and steam for twenty minutes. Serve hot with tomato sauce.





BAKED BEANS

VEGETABLE RECIPES



VEGETABLE RECIPES

"The Gods sent not corn for the rich men only"

ASPARAGUS AU GRATIN

| | |
|---|--|
| $\frac{1}{2}$ pint (1 cup) asparagus tips | 1 egg yolk |
| 10 small dinner rolls | 1 tablespoonful cream |
| 1 gill ($\frac{1}{2}$ cup) white sauce | Few drops lemon juice |
| 1 tablespoonful grated cheese | Salt, pepper, paprika, and grated nutmeg to taste |

Cut the tops from the rolls, scoop the soft part of the crumb, and place them in the oven to get dry and crisp. Boil the asparagus tips in boiling salted water till tender, then drain. Canned asparagus tips may be used, but do not boil them. Heat the sauce in a fireproof dish, add the cheese, seasonings, yolk of egg, cream, and asparagus tips.

Cook for five minutes. Fill up the rolls with this mixture, sprinkle with grated cheese, and dish on a folded napkin in an au gratin dish.

BAKED BEANS

| | |
|-------------------------------|---------------------------------------|
| 4 cupfuls beans | 1 tablespoonful salt |
| $\frac{1}{2}$ lb. salt pork | 4 tablespoonfuls molasses or sugar |
| 1 heaping teaspoonful mustard | 1 onion, if liked |

Soak the beans in cold water (soft water preferred) over night. In the morning wash and rinse them thoroughly, then parboil them until they are soft enough to pierce with a darning needle. Change the water while parboiling, always using boiling water for cooking and rinsing. Drain, put one half of the beans into a bean pot; add the mustard, salt and, sweetening.

Score the pork and place it on the top of the beans, cover with the remaining beans, and then cover the whole with boiling water.

Put the lid on the bean pot and bake in a slow oven for eight hours.

Uncover the last hour of cooking.

To score pork, cut the pork rind into squares.

BAKED CABBAGE

| | |
|-----------------|--------------------------|
| 1 firm cabbage | 2 heaping tablespoonfuls |
| 2 eggs | chopped cooked bacon |
| Salt and pepper | 2 tablespoonfuls milk |
| | 1 tablespoonful butter |

Trim the cabbage and boil it till tender in plenty of boiling salted water. Press out all the moisture, chop it fine, and press it again.

Now add the butter, milk, bacon, seasonings, and the eggs well beaten.

Mix and turn into a buttered fireproof dish, and bake till well browned on the top.

Small pieces of butter dotted about on the surface are an improvement and hasten the browning operation.

BAKED ONIONS

| | |
|------------------------------|-------------------------------|
| 12 medium sized onions | 1 heaping tablespoonful (1 |
| 1 pint (2 cups) milk | oz.) butter |
| 2 table spoonfuls fine tapi- | 1 tablespoonful chopped pars- |
| oca | ley |
| | Salt and pepper |

Peel the onions and boil them till tender in boiling salted water. Drain and place them in a buttered casserole; pour in the milk mixed with the tapioca, then add the butter, parsley, salt and pepper. Bake in the oven for half an hour. Serve in the casserole.

BAKED PARSNIPS

| | |
|-----------------|---|
| 6 parsnips | 4 ozs. ($\frac{1}{2}$ cup) melted butter |
| Salt and pepper | |

Peel and wash the parsnips and cut them in two lengthways. Steam them for one hour. Remove them from the fire, put them into a buttered earthenware dish, sprinkle with salt and pepper, pour the melted butter over them, and set in the oven to bake slowly till perfectly tender and brown.

BEANS WITH ONIONS

| | |
|---|--|
| 1 pint (2 cups) cooked beans | 1 oz. (1 heaping tablespoon- ful) flour |
| 3 large chopped onions | Salt and pepper to taste |
| 2 ozs. (2 heaping table- spoonfuls) butter | $\frac{1}{2}$ pint (1 cup) water or stock |

Melt the butter in a fireproof dish, then fry the onion in it till a light brown color, sprinkle in the flour, salt and pepper, then stir in the cooked beans and the water or stock.

Bake till thoroughly hot and serve with roast meat.

BRAISED ONIONS

| | |
|-------------------|--------------------------------------|
| 4 Spanish onions | 1 cupful ($\frac{1}{2}$ pint) brown |
| 2 sheep's kidneys | gravy |
| | Salt and pepper to taste |

Wipe and skin the kidneys, then slice them finely, and season with salt and pepper to taste. Peel the onions, scoop out the center portion, and fill with the kidneys. Place them in a casserole, add the gravy, and cook slowly for about two hours. Serve hot.

BROWNED POTATOES

| | |
|--|--|
| 12 potatoes | 1 onion |
| 4 ozs. ($\frac{1}{2}$ cup) melted but- ter | $\frac{1}{2}$ teaspoonful black pepper |

Peel the potatoes and boil them in boiling salted water until they are nearly, though not quite, done.

Take up, drain, and cut each potato in halves lengthways; put flat side down on a hot buttered earthenware pan, set into the oven, baste with the melted butter having the onion juice and black pepper in it, till the potatoes are brown and quite tender.

BRUSSELS SPROUTS WITH CHEESE

| | |
|---------------------------------------|--------------------------------------|
| 1 box Brussels sprouts | $\frac{1}{2}$ cupful grated Parmesan |
| $\frac{1}{2}$ pint (1 cup) rich cream | cheese |
| 1 teaspoonful salt | |

Trim the sprouts and boil them in boiling salted water till they are perfectly tender, drain thoroughly, and let get quite cold.

Mix the cream and salt together, then dip each sprout into it; arrange them in a buttered shallow earthenware dish, sprinkle the cheese over them, and bake in a hot oven for six minutes.

Serve hot.

CANDIED SWEET POTATOES

| | |
|------------------------|-------------------------------------|
| 4 sweet potatoes | $\frac{1}{2}$ pint (1 cup) molasses |
| 1 tablespoonful butter | Salt and pepper |

Select yellow sweet potatoes, peel them, and slice them lengthways. Steam with the butter, salt and pepper, and a little water.

When tender drain off the water. Put the potatoes

into an earthenware baking dish, pour over the molasses, and bake in a hot oven until the molasses candies over the potatoes.

CARROTS À LA POMPADOUR

| | |
|---|--|
| 2 cupfuls cooked sliced carrots | 2 heaping tablespoonfuls (2 ozs.) flour |
| 2 cupfuls cooked sliced po- tatoes | ½ pint (1 cup) cream |
| 2 heaping tablespoonfuls (2 ozs.) butter | ½ pint (1 cup) milk |
| | 2 tablespoonfuls grated cheese |
| | Salt and pepper |
| | A few browned bread crumbs |

Butter a fireproof dish, then put in the carrots and then the potatoes on the top. Blend the butter and flour together in a saucepan over the fire, add gradually the milk, cream, cheese, salt and pepper, and stir till it boils.

Pour over the potatoes, sprinkle the browned bread crumbs on the top. Bake in a hot oven for ten minutes.

CAULIFLOWER AU GRATIN

| | |
|-----------------------------------|---|
| 1 cauliflower | 1 heaping tablespoonful (1 oz.) butter |
| 1 pint (2 cups) white sauce | |
| 3 tablespoonfuls grated cheese | Salt and pepper |

Wash and trim the cauliflower and boil it in boiling salted water till tender. When done, drain well and shape it neatly. Mix two tablespoonfuls of the

grated cheese with the white sauce. Butter an au gratin dish and put in it three tablespoonfuls of the sauce. Upon this place the cauliflower, head upward.

Cover with the sauce, which has been nicely seasoned, and sprinkle the surface with fine bread crumbs and the rest of the cheese. Place the butter in pieces here and there on the top, and bake for a quarter of an hour.

COLCANNON

| | |
|---|---------------------------------|
| 6 cupfuls boiled cabbage | Salt and pepper to taste |
| 3 cupfuls mashed potatoes | $\frac{1}{2}$ pint (1 cup) milk |
| 3 ozs. (3 heaping table- spoonfuls) butter | |

Mix the cabbage, potatoes, half of the butter, milk, and the salt and pepper together with a fork.

Put the mixture into a buttered earthenware baking dish, place the rest of the butter on the top, and bake for three-quarters of an hour in a fairly hot oven.

Serve hot, alone or with meat of any kind.

CORN PUDDING

| | |
|------------------------------------|--|
| 12 ears sweet corn | 4 ozs. (4 heaping table- spoonfuls) sugar |
| $1\frac{1}{2}$ pints (3 cups) milk | |
| 4 eggs | Salt and pepper to taste |

Cut the corn from the cob, rejecting the hull. Put the corn into a deep buttered earthenware dish, add the milk, sugar, salt and pepper, and the eggs well beaten.

Bake in a moderate oven for two hours.

CURRIED VEGETABLES

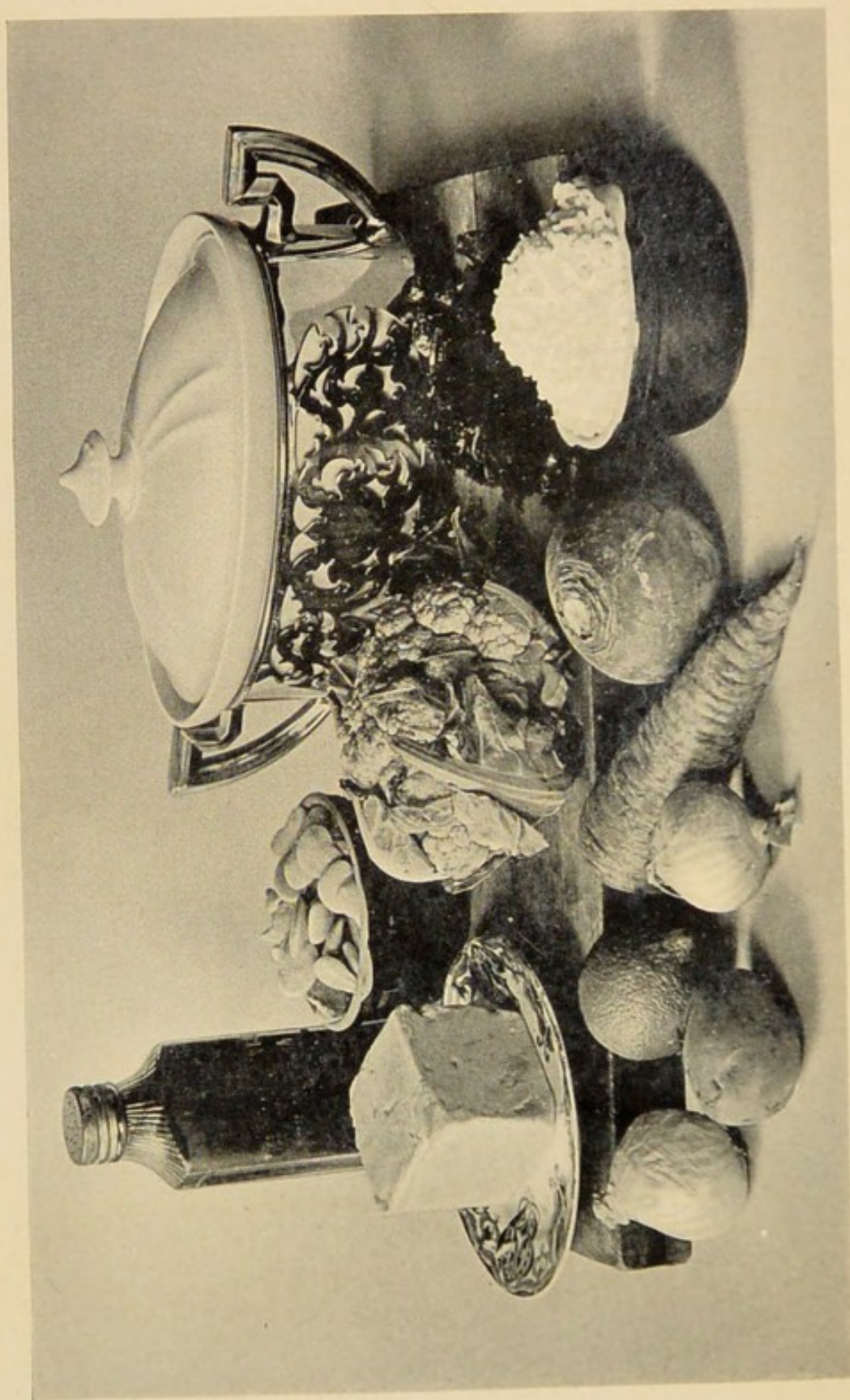
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|-----------------------|---|
| 2 beets | 1 heaping tablespoonful (1 |
| 2 onions | oz.) flour |
| 2 turnips | 1 heaping tablespoonful (1 |
| 3 carrots | oz.) butter |
| 5 potatoes | 1 tablespoonful curry powder |
| 1 parsnip | 1 teaspoonful salt |
| 1 cupful string beans | 1 cupful ($\frac{1}{2}$ lb.) boiled rice |
| 2 celery stalks | 1 pint (2 cups) stock |
| 2 sweet red peppers | |

Cook all the vegetables, then cut them into dice-shaped pieces. Melt the butter in a casserole, add the onions, and fry them a nice brown color. Stir in the flour and curry powder, add gradually the stock, stir till boiling, then simmer for a quarter of an hour; add the vegetables, season nicely, cover the casserole, and cook slowly for half an hour.

Remove the fat from the top of the vegetables. Place the red peppers cut in strips on the top and serve with the rice.

EGG-PLANT AU GRATIN

| | |
|---|---|
| 1 egg-plant | 1 teaspoonful chopped parsley |
| 1 heaping tablespoonful chopped lean bacon | 2 tablespoonfuls bread crumbs |
| 6 chopped mushrooms | 1 tablespoonful milk |
| 2 chopped shallots | 2 tablespoonfuls grated cheese |
| 1 heaping tablespoonful chopped suet | 1 egg |
| 2 heaping tablespoonfuls (2 ozs.) butter | Some white sauce |
| | Seasoning of salt, pepper, paprika, and grated nut- meg |



CURRIED VEGETABLES

Cut the egg-plant in two lengthways and remove a portion of the interior to make room for the stuffing. Melt the butter in an earthenware pan, stir in the shallots, bacon, mushrooms, suet, parsley, seasonings, one tablespoonful of the cheese, and the egg well beaten. Put this stuffing into the egg plant. Arrange on a buttered au gratin dish, sprinkle with a mixture of bread crumbs and grated cheese. Bake in a moderate oven for three-quarters of an hour.

Serve hot with white sauce.

ESCALLOPED SWEET CORN

| | |
|-----------------|--------|
| Corn | Butter |
| Bread crumbs | Milk |
| Salt and pepper | |

Cut the corn from the cob, put a layer in a buttered earthenware dish, sprinkle with salt and pepper, and cover with fine bread crumbs. Repeat this until the dish is full, having the crumbs on the top; then dot with butter and fill the dish with milk.

Bake in a moderate oven till ready.

LENTILS CREOLE

| | |
|--|--------------------------|
| 1 cupful ($\frac{1}{2}$ lb.) lentils | 1 pint (2 cups) tomatoes |
| 3 canned red peppers | 1 onion |
| 2 heaping tablespoonfuls (2 ozs.) butter | Salt and pepper |

Wash the lentils, then cover with cold water and soak

overnight. Drain, cover with fresh warm water, and simmer for half an hour. Bring to boiling point. Again drain, again cover with hot water, and simmer until the lentils are tender.

They are ready when they mash easily between the fingers. Melt the butter in a casserole; add the onion and red peppers chopped fine. Stir and cook until the butter is browned. Add the tomatoes, canned or raw, salt and pepper to taste. Drain the lentils and add them. Cook for half an hour without the cover.

MUSHROOMS AU GRATIN

| | |
|-----------------------------|-------------------------------|
| 1 lb. mushrooms | 1 teaspoonful chopped pars- |
| 3 heaping tablespoonfuls (3 | ley |
| ozs.) butter | 1 tablespoonful chopped |
| 1 tablespoonful grated | cooked meat |
| cheese | Stock to moisten |
| 2 tablespoonfuls bread | Salt, pepper, and grated nut- |
| crumbs | meg to taste |

Select six large fresh mushrooms from the pound of mushrooms and mince the remainder with the stems. Sauté the latter in the butter for two minutes.

Mix the bread crumbs, cheese, parsley, seasonings, sautéed mushrooms, and stock to moisten. Fill into the large mushroom caps, sprinkle a few bread crumbs over the top, place in a fireproof dish, and bake for a quarter of an hour.



MUSHROOMS AU GRATIN

OKRA, RICE, AND TOMATOES

| | |
|--------------------------------|-------------------------------|
| 1 quart okra | 1 heaping tablespoonful (1 |
| $\frac{1}{2}$ lb. (1 cup) rice | oz.) butter |
| $\frac{1}{2}$ can tomatoes | Salt, pepper, dust of paprika |

Wash the rice and boil it in boiling salted water till tender; drain, and add the butter, salt, pepper, and paprika. Cut the okra in slices and cook it in a small quantity of boiling water. When nearly ready add the tomatoes and the rice.

Serve hot in fireproof dishes.

PEAS EN CASSEROLE

| | |
|----------------------------------|---|
| 2 quarts shelled peas | 3 heaping tablespoonfuls (3 |
| Small bunch parsley | ozs.) butter |
| 12 tiny white onions | $\frac{1}{2}$ teaspoonful powdered mint |
| $\frac{1}{2}$ pint (1 cup) water | Salt and pepper to taste |

Peel the onions and put them into a casserole, add the peas, butter, mint, water, parsley, salt, and pepper. Cover and simmer for one hour.

Remove the parsley and serve hot.

POTATOES AU GRATIN

| | |
|--------------------------|---|
| 2 lbs. potatoes | 1 $\frac{1}{2}$ pints (3 cups) boiling milk |
| Salt, pepper, and grated | 1 garlic clove |
| nutmeg to taste | $\frac{1}{2}$ lb. grated cheese |
| 1 egg | 2 tablespoonfuls butter |

Peel and finely slice the potatoes. Put them into

a basin, add half of the cheese, milk, seasonings, and the egg well beaten.

Rub some au gratin dishes with the clove of garlic and then well butter them; divide the mixture into them; sprinkle the rest of the cheese on the top; dot with the butter, and cook in a moderate oven for forty minutes.

POTATO BALLS EN CASSEROLE

| | |
|--|---------------------------------|
| 1 lb. boiled potatoes | 2 egg yolks |
| 2 heaping tablespoonfuls (2 ozs.) butter | Salt and paprika to taste |
| 2 heaping tablespoonfuls (1 oz.) grated cheese | 1 tablespoonful chopped parsley |

Rub the potatoes through a sieve, add the butter, cheese, yolks of eggs well beaten, salt and pepper.

Make into neat balls, lay them on a buttered fire-proof dish, brush over with a little beaten egg, mark with a fork, and bake a nice brown color in the oven; pour over them a little melted butter, and sprinkle with the chopped parsley and paprika.

Serve hot.

RICE AND TOMATO PIE

| | |
|--|--|
| 1 lb. tomatoes | 3 tablespoonfuls bread crumbs |
| $\frac{1}{4}$ lb. ($\frac{1}{2}$ cup) rice | |
| 1 small onion | 1 tablespoonful chopped parsley |
| $\frac{1}{2}$ pint (1 cup) stock | |
| 1 heaping tablespoonful (1 oz.) butter or dripping | Salt, pepper and curry powder to taste |

Wash the rice. Bring the stock to the boiling point,

then put in the rice and cook it until it has absorbed all the stock.

Butter a casserole. Peel and slice the tomatoes. Put them in layers with the rice in the dish; dust each layer with a little salt, pepper, curry powder, chopped parsley, and chopped onion. Sprinkle a layer of bread crumbs on the top, and put the butter on the top in small pieces.

Bake in a moderate oven for about forty minutes.

SALSIFY EN CASSEROLE

| | |
|-------------------------------|---------------------------|
| 1 bundle salsify | 1 teaspoonful lemon juice |
| 1 pint (2 cups) white sauce | 1 tablespoonful butter |
| 1 teaspoonful anchovy extract | Few browned bread crumbs |
| | Salt and pepper |

Scrape and wash the roots of the salsify and put it to boil in boiling salted water in which has been squeezed the juice of half a lemon; when tender, drain off the water and cut into half-inch lengths.

Season the sauce with the lemon juice, anchovy extract, salt, and pepper. Toss the salsify in the sauce, turn it into a fireproof dish, put the bread crumbs and the butter on the top, and bake for a quarter of an hour.

STEWED LETTUCE

| | |
|-----------------------|---|
| 12 heads of lettuce | Salt and pepper |
| 1 sliced onion | $\frac{1}{2}$ pint (1 cup) water |
| 1 small bunch parsley | 2 ozs. ($\frac{1}{4}$ cup) melted butter |

Wash the lettuce, cutting off the stalks at the roots, and put it into an earthenware pan with the onion, parsley, water, salt, and pepper; cook slowly for two hours. By this time the water should have pretty well cooked away, leaving the lettuce fairly dry.

Remove from it the onion and parsley, add the melted butter, and serve hot.

STUFFED PEPPERS

| | |
|--|---|
| 6 sweet green peppers | 1 gill ($\frac{1}{2}$ cup) tomatoes |
| 4 tablespoonfuls chopped cooked ham | 1 oz. (1 heaping tablespoon- ful) butter |
| 4 tablespoonfuls bread crumbs | 1 slice chopped onion |
| 1 tablespoonful chopped parsley | Salt and pepper |
| | Water or stock |

Use peppers of uniform size. Cut a piece off the stem end, and remove the seeds and partitions. Drop them into boiling water and boil for ten minutes.

Mix together the ham, parsley, bread crumbs, tomatoes, onion, butter, salt and pepper, and stuff them into the peppers.

Cover with a few buttered bread crumbs, place in a buttered fireproof dish, pour in a little water or stock, and bake in a moderate oven for three-quarters of an hour.

STUFFED POTATOES

| | |
|---|-----------------------------|
| 8 large potatoes | 3 tablespoonfuls cream |
| 2 ozs. (2 heaping table- spoonfuls) butter | A few buttered bread crumbs |
| | Salt, pepper, and paprika |

Wash and dry the potatoes and bake them in a hot oven. When done, cut off the tops, scoop out the potato, and put it in a bowl, with the butter, cream, and seasonings.

Beat together until smooth, then return the mixture to the shells, sprinkle over with the bread crumbs, put a tiny piece of butter on the top of each, and cover with the tops.

Put into a casserole and bake till hot.

STUFFED TOMATOES

| | |
|----------------------|-----------------------------|
| 6 tomatoes | A little chopped red pepper |
| Some sweet corn | A few dashes Worcestershire |
| Cream | sauce |
| Salt and onion juice | A little lemon juice |

Have the tomatoes of uniform shape and size, wash and dry them, cut a round piece from the stem end of each.

Cut some tender sweet corn from the ears and set to heat with a little cream, salt, Worcestershire sauce, a few drops of onion juice, and a little chopped red pepper.

Scoop out the seeds from the tomatoes. Fill the tomatoes with the corn, lay them on a buttered fire-proof dish, and bake until they are tender.

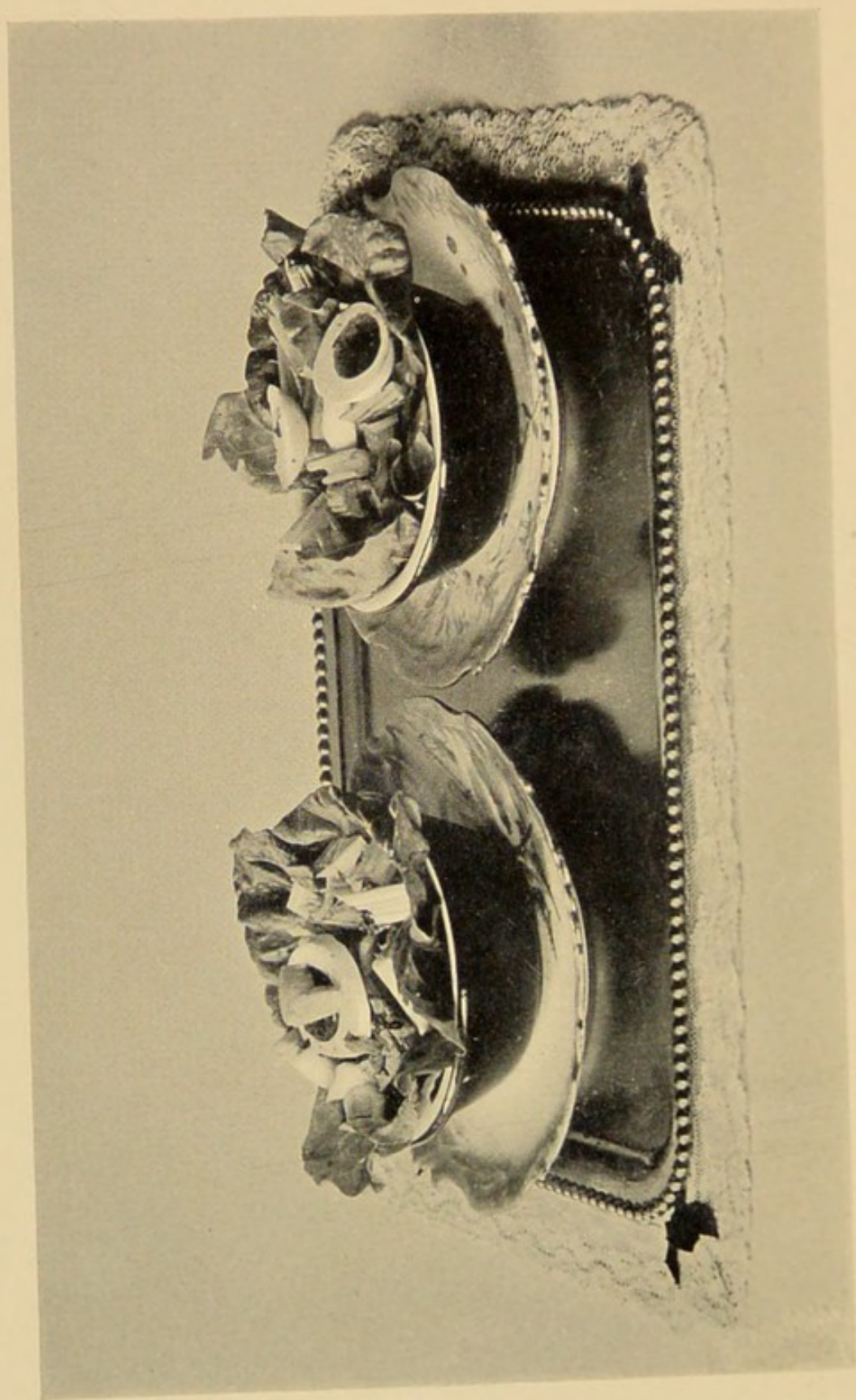
Serve with a little melted butter and lemon juice put over each one.

TURNIPS AU GRATIN

| | |
|-----------------------------|----------------------------|
| 9 turnips | 1 heaping tablespoonful (1 |
| 1 pint (2 cups) white sauce | oz.) butter |
| 4 heaping tablespoonfuls | Salt and pepper |
| grated cheese | |

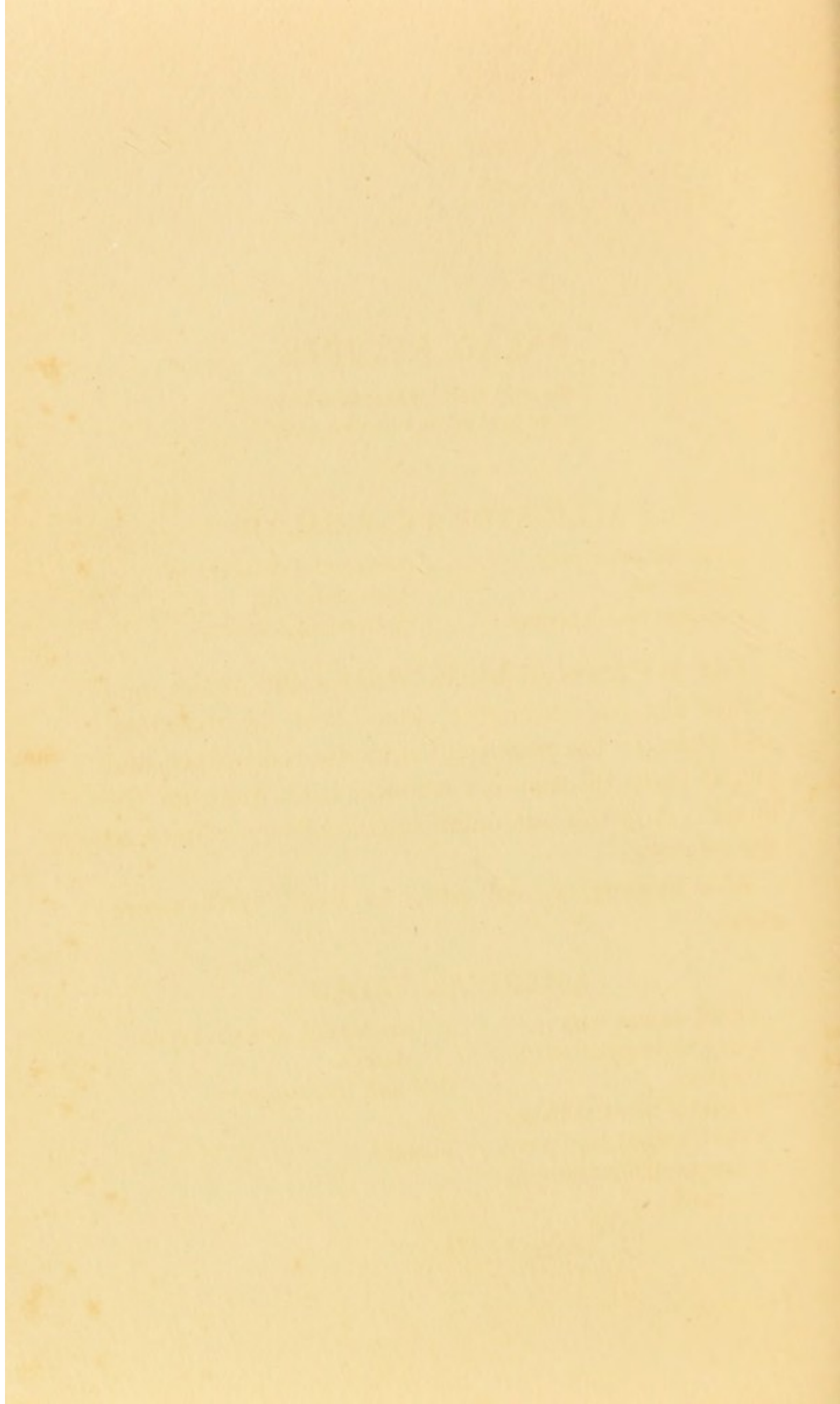
Wash and peel the turnips, soak them in cold salted water for ten minutes. Drain, and cook the turnips in boiling salted water till half cooked.

Drain and cut in slices. Butter a gratin dish; arrange the slices on it in a heap. Heat the sauce, add two tablespoonfuls of the cheese to it; season the turnips with salt and pepper, pour the sauce over, and sprinkle the rest of the grated cheese over the top; put a few pieces of butter here and there, and cook in a hot oven till a light brown color.



AMERICAN SALAD

SALAD RECIPES



SALAD RECIPES

*"We may pick a thousand salads,
Ere we light on such another herb"*

ALLIGATOR PEAR SALAD

- | | |
|------------------------|---------------------------|
| 3 ripe alligator pears | 1 teaspoonful onion juice |
| 3 tomatoes | 1 teaspoonful salt |
| 1 canned sweet pepper | 1 tablespoonful vinegar |

Cut the pears in halves, remove the stones, and scrape the pulp from the skin. Peel the tomatoes, add them to the pear pulp, add the red pepper, and pound them till they are smooth, then drain off the liquid. Add the salt, onion juice, and lemon juice to the mixture.

Mix thoroughly and serve in small earthenware dishes.

AMERICAN SALAD

- | | |
|--------------------------|-----------------------------|
| 3 hard cooked eggs | 1 teaspoonful grated horse- |
| 1 cupful chopped celery | radish |
| 1 lettuce | Salt and black pepper |
| ½ cupful sliced radishes | Oil |
| 1 cupful diced cucumbers | Vinegar |
| 1 teaspoonful made mus- | |
| tard | |

Slice the eggs, mix them with the radishes and cucumber, then add a little oil, vinegar, black pepper, and salt. Put two yolks of eggs into a basin, add the mustard, one teaspoonful of vinegar, seasoning of salt and pepper, and enough olive oil to make it creamy. Add the grated horseradish. Drain the vegetables and divide them into ramequins and pour the dressing over them.

The fireproof dishes should be lined with crisp lettuce leaves.

ARTICHOKE SALAD

| | |
|--|--|
| $\frac{1}{4}$ peck Jerusalem arti- chokes | 2 tablespoonfuls chopped parsley |
| French dressing | 2 tablespoonful capers |
| 1 teaspoonful grated horse- radish | 1 tablespoonfuls chopped red pepper |

Wash and scrape the artichokes; boil them in boiling salted water till tender—the water should contain a little lemon juice and butter. Drain and slice them, and while they are hot pour over them a French dressing made of three parts olive oil to one of vinegar, the horseradish, and the necessary salt and pepper.

Divide into ramequins and set away to get very cold. Garnish, when sending to table, with chopped parsley, capers, and peppers.

ASPARAGUS AND SHRIMP SALAD

- | | |
|---|--------------------------------|
| 1 pint (2 cups) boiled asparagus tips | Mayonnaise dressing |
| 1 pint (2 cups) cooked and sliced shrimps | 1 tablespoonful capers |
| | 1 tablespoonful chopped olives |
| | 1 teaspoonful French mustard |

Boil the asparagus tips and let them get cold; then put them into a fireproof dish with the shrimps. Put the capers, olives, and French mustard into the mayonnaise dressing, then mix it with the asparagus and shrimps.

CHERRY SALAD

- | | |
|--------------------------------|---|
| 2 cupfuls large, firm cherries | Mayonnaise dressing |
| Some crisp lettuce leaves | $\frac{1}{2}$ cupful blanched and cut almonds |

Stone the cherries and cut them in halves; then mix them with the almonds and mayonnaise dressing. If mayonnaise is not desired, use a dressing made of four tablespoonfuls of olive oil, one tablespoonful of lemon juice, one teaspoonful of sherry wine, and seasoning of salt, pepper, and grated nutmeg.

Serve in cocottes lined with crisp lettuce leaves.

CUCUMBER SALAD

- | | |
|-----------------------------|---------------------------|
| 3 cucumbers | 1 teaspoonful onion juice |
| 1 red sweet pepper | Salt and pepper |
| 1 tablespoonful lemon juice | Oil and vinegar |

Peel two of the cucumbers and cut them in two lengthways. Then scrape out all the seeds. Put the pieces of cucumber into ice water containing the lemon juice.

Chop the third cucumber with the red pepper, and season this mixture with the salt, pepper, oil, vinegar, and onion juice.

Set the cucumbers on ice to get very cold. Cut each half in two lengthways in serving.

This salad looks dainty on small earthenware dishes.

ENDIVE AND GRAPE-FRUIT SALAD

| | |
|---------------------------------|-----------|
| $\frac{1}{2}$ lb. French endive | Paprika |
| 1 ripe grape fruit | 1 romaine |
| French dressing | |

Wash and dry the endive and mix it with the carpels of the grape fruit. Color some French dressing well with paprika, and pour it over the salad at the moment of serving.

Mix well and serve on leaves of romaine, or simply in ramequins without the romaine.

FRUIT SALAD

| | |
|-----------------------------|-----------------------------------|
| 2 cupfuls diced tart apples | $\frac{1}{2}$ cupful white grapes |
| Pulp 1 grape fruit | French dressing |
| 3 diced bananas | Lettuce leaves |

Mix the apples with the pulp of the grape fruit, add the bananas, and mix with the French dressing.

Serve on lettuce leaves in cocottes and garnish with peeled and seeded grapes.

JARDINIÈRE SALAD

| | |
|---|-----------------------------|
| 1 cupful strips new turnip | Chicken stock |
| 1 cupful strips new carrots | 4 tablespoonfuls olive oil |
| 1 cupful strips potatoes | 2 tablespoonfuls white wine |
| 1 cupful green peas | vinegar |
| 2 heaping tablespoonfuls (2 ozs.) butter | Mayonnaise dressing |

Put the turnips, carrots, potatoes, and peas into a casserole with the butter. Cover them with the chicken stock, and cook until they are quite tender; then drain.

Mix the oil and vinegar and stir them into the vegetables. Set away in a cool place for one hour. Divide into small earthenware dishes and cover with the mayonnaise dressing.

LETTUCE AND POTATO SALAD

| | |
|-------------------------|----------|
| 1 large crisp lettuce | 2 onions |
| 1 cupful diced potatoes | Dressing |

Shred the lettuce till very fine and keep it in a cool place. Peel and cut raw potatoes into dice-shaped pieces and cook in boiling salted water with the onions.

Take out when done, remove the onions, pour over the potatoes while they are still hot a dressing of oil, vinegar, salt and pepper, and set them to cool.

Arrange the crisp lettuce leaves on an oval earthenware dish and put the potatoes in the center. Chopped parsley and thin slices of cold hard cooked eggs may be added to this salad as a garnish, or sliced gherkins and capers may be used.

LETTUCE AND GREEN PEPPER SALAD

- | | |
|---------------------------------|---------------------|
| 1 crisp lettuce | Vinegar and oil |
| 2 chopped green peppers | Salt and red pepper |
| 2 tablespoonfuls chopped chives | |

Shred the lettuce, put it into an earthenware bowl, sprinkle over the chopped green peppers and chopped chives, and dress with vinegar, oil and salt, and a dash of red pepper.

LOBSTER SALAD

- | | |
|----------------------------|---------------------|
| 1 canned or boiled lobster | 3 skinned tomatoes |
| 4 small crisp lettuces | Mayonnaise dressing |
| 1 bunch watercress | A little pepper |
| 2 hard cooked eggs | |

Wash and dry the lettuces and the watercress. Cut the lettuce and put it into a dainty earthenware dish; then put in a layer of the watercress, a layer of the lobster sprinkled with pepper, and a layer of the eggs cut in slices.

Cover with mayonnaise dressing and ornament with slices of tomato and hard cooked egg alternately.

If preferred, sardines may replace the lobster.

RED CABBAGE AND CELERY SALAD

| | |
|---------------------|---------------------------|
| 1 crisp red cabbage | Lemon juice and oil |
| 1 cupful cut celery | 1 teaspoonful onion juice |
| Salt and pepper | Mayonnaise dressing |

Chop the tenderest leaves of a red cabbage very fine. Mix it with the celery and moisten with lemon juice and oil, and season with salt and pepper. Add the onion juice.

Allow to remain in a cool place for half an hour. Divide into dainty casseroles and cover with mayonnaise dressing.

STRING BEAN SALAD

| | |
|---------------------------|----------------------------|
| 1 quart string beans | Salt and pepper to taste |
| 2 teaspoonfuls vinegar | 3 tablespoonfuls olive oil |
| 1 teaspoonful onion juice | |

Cut the beans into inch lengths and boil till tender in boiling salted water. Drain, and while they are hot pour over them the vinegar, onion juice, salt, and pepper. Let get perfectly cold; just before serving mix the olive oil with them.

Serve in white china ramequins.

SWEETBREAD SALAD

| | |
|---------------------------|------------------------------|
| 1 pair sweetbreads | 2 tablespoonfuls lemon juice |
| ½ cupful cut celery | 1 tablespoonful capers |
| Some crisp lettuce leaves | Mayonnaise dressing |

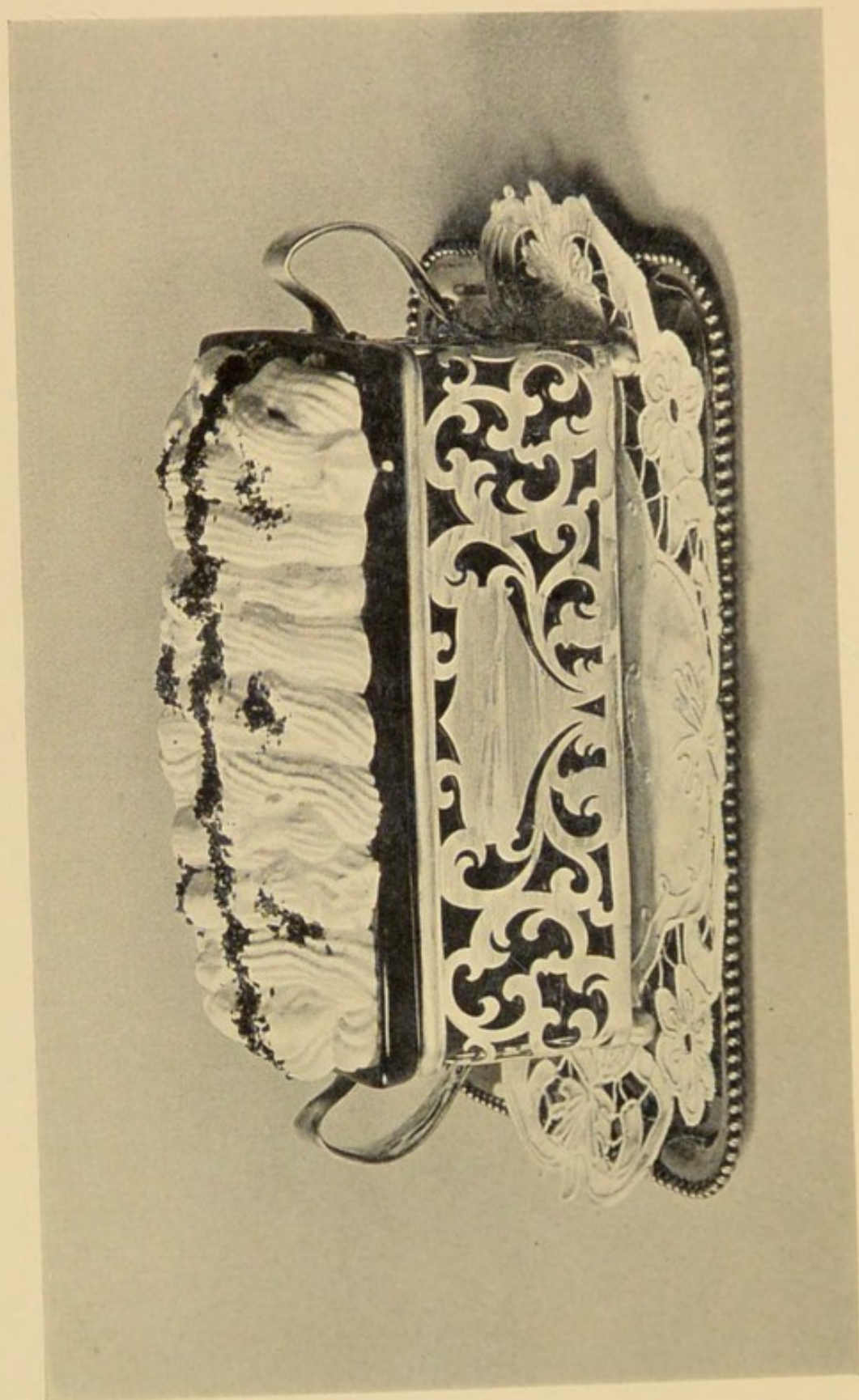
Place the sweetbreads in scalding water, salted, for fifteen minutes; then put into cold water to whiten and cool thoroughly. Boil for a quarter of an hour and remove all veins and skin. Set on ice, and when ready to use cut in small pieces and mix with the celery; put on lettuce leaves, sprinkle the lemon juice over, and cover with mayonnaise.

Scatter the capers over the mayonnaise.

WATERCRESS AND APPLE SALAD

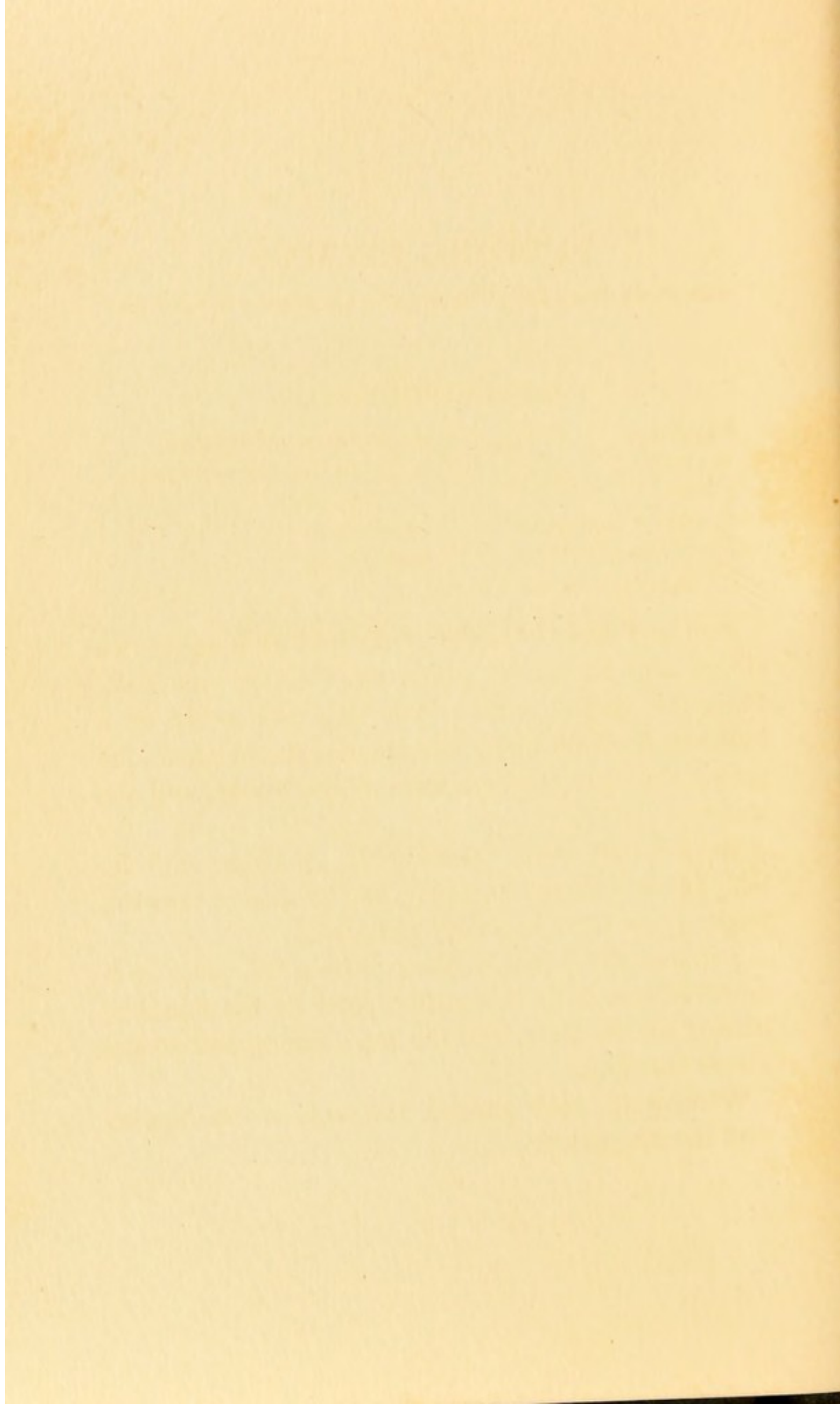
| | |
|--------------------------------|----------------------------|
| 1 bunch watercress | 6 tablespoonfuls olive oil |
| 1 cupful sliced tart apples | 1 teaspoonful sugar |
| 2 tablespoonfuls cider vinegar | Salt and pepper to taste |

Wash and dry the cress, having it perfectly fresh and crisp, and arrange it lightly in a dainty earthenware dish. Put the apples on the top of the cress. Make a dressing of the vinegar, oil, salt, pepper, and sugar. Pour over the watercress and apples, serve immediately.



FRENCH PUDDING

PUDDING RECIPES



PUDDING RECIPES

"Who riseth from a feast with that keen appetite that he sits down"

APPLE PUDDING

| | |
|----------------------------------|-------------------------------|
| 8 apples | A few drops red coloring |
| 16 cloves | 4 ozs. (4 heaping tablespoon- |
| 1 lemon | fuls) sugar |
| $\frac{1}{2}$ pint (1 cup) water | Marmalade |
| 1 oz. (1 heaping table- | Mince meat |
| spoonful) cornstarch | |

Peel and core the apples; put into each apple two cloves and as much mince meat as it will hold. Place the apples, without touching each other, in a buttered fireproof dish; add the remaining sugar, the grated rind and strained juice of the lemon, and the water.

Bake in the oven, covering the casserole with its lid. Look at them frequently, and as soon as they are tender place them in dainty ramequins.

Stir into the liquor in the casserole the cornstarch dissolved in a little cold water; boil for ten minutes, stirring all the time; add the red coloring and strain it over the apples.

When quite cold garnish the tops of the apples with the marmalade.

APPLE SOUFFLÉ

| | |
|--|---|
| 3 pints (6 cups) apple sauce | 1 tablespoonful rum |
| 3 tablespoonfuls melted butter | 3 eggs |
| Sugar to taste | Whipped and sweetened cream |
| $\frac{1}{2}$ teaspoonful nutmeg extract | $\frac{1}{2}$ teaspoonful vanilla extract |
| | 1 cupful macaroon crumbs |

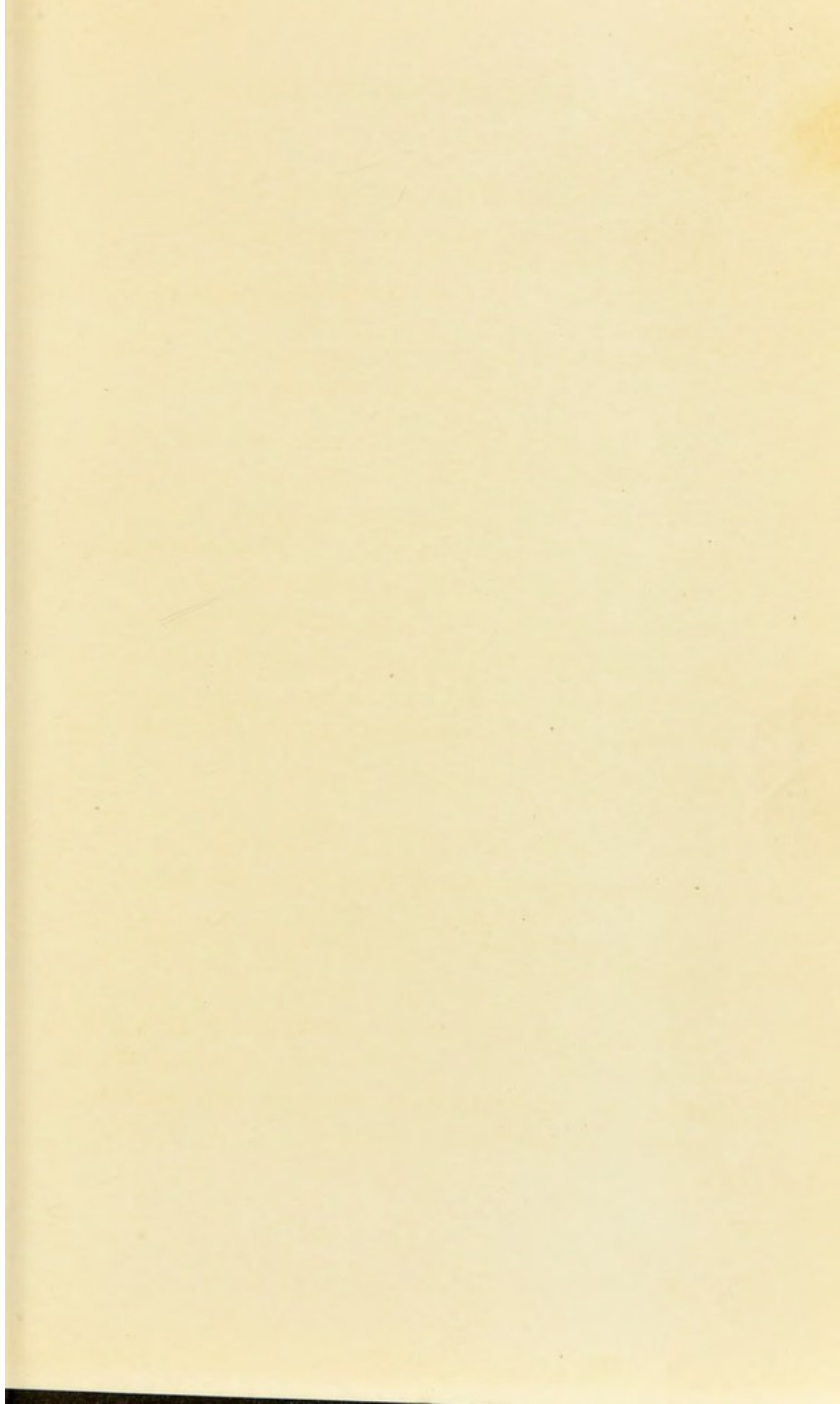
Peel and core some apples and stew till tender, having three pints of sauce. Rub the apples through a sieve, add the butter, sugar, nutmeg extract, rum, and the yolks of eggs well beaten. When the mixture is cool, add the whites of eggs stiffly beaten.

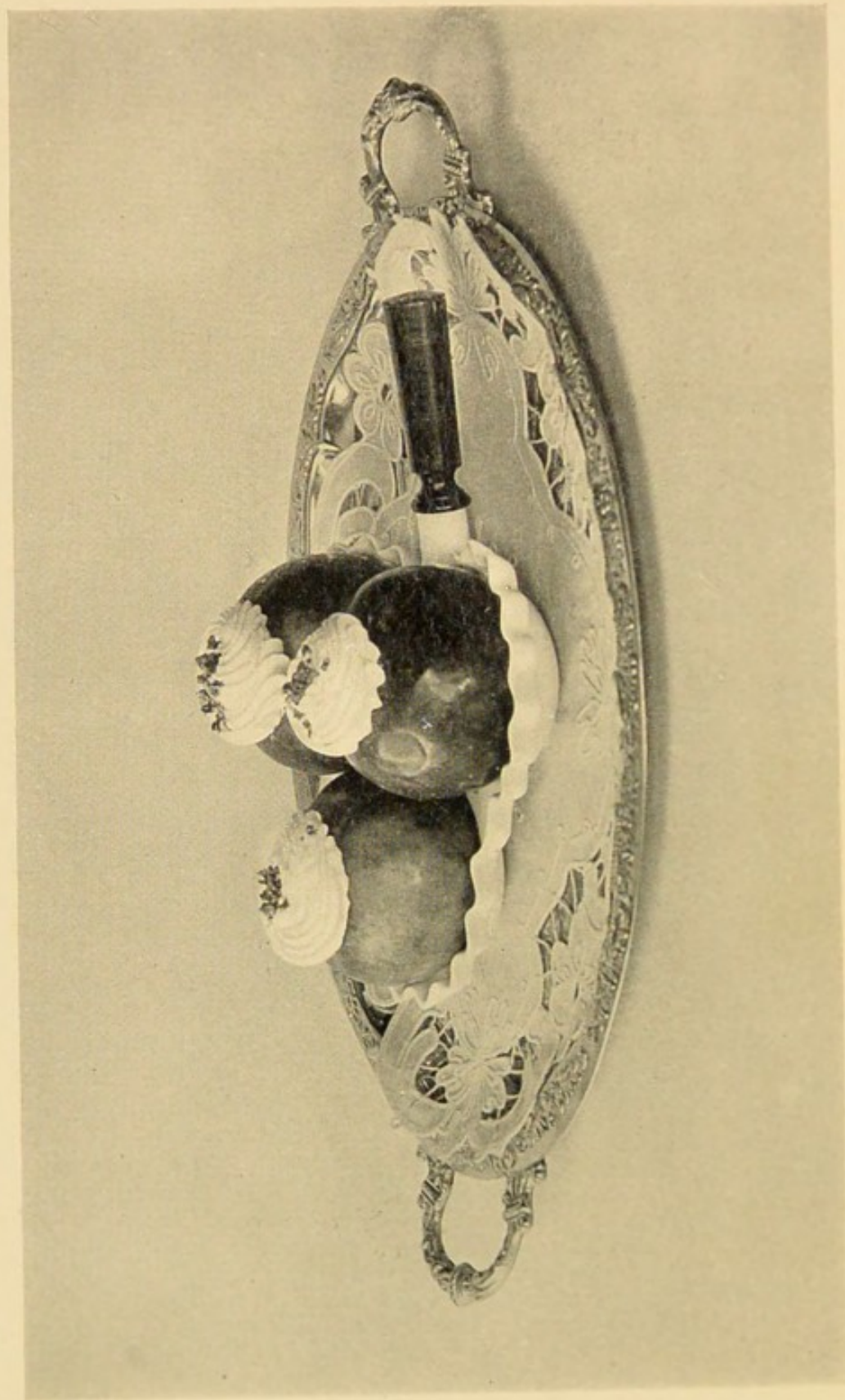
Butter an earthenware dish, turn the apple mixture into it, sprinkle with the crushed macaroons, and set in the oven to bake for half an hour. Serve hot with the whipped cream sweetened and flavored with the vanilla extract.

ARROWROOT PUDDING

| | |
|---|--|
| 2 heaping tablespoonfuls (2 ozs.) arrowroot | $\frac{3}{4}$ pint ($1\frac{1}{2}$ cups) milk |
| 1 tablespoonful sugar | 3 eggs |
| $\frac{1}{2}$ cupful currants | 1 teaspoonful rose extract |

Mix the arrowroot to a smooth paste with three tablespoonfuls of the milk in a saucepan; boil the rest of the milk and pour it on to the arrowroot. Stir well and boil for five minutes.





BAKED APPLES

Add the yolks of eggs, sugar, and rose extract mixed together. Beat the whites of eggs to a stiff froth and stir them lightly into the mixture with the currants.

Pour into a buttered earthenware pudding dish, and bake in a moderate oven for twenty minutes.

Dredge the top with sugar and serve quickly.

BAKED APPLES

| | |
|------------------------------------|-----------------------------------|
| 3 large apples | 2 heaping tablespoonfuls (2 |
| A little orange marmalade | ozs.) sugar |
| $\frac{1}{2}$ cupful whipped cream | 1 gill ($\frac{1}{2}$ cup) water |
| A few chopped nut meats | 1 teaspoonful lemon juice |

Core the apples and place them on a fireproof baking dish. Mix the sugar, water, and lemon juice together, then pour them over the apples.

Bake until tender but not broken; fill the centers with the marmalade. Beat up the cream, add one teaspoonful of sugar to it, press it on to the top of the apples, using a forcing bag and tube.

Decorate with the chopped nuts.

BAKED QUINCES

| | |
|-----------------------------------|------------------------------|
| 6 quinces | 1 oz. (1 heaping tablespoon- |
| 4 ozs. ($\frac{1}{2}$ cup) sugar | ful) butter |
| | $1\frac{1}{4}$ cupfuls water |

Pare and core the quinces, place them in a deep buttered earthenware dish, and pour over them one

cupful of the water. Cover and bake in the oven until they soften a little.

Beat the butter and sugar together, spread them over the quinces, and add the rest of the water.

Bake until they are very soft. They should be basted often with the liquid in the dish.

These quinces are very good if served hot with ice cream. They are also good if served cold with whipped and sweetened cream.

BANANAS À LA PATRICIA

| | |
|--|------------------------------|
| 6 bananas | 2 tablespoonfuls melted but- |
| $\frac{1}{4}$ lb. ($\frac{1}{2}$ cup) sugar | ter |
| 1 saltspoonful salt | 4 tablespoonfuls water |
| 4 teaspoonfuls lemon juice | 3 egg whites |

Mix the sugar and salt together; cut the bananas into halves, lengthways and crossways, and put a layer in an earthenware dish; sprinkle over half of the sugar, add two teaspoonfuls of the lemon juice and one tablespoonful of the melted butter, then another layer of the bananas, with the remainder of the sugar, lemon juice, butter, and water.

Bake in a hot oven for fifteen minutes.

Beat up the whites of the eggs, then gradually beat into them three tablespoonfuls of sugar and a little lemon juice.

Put them on the top of the bananas and color slightly in the oven.

BARLEY CUSTARD

| | |
|---|--|
| 2 heaping tablespoonfuls (2 ozs.) "Patent" barley | Pinch of salt |
| 1 heaping tablespoonful (1 oz.) sugar | 1 pint (2 cups) milk |
| 1 tablespoonful butter | 2 eggs |
| | $\frac{1}{2}$ teaspoonful nutmeg extract |

Put the barley and the sugar into a saucepan, add the butter, salt, and milk; mix thoroughly and stir it over the fire till it boils; then add the eggs well beaten, and the nutmeg extract.

Pour into a buttered fireproof dish and bake for a quarter of an hour in a moderate oven.

BREAD PUDDING

| | |
|---|--|
| $\frac{3}{4}$ cup (3 ozs.) bread crumbs | Few drops lemon juice |
| 2 tablespoonfuls butter | $\frac{1}{2}$ teaspoonful orange extract |
| 2 heaping tablespoonfuls (2 ozs.) sugar | $\frac{1}{2}$ pint (1 cup) milk |
| | 2 eggs |

Put the sugar and lemon juice into a saucepan and boil to a caramel, then when cool pour in the milk and stand the mixture at the side of the stove until the sugar is dissolved, but do not let it boil; fry the bread crumbs in the butter until a golden brown, then pour on them the prepared milk, and beat into them the yolks of eggs, the orange extract, and the whites of eggs stiffly beaten.

Pour into a buttered fireproof dish and bake in a moderate oven for half an hour.

Serve with hot milk.

BROWN BETTY

| | |
|---|--|
| 6 large apples, peeled, cored, and sliced | 1 tablespoonful butter |
| $\frac{1}{4}$ lb. (1 heaping cup) bread crumbs | 3 ozs. (3 heaping tablespoon- fuls) brown sugar |
| 2 ozs. ($\frac{1}{2}$ cup) chopped suet | $\frac{1}{2}$ teaspoonful grated nut- meg |

Stew the apples with one tablespoonful of the sugar and one tablespoonful of water till tender, then rub through a sieve. Chop the suet fine, mix it with the bread crumbs, grated nutmeg, and the rest of the sugar.

Grease a fireproof dish, put half of this mixture at the bottom, then put in a layer of the stewed apples, then the rest of the mixture; dot with the butter.

Bake for half an hour in a moderate oven.

CHESTNUT MOLD

| | |
|---|--|
| $\frac{3}{4}$ lb. chestnuts | 2 tablespoonfuls sherry wine |
| 3 egg yolks | $\frac{1}{4}$ lb. ($\frac{1}{2}$ cup) sugar |
| 1 tablespoonful powdered gelatine | 1 pint (2 cups) milk |
| 1 gill ($\frac{1}{2}$ cup) boiling water | Some whipped cream |

Shell the chestnuts, boil and press through a sieve. Scald the milk in a fireproof dish, add the sugar, and

the yolks of eggs, and cook until it thickens, stirring all the time. Then add the gelatine, boiling water, chestnut purée, sherry wine, and mix thoroughly.

Pour into dainty casseroles, chill, and serve garnished with the whipped cream.

CHERRY PUDDING

| | |
|---|------------------------------------|
| Cherries fresh or preserved | Lemon rind |
| $\frac{1}{4}$ lb. ($\frac{1}{2}$ cup) butter | 3 eggs |
| $\frac{1}{4}$ lb. ($\frac{1}{2}$ cup) sugar | $\frac{1}{2}$ pint (1 cup) whipped |
| $\frac{1}{4}$ lb. (1 cup) flour | cream |

Line a buttered earthenware dish thickly with fresh or preserved cherries. Beat the butter and sugar till creamy, then beat in the yolks of the eggs, then add the grated rind of half a lemon, the flour, and the whites of the eggs stiffly beaten.

Cover with a buttered paper and steam steadily for two hours. Serve with whipped and sweetened cream.

CHOCOLATE CREAM PIE

| | |
|---|--|
| 3 squares chocolate | Pinch salt |
| $\frac{1}{2}$ lb. (1 cup) sugar | $\frac{3}{4}$ pint (1 $\frac{1}{2}$ cups) milk |
| 1 oz. (1 heaping table- spoonful) cornstarch | $\frac{1}{2}$ teaspoonful lemon extract |
| 3 eggs | $\frac{1}{2}$ teaspoonful vanilla extract |
| | Some pie crust |

Bake a pie crust in a fireproof pie-plate. Grate the chocolate into a casserole, stir in the sugar, cornstarch, yolks of eggs, salt, and milk. Cook till thick,

stirring constantly; then add the extracts. Pour into the prepared crust, cover with a meringue made by beating up the whites of the eggs to a stiff froth and adding two heaping tablespoonfuls of sugar and half a teaspoonful of vanilla extract to them.

Set in the oven to brown.

COCOANUT PIE

| | |
|---|---|
| $\frac{1}{2}$ pint (1 cup) chopped cocoanut | Pinch of salt |
| 1 pint (2 cups) milk | 1 oz. (1 heaping table- spoonful) butter |
| 2 eggs | $\frac{1}{2}$ teaspoonful almond ex- tract |
| 6 ozs. ($\frac{3}{4}$ cup) sugar | 1 lemon |
| 2 ozs. (2 heaping table- spoonfuls) cornstarch | |

Line a fireproof dish with pastry. Mix the cornstarch and the sugar together, add the eggs well beaten, the milk, butter, cocoanut, salt, almond extract, and the grated rind and the strained juice of the lemon. Pour into the prepared dish and bake in a hot oven till firm.

COCOANUT PUDDING

| | |
|---|---|
| $\frac{1}{2}$ pint (1 cup) desiccated cocoanut | 4 heaping tablespoonfuls (4 ozs.) sugar |
| 1 quart (4 cups) milk | $\frac{1}{2}$ teaspoonful almond ex- tract |
| $\frac{1}{4}$ teaspoonful salt | |
| 4 eggs | |

Beat up the eggs and add the other ingredients to

them. Turn into a buttered fireproof dish and bake in a moderate oven for half an hour.

CREAM OF RICE PUDDING

| | |
|----------------------------|-----------------------------|
| 4½ heaping tablespoonfuls | 1½ pints (3 cups) hot milk |
| (4½ ozs.) rice flour | 4 heaping tablespoonfuls (4 |
| 1 heaping tablespoonful (½ | ozs.) sugar |
| oz.) powdered gelatine | Grated rind 2 lemons |
| ½ pint (1 cup) whipping | 1½ gills (¾ cup) cold milk |
| cream | Some stewed fruit |
| ½ teaspoonful vanilla ex- | |
| tract | |

Mix the hot milk, sugar, and lemon rind together, then bring slowly to the boiling point; stir in the gelatine and mix until dissolved. Stir in the rice flour mixed with the cold milk. Stir over the fire till it simmers for ten minutes.

Cool slightly and add the cream and the vanilla extract. Pour into a wet earthenware jelly mould. Turn out when set and serve with stewed fruit.

DATE PUDDING

| | |
|--------------------------|-------------------------------|
| ½ lb. stoned dates | 3 ozs. (3 heaping tablespoon- |
| 3 ozs. (⅓ cup) rice | fuls) sugar |
| 1 pint (2 cups) milk | 3 eggs |
| 2 tablespoonfuls chopped | 2 tablespoonfuls chopped cit- |
| suet | ron peel |
| | A little grated nutmeg |

Wash the rice well, and put it into a casserole with

the milk. Let it cook slowly, with the lid on, until all the milk is absorbed by the rice. Now add the chopped dates, chopped peel, chopped suet, sugar, and nutmeg, mix well, and add the eggs well beaten.

Pour into a buttered earthenware dish, cover with the lid, and steam steadily for one and a half hours.

DRIED APRICOTS

3 lbs. dried apricots

Sugar to taste

Separate the fruit so that each piece will be single, then wash several times in lukewarm water. Pour the water off; put the rinsed fruit into a casserole; cover well with cold water, and let stand for at least twelve hours, keeping the pan covered all the time with the lid.

After the fruit has been thoroughly soaked and has regained its natural size, pour off this water saturated with fruit juice into another fireproof dish, add sugar according to taste (apricots will require a considerable quantity of sugar, peaches and apples less, prunes very little or none, and pears none at all), and cook from twenty to twenty-five minutes until you get a rich fruit syrup. Pour this boiling hot syrup over the soaked fruit. Put the casserole on back of the stove and let the fruit simmer very slowly for twenty to forty minutes, according to the quality of it. Now remove the casserole from the stove, keep the lid on the dish, and let it cool.

If cooked properly, the fruit when served must be clear, the syrup should be rich and clear, and each piece of fruit should look as if fresh fruit had been stewed.

The flavor of all the varieties of fruit is greatly improved by adding some lemon or orange peel, but especially is this true of pears and prunes.

CURRANT BATTER PUDDING

| | |
|--|---------------------------------|
| $\frac{1}{2}$ lb. (2 cups) flour | 1 teaspoonful baking powder |
| 6 ozs. (6 heaping table- spoonfuls) cleaned currants | Pinch salt |
| 3 eggs | $\frac{1}{2}$ pint (1 cup) milk |
| | 1 teaspoonful vanilla extract |
| | Golden syrup |

Beat up the eggs, sift in the flour and the salt, add the milk, and beat for five minutes; then add the baking powder and the vanilla extract.

Pour into a well-greased casserole, sprinkle the currants over the top, and bake in a moderate oven for one hour.

Serve with golden syrup.

FARINA PUDDING

| | |
|---|--|
| 4 ozs. (4 heaping table- spoonfuls) farina | 3 ozs. (3 heaping tablespoon- fuls) sugar |
| 1 quart (4 cups) milk | $\frac{1}{4}$ teaspoonful grated nut- meg |
| Pinch of salt | 1 cupful Sultana raisins |
| 3 eggs | |

Boil the milk in a fireproof dish, add the salt, and

sugar, and stir in the farina; cook, stirring frequently, for one hour.

Cool and add the eggs well beaten, the grated nutmeg, and the Sultana raisins. Mix thoroughly and bake in a moderate oven for half an hour.

FIG PUDDING

| | |
|-----------------------------|---|
| $\frac{1}{2}$ lb. figs | 2 heaping tablespoonfuls (2 |
| 2 pints (4 cups) milk | ozs.) sugar |
| 3 heaping tablespoonfuls (3 | 3 eggs |
| ozs.) cornstarch | $\frac{1}{2}$ teaspoonful lemon extract |

Wash the figs, cut them into small pieces, then put them into a buttered casserole. Put the cornstarch into a saucepan and moisten it with half a cupful of the milk. Bring the rest of the milk to the boiling point, pour it over the cornstarch, and stir till it boils for ten minutes. Add the sugar, lemon extract, and the eggs well beaten.

Pour over the figs and bake in a moderate oven for half an hour. Serve with milk or cream.

FRENCH PUDDING

| | |
|----------------------------|---|
| Some apricot jam | 1 heaping tablespoonful (1 |
| Lady fingers | oz.) butter |
| Fruit juice | 1 gill ($\frac{1}{2}$ cup) cold milk |
| Pastry | $\frac{1}{2}$ pint (1 cup) boiling milk |
| 1 heaping tablespoonful (1 | Grated rind 1 lemon |
| oz.) flour | 3 eggs |
| 1 heaping tablespoonful (1 | 1 pint (2 cups) whipped |
| oz.) sugar | cream |
| | A few chopped nut meats |

Butter a casserole and line it with the pastry, wetting the edges to keep it in place; put a layer of apricot jam at the bottom, then a thick layer of lady fingers which have been dipped in fruit juice.

Mix the flour and sugar in a saucepan, stir in the cold milk, add the butter and the boiling milk; stir over the fire till it thickens; let it cool a little, then add the lemon rind and the eggs well beaten. Bake in a moderate oven for half an hour.

Sweeten the whipped cream and put it on the top of the pudding through a forcing bag and tube.

Decorate with the chopped nuts.

FRUIT PUDDING

| | |
|-------------------------|-------------------------------|
| 2½ lbs. any kind fresh | 1 tablespoonful butter |
| fruit—gooseberries, | 1 teaspoonful vanilla extract |
| currants, peaches, | 1 teaspoonful lemon extract |
| plums, pears, apples, | Pinch salt |
| raspberries, cherries, | Sugar |
| apricots, rhubarb, etc. | 3 eggs |
| 2 pints (4 cups) milk | 3 heaping tablespoonfuls (3 |
| | ozs.) corn-starch |

Stew the fruit, with sufficient sugar to sweeten, in a casserole. Mix the cornstarch to a smooth consistency with a little of the milk. Bring the rest of the milk to the boil, stir into it the mixed cornstarch, add the butter, salt, extracts, and two heaping tablespoonfuls of sugar. Boil for a quarter of an hour,

stirring all the time, remove from the fire, and add the eggs well beaten.

Pour the hot mixture over the stewed fruit, then brown in a moderate oven. This makes a delicious covering.

GINGER PUDDING

| | |
|--|--|
| 4 ozs. (4 heaping table- spoonfuls) preserved ginger | $\frac{1}{4}$ teaspoonful grated nut- meg |
| 4 heaping tablespoonfuls chopped suet | 3 eggs |
| 4 ozs. (4 heaping table- spoonfuls) sugar | 1 heaping teaspoonful baking powder |
| 2 tablespoonfuls ginger syrup | $\frac{3}{4}$ pint (1 $\frac{1}{2}$ cups) milk |
| Pinch salt | 4 ozs. (4 heaping table- spoonfuls) flour |
| | 4 ozs. (1 cup) bread crumbs or cake crumbs |
| | Ginger sauce |

Chop the ginger and the suet and put them into a basin; then add the eggs well beaten and all the other ingredients. Mix together thoroughly, pour into a well-buttered casserole, cover with the lid or a buttered paper, and steam for two and a half hours.

Serve with ginger sauce.

The sauce may be made as follows: Beat up the whites of two eggs to a stiff froth, add half a cupful of whipped cream, one tablespoonful of finely chopped ginger, and enough of the syrup to give it a strong flavor.

GREEN-GAGE PUFFS

| | |
|----------------------------------|---|
| Some stewed green-gages | 2 teaspoonfuls baking powder |
| $\frac{1}{2}$ lb. (2 cups) flour | $\frac{1}{2}$ teaspoonful salt |
| 1 egg | Some milk |
| | $\frac{1}{2}$ teaspoonful lemon extract |

Sift the flour into a basin with the baking powder and the salt, beat up the egg, and add a little milk to it, then add them gradually with the lemon extract to the dry ingredients, making a stiff batter. Put half a tablespoonful of this batter into buttered earthenware cups, then put in some stewed green-gages; put a tablespoonful of the batter on the top and cover with a buttered paper. Steam steadily for twenty minutes.

These puffs may be baked in the oven. Any kind of stewed or fresh fruit may be used.

MONTE CARLO CHERRIES

| | |
|---------------------------------------|-----------------------------|
| $\frac{1}{2}$ lb. large ripe cherries | 1 dessertspoonful arrowroot |
| $\frac{1}{4}$ lb. lump sugar | Some Kirsch |
| 1 gill ($\frac{1}{4}$ pint) water | |

Stone the cherries, put them into a saucepan with the sugar and the water. Let them boil gently for ten minutes. Blend the arrowroot with two tablespoonfuls of cold water and stir it among the cherries.

Divide the cherries into small casseroles, pour a liqueur-glassful of Kirsch on the top of each, and set alight.

Send to the table burning.

ORANGE MERINGUE PUDDING

| | |
|---------------------------------|---|
| 3 oranges | $\frac{1}{2}$ pint (1 cup) bread crumbs |
| 4 eggs | 3 heaping tablespoonfuls (3 |
| $\frac{1}{2}$ pint (1 cup) milk | ozs.) sugar |
| 2 heaping tablespoonfuls (2 | |
| ozs.) butter | |

Bring the milk and the butter to boiling point, then pour them over the bread crumbs; mix in the sugar and the yolks of the eggs; set aside till cold, then mix in the grated rind and the pulp of the oranges, mix all thoroughly together, and pour into a buttered earthenware pudding dish; bake in a moderate oven until set.

Beat up the whites of the eggs till stiff, then gradually beat into them three tablespoonfuls of sugar. Decorate the top of the pudding with this meringue, and return to the oven to brown.

PARISIAN PEARS

| | |
|--------------------------------------|-------------------------------|
| 6 juicy pears | 1 teaspoonful vanilla extract |
| $\frac{1}{2}$ cupful macaroon crumbs | 6 rings of angelica |
| 2 tablespoonfuls cream | 6 candied violets |
| 1 tablespoonful sherry wine | 2 cupfuls steamed rice |

Peel the pears and stew them in a little sugar syrup flavored with vanilla. Take them out when tender, cut them in halves, and remove the centers.

Mix the macaroon crumbs with the cream and the sherry wine, and divide them into the pear cavities. Cook the rice in milk till tender and flavor it with a little vanilla extract. Line some flange ramequins

with it. Put the pear halves together and mount them, pyramid shape, on the rice.

Crown each pear with a ring of angelica, and in the center of each ring put a candied violet.

PEACH SOUFFLÉ

| | |
|----------------------------------|--|
| 6 ripe peaches | 1 heaping tablespoonful (1 |
| 4 heaping tablespoonfuls (4 | oz.) butter |
| ozs.) sugar | $\frac{1}{4}$ pint ($\frac{1}{2}$ cup) milk |
| $\frac{1}{2}$ pint (1 cup) water | 3 eggs |
| 2 heaping tablespoonfuls (2 | 1 egg white |
| ozs.) flour | |

Peel the peaches, put them into a casserole with the sugar and the water; cook till tender; then rub through a sieve.

Blend the butter and flour in a saucepan over the fire, add the milk gradually, and stir over the fire till it boils; then add the peach purée and boil again for three minutes.

Remove the saucepan from the fire; add the yolks of eggs one by one; then the whites of eggs beaten up stiffly.

Put into a buttered earthenware dish and bake for half an hour.

It may be steamed for three-quarters of an hour.

PEAR DAINTY

| | |
|--------------------------|----------------------------|
| 1 can preserved pears | 3 ozs. (3 heaping table- |
| 5 ozs. (5 heaping table- | fuls) cornstarch |
| spoonfuls) sugar | 4 eggs |
| 2 pints (4 cups) milk | 1 teaspoonful rose extract |

Mix the cornstarch to a smooth cream with a little of the milk. Bring the rest of the milk to the boil in a fireproof dish, remove from the fire, and stir in the mixed cornstarch.

Beat up the yolks of the eggs with three table-spoonfuls of the sugar, and stir well into the cornstarch. Cook the whole for a quarter of an hour, stirring all the time.

Then pour the whole into a buttered casserole, and bake in a moderate oven till firm. Pour over it the pears and add the rose extract.

Beat up the whites of the eggs to a stiff froth, add the remaining sugar to them.

Spread this meringue over the top of the pears, and return to the oven to brown.

PLUM PUDDING

| | |
|--|--|
| $\frac{1}{4}$ lb. (1 cup) bread crumbs | $\frac{1}{2}$ cupful blanched, chopped almonds |
| 4 ozs. (1 cup) flour | |
| 4 ozs. (1 cup) brown sugar | $\frac{1}{2}$ pint (1 cup) Sultana raisins |
| 1 cupful chopped suet | $\frac{1}{2}$ pint (1 cup) currants |
| 1 lemon | $\frac{1}{2}$ pint (1 cup) seeded raisins |
| 1 teaspoonful baking powder | 1 teaspoonful powdered all-spice |
| $\frac{1}{2}$ teaspoonful salt | $\frac{1}{2}$ teaspoonful grated nutmeg |
| 4 eggs | 1 teaspoonful powdered ginger |
| Milk to moisten | 1 teaspoonful powdered cinnamon |
| 1 cupful chopped citron peel | 1 wineglassful brandy |

Beat up the eggs, add the strained juice of the lemon and all the other ingredients, turn into a well-buttered casserole, cover, and steam steadily for five hours.

Serve with hard sauce.

PRUNE AND APPLE TART

| | |
|---------------------------------|---------------------------------|
| $\frac{1}{2}$ lb. stoned prunes | $\frac{1}{2}$ lb. (1 cup) sugar |
| 1 lemon | Pastry |
| 3 lbs. apples | 1 egg |

Wash and stone the prunes; peel, core, and slice the apples. Put them into a casserole, sprinkle in the sugar and the grated rind of the lemon.

Cover neatly with pastry, brush over the top with beaten egg, and bake in a hot oven for about three-quarters of an hour.

Sprinkle over with sugar and serve hot or cold.

PRUNE PUDDING

| | |
|---------------------------------|-----------------------------|
| $\frac{1}{2}$ lb. prunes | 2 heaping tablespoonfuls (2 |
| $\frac{1}{2}$ lemon | ozs.) sugar |
| 1 tablespoonful cornstarch | 2 heaping tablespoonfuls (2 |
| $\frac{1}{2}$ pint (1 cup) milk | ozs.) currants |
| 2 eggs | 1 inch cinnamon stick |
| | 1 wineglassful port wine |

Wash the prunes and stew them gently with sufficient water to cover, adding also the sugar, cinnamon, lemon rind, and strained juice. When tender, remove the cinnamon and lemon rind; stone the prunes and rub them through a sieve. Crack half of the

stones and chop the kernels, add them to the prune pulp, and allow to cool a little.

Clean the currants and soak them in the wine. Mix them with the cornstarch and add them to the prune mixture, with the yolks of eggs and the whites stiffly beaten. Pour into a buttered earthenware dish, dredge with sugar, and bake for half an hour in a fairly hot oven. Serve hot.

PUMPKIN PIE

| | |
|--|--|
| $\frac{1}{2}$ pint (1 cup) stewed pumpkin | $\frac{1}{4}$ teaspoonful grated nut- meg |
| 4 heaping tablespoonfuls (4 ozs.) sugar | 1 teaspoonful lemon extract |
| $\frac{1}{2}$ teaspoonful powdered ginger | 2 eggs |
| $\frac{1}{2}$ teaspoonful powdered cinnamon | 1 tablespoonful cornstarch |
| | $\frac{1}{2}$ pint (1 cup) cream |
| | 2 tablespoonfuls melted but- ter |

Line an earthenware pie-plate with pastry. Moisten the cornstarch with three tablespoonfuls of the cream. Bring the rest of the cream to boiling point, stir in the cornstarch, and continue stirring until thickened. Remove from the fire, add the eggs well beaten and all the other ingredients. Turn into the prepared pie-plate and bake in a moderate oven for about one hour.

RHUBARB MERINGUE

| | |
|--|------------------------|
| 1 lb. pink rhubarb | 4 eggs |
| 4 ozs. (4 heaping table- spoonfuls) sugar | 1 lemon |
| | 2 tablespoonfuls sugar |

Wash the rhubarb and cut it into inch lengths; stew it with the sugar till tender; strain the juice into a basin, and rub the fruit through a sieve.

Reduce the juice to half a cupful, mix it with the fruit purée, add the yolks of the eggs well beaten and the grated rind of the lemon. Turn into a buttered fireproof dish and bake for half an hour.

Beat up the whites of the eggs to a stiff froth, then beat into them two tablespoonfuls of sugar; spread over the pudding, dust over with sugar, and return to the oven for ten minutes to set the meringue.

RICE PUDDING

| | |
|----------------------------|-----------------------------|
| ½ lb. (1 heaping cup) rice | 2 heaping tablespoonfuls (2 |
| 2 quarts (8 cups) milk | ozs.) butter |
| ½ lb. (1 cup) sugar | ¼ teaspoonful grated nutmeg |
| 1 teaspoonful salt | 1 teaspoonful rose extract |

Wash the rice and soak it in one quart of the milk for one hour. Add the rest of the milk, the sugar, salt, butter, nutmeg, and rose extract. Turn into a buttered earthenware dish and bake slowly for two hours.

STEWED APRICOTS WITH CUSTARD

| | |
|------------------------|--------------------------|
| 12 apricots | 1 gill (¼ pint) rum |
| 4 tablespoonfuls sugar | A few slices sponge cake |
| 4 eggs | ½ pint (1 cup) hot water |
| 1 pint (2 cups) cream | |

Peel the apricots and cut them into halves, re-

moving the stones. Put them into a casserole with two tablespoonfuls of the sugar and the water. Simmer till tender.

Put the sponge cake into an earthenware dish, lay the apricots on them. Beat up the eggs with the rest of the sugar, add the cream to them, then pour them into a double boiler. Stir over the fire till quite smooth, then add the rum.

Pour this over the apricots and serve hot.

STRAWBERRY BATTER PUDDING

| | |
|--------------------------------------|----------------------------------|
| 1 pint strawberries | 1 teaspoonful baking powder |
| 1 pint (2 cups) milk | $\frac{1}{2}$ teaspoonful salt |
| 2 tablespoonfuls melted butter | 1 teaspoonful strawberry extract |
| 1 $\frac{1}{2}$ pints (3 cups) flour | Hard sauce |
| 3 eggs | |

Add the milk gradually to the flour, add the eggs well beaten, salt, baking powder, and butter. Dredge the strawberries with flour, stir them into the batter, add the strawberry extract, and turn into a buttered earthenware dish. Cover and steam for three hours.

Serve with hard sauce.

STRAWBERRY CUSTARDS

| | |
|---|---|
| 5 eggs | 1 teaspoonful strawberry extract |
| $\frac{1}{2}$ lb. (1 cup) ripe strawberries or strawberry jam | 4 ozs. (4 heaping tablespoonfuls) sugar |
| $\frac{1}{2}$ lemon | Few drops red coloring |

Remove the green stalks from the strawberries, place the berries in a basin, beat until quite liquid, then add the yolks of the eggs well beaten, sugar, strained lemon juice, and strawberry extract.

Pour the mixture into a fireproof dish, stand it in a saucepan of boiling water, and stir it over the fire till it thickens: it must not boil. Allow to get cold then add the stiffly beaten whites of the eggs, stir lightly till all is well mixed.

Pour into earthenware custard cups, and serve cold decorated with a ripe strawberry on the top of each custard.

VANILLA CUSTARD

| | |
|----------------------|-------------------------------|
| 1 pint (2 cups) milk | 4 heaping tablespoonfuls (4 |
| 4 eggs | ozs.) sugar |
| | 1 teaspoonful vanilla extract |

Beat the eggs and the sugar together, then add the milk and the vanilla extract. Divide the mixture into buttered earthenware custard cups, cover with buttered papers, and steam gently for half an hour.

VERMICELLI PUDDING

| | |
|------------------------------|-------------------------------|
| 1/4 lb. vermicelli | 2 tablespoonfuls finely |
| 1 pint (2 cups) boiling milk | chopped blanched al- |
| 1 oz. (1 heaping table- | monds |
| spoonful) butter | 3 eggs |
| 2 ozs. (2 heaping table- | Grated rind 1 lemon |
| spoonfuls) sugar | 1/4 teaspoonful grated nutmeg |

Crush the vermicelli in the hand till it is in quite short pieces. Put it into the boiling milk, then add the butter, and stir over the fire till it becomes thick; this will take a quarter of an hour. Remove from the fire, add the sugar, almonds, grated rind of lemon, nutmeg, and the yolks of the eggs, stir all to mix thoroughly, then add the stiffly beaten whites and stir them in gently. Pour into a well-buttered earthenware dish, cover with the lid or a buttered paper, and steam for one hour. Serve with sweet sauce.

The pudding can be baked in a moderate oven till it is nicely browned. Serve with cream.

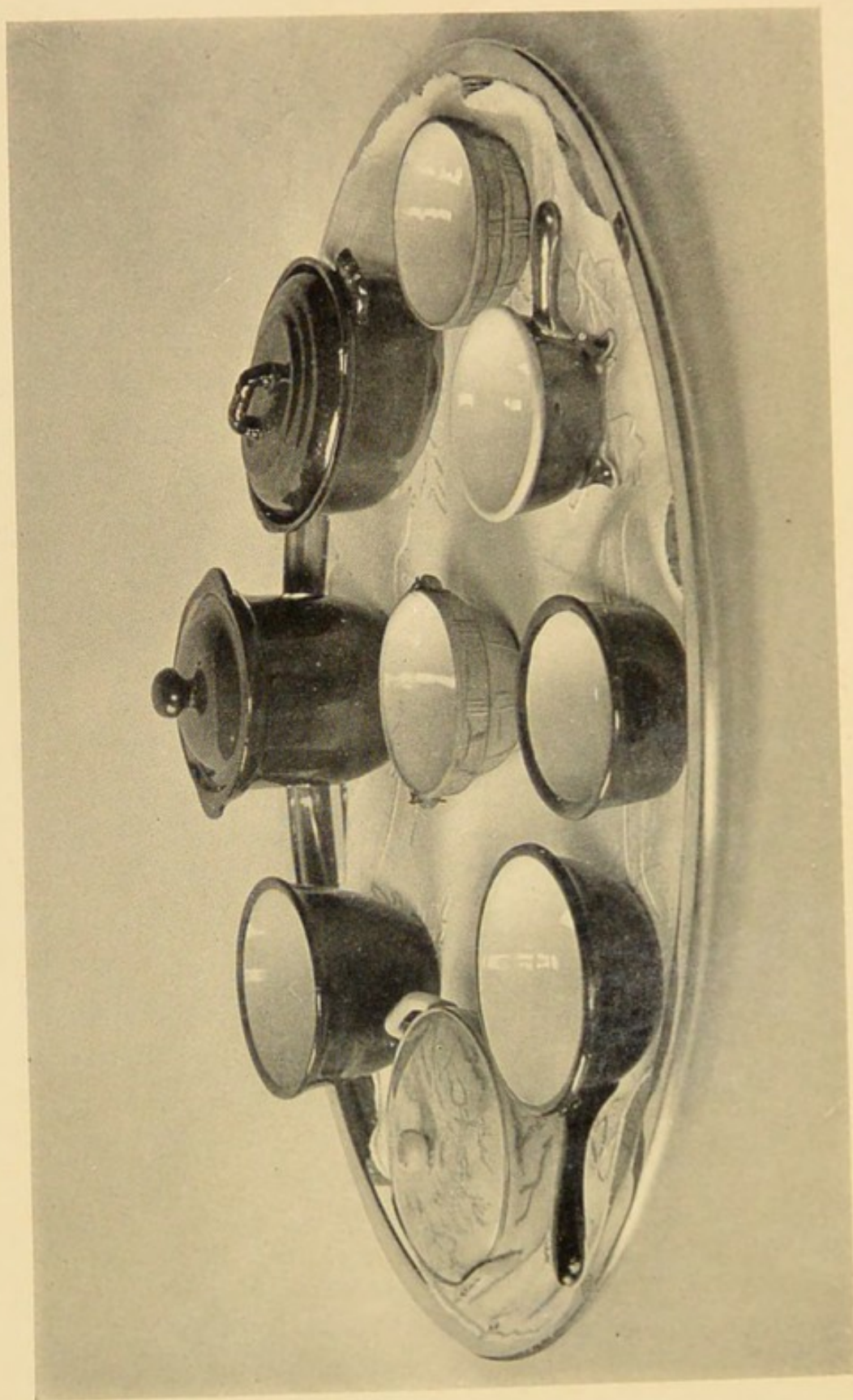
WALNUT PUDDING

| | |
|---|--|
| 16 walnuts | $\frac{1}{2}$ teaspoonful vanilla extract |
| 1 oz. (1 heaping table- spoonful) butter | Pinch salt |
| 1 teaspoonful almond ex- tract | 2 heaping tablespoonfuls browned bread crumbs |
| | 1 pint (2 cups) milk |
| | 3 eggs |

Blanch the walnuts, then chop them finely, and mix with the bread crumbs; put them into a fireproof dish with the milk, and allow to boil up; then simmer for ten minutes.

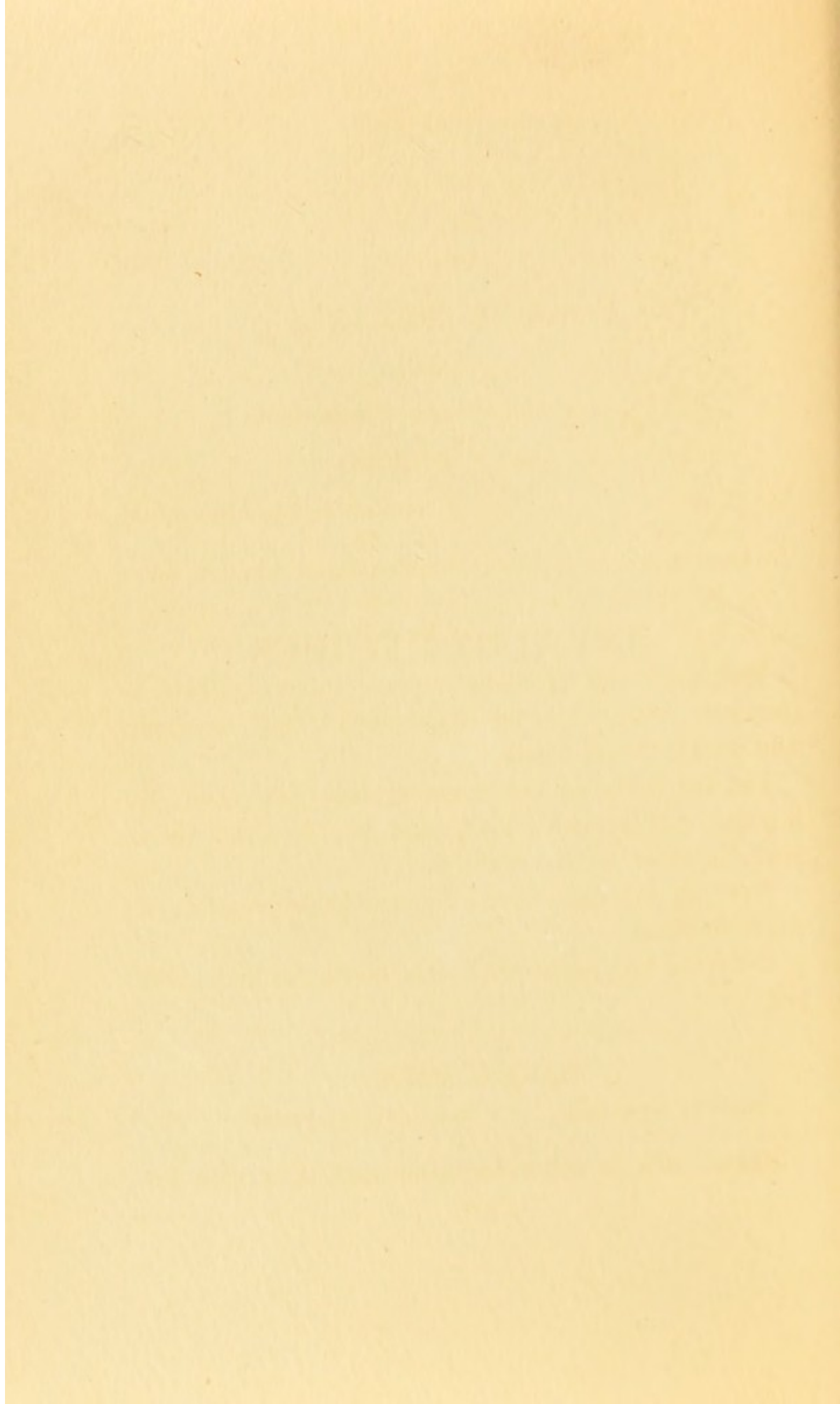
Remove from the fire, and when cool stir in the yolks of the eggs one by one, add the salt, extracts, and the sugar; mix thoroughly. Beat up the whites to a stiff froth, and fold them in gently.

Bake for half an hour in a moderate oven.



ASSORTED SMALL CASSEROLES

INVALID RECIPES



INVALID RECIPES

"Eat in measure and defy the doctor"

APPLE PURÉE

- | | |
|-----------------------------|---------------------------------|
| 1 lb. apples | 1 teaspoonful grated lemon rind |
| 1 teaspoonful butter | 1 bay leaf |
| 2 heaping tablespoonfuls (2 | 1 tablespoonful orange flower |
| ozs.) sugar | water |
| | 2 egg whites |

Peel, core, and slice the apples; put them into a casserole, with the butter, sugar, lemon rind, bay leaf, and orange flower water.

Put the cover on the casserole and cook slowly to a pulp; rub through a sieve, and with it about three parts fill some small casseroles.

Beat up the eggs, then add two tablespoonfuls of sugar to them.

Decorate the purée with this meringue and serve hot.

BAKED MILK

- | | |
|-----------------------|-----------------------|
| 1 quart (4 cups) milk | Fresh or stewed fruit |
|-----------------------|-----------------------|

Baked milk is often recommended as a dish for

invalids. Put the milk into an earthenware jar, cover it closely, and allow it to bake very slowly for several hours in a moderately hot oven.

It should be thick and of a creamy consistency.

Serve with fresh or stewed fruit.

BARLEY GRUEL

| | |
|-----------------------------|----------------------------|
| 2 heaping tablespoonfuls (2 | 1 heaping tablespoonful (1 |
| ozs.) pearl barley | ozs.) sugar |
| 1 strip lemon rind | 1 wineglassful sherry wine |
| 1 quart (4 cups) water | |

Wash the barley thoroughly; put it into a casserole with the water and the lemon rind and simmer until reduced to half the quantity; strain and add the sugar, reheat in the casserole, and add the wine.

BEEF TEA EN CASSEROLE

| | |
|-----------------|-----------------------|
| 1 lb. lean beef | 1 pint (2 cups) water |
| | Salt |

Cut the beef into pieces, then shred it with a sharp knife, keeping back the fat and sinews; put the shredded meat into a casserole with a pinch of salt and the cold water; cover and allow it to stand in a cool place for two hours; then set it in the oven for two hours.

Remove the fat and serve hot.

CALF'S SWEETBREADS

| | |
|--|-----------------------------|
| 2 calf's sweetbreads | 1 teaspoonful chopped pars- |
| $\frac{1}{2}$ pint (1 cup) milk | ley |
| $\frac{1}{2}$ pint (1 cup) white sauce | Salt and pepper |

Wash the sweetbreads and soak them in cold water for one hour. Drain them and put them into a saucepan, cover with cold water, and bring to the boil. Lift them into another saucepan, cover with the milk, let them simmer for twenty minutes. Trim them and remove all the fat and gristle.

Warm the sauce in a casserole, season it nicely, put in the sweetbreads cut in slices, and cook slowly until they are tender.

Sprinkle the chopped parsley on the top and serve hot.

CHICKEN PANADE

| | |
|------------------------|-----------------|
| 1 chicken breast | Salt and pepper |
| 2 tablespoonfuls cream | |

Cut the chicken into small pieces and shred it finely; put this into an earthenware dish or jar with as much water as will cover it, add a pinch of salt, and cover with paper; stand the jar in a pan of boiling water, allowing the water to come within an inch of the top; cook in this way for two hours; strain the liquid from the chicken, pound it thoroughly and rub it through a sieve, using the liquid to help it through;

reheat, add the cream, and add a little more seasoning if required.

COLD LEMON PUDDING

| | |
|----------------------------------|-----------------------|
| 1 lemon | 1 tablespoonful sugar |
| $\frac{1}{2}$ pint (1 cup) water | 2 egg whites |
| 1 tablespoonful arrowroot | |

Grate the lemon into a fireproof dish, add the water, and bring to boiling point. Mix the arrowroot with the sugar and strained lemon juice, then pour into the boiling water and stir over the fire till thick.

Beat up the whites of eggs and stir them in lightly. Serve cold in a dainty casserole.

FRIAR'S OMELET

| | |
|---|------------------------------------|
| 5 apples | 1 tablespoonful butter |
| 4 tablespoonfuls sugar | 5 eggs |
| $\frac{1}{2}$ teaspoonful powdered cinnamon | 2 tablespoonfuls brown bread crust |

Peel, core, and slice the apples into a saucepan, add the sugar, butter, and cinnamon. Cook till tender and rub through a sieve. Add the bread crumbs, yolks of the eggs, and the whites of the eggs stiffly beaten.

Turn into a buttered fireproof dish, dredge the top with sugar, bake in a moderate oven for twenty minutes.

Serve hot.

INVALID PUDDING

| | |
|---------------------------------|----------------------------|
| $\frac{1}{2}$ pint (1 cup) milk | 1 heaping tablespoonful (1 |
| 1 heaping tablespoonful (1 | oz.) rice flour |
| oz.) butter | 2 egg whites |
| 1 tablespoonful sugar | 2 tablespoonfuls cream |
| | Little grated nutmeg |

Put the milk, butter, sugar, and grated nutmeg into a saucepan and bring to boiling point. Mix the rice flour with the cream and stir into the boiling milk.

Allow to cool for a minute, then add the whites of eggs stiffly beaten.

Pour into a buttered fireproof dish and bake quickly.

JELLIED FISH

| | |
|----------------------------------|-----------------------------|
| 1 flounder | 1 teaspoonful lemon juice |
| $\frac{1}{2}$ pint (1 cup) water | 1 teaspoonful chopped pars- |
| Salt and pepper | ley |
| 1 heaping tablespoonful | |
| powdered gelatine | |

Skin and fillet the flounder. Season the fillets with salt and pepper, roll them up tightly, lay in a small fireproof dish, sprinkle the chopped parsley over them, add the lemon juice and the gelatine mixed with the water.

Bake for half an hour in a moderate oven.

Serve cold garnished with parsley.

MILK SOUP

| | |
|----------------------|--|
| 1 pint (2 cups) milk | Salt, pepper, and grated |
| 1 celery stalk | nutmeg to taste |
| 1 egg | $\frac{1}{2}$ cupful soft bread crumbs |

Chop the celery and put it into an earthenware pan, add the bread crumbs and the milk; allow it to simmer for a quarter of an hour, then strain it.

Beat up the egg and add it to the soup; reheat it but do not allow it to boil again.

Season nicely with salt, pepper, and nutmeg.

MULLED MILK

| | |
|--|-----------------------|
| 1 pint (2 cups) milk | 2 egg yolks |
| 1 oz. (1 heaping table- spoonful) sugar | 1 inch cinnamon stick |

Put the milk and cinnamon stick into a fireproof pan, bring to boiling point, and boil for four minutes.

Mix the yolks of the eggs, sugar, and three table-spoonfuls of cold milk together; strain the hot milk and add it to the eggs, then stir it over the fire until it begins to thicken—it must not boil; pour it several times from one earthenware pitcher to another.

OYSTER SOUP

| | |
|---|----------------------------------|
| 12 oysters | $\frac{1}{2}$ pint (1 cup) cream |
| 2 tablespoonfuls butter | Salt, pepper, and grated nut- |
| 2 tablespoonfuls flour | meg to taste |
| $\frac{1}{2}$ pint (1 cup) oyster liquor | 4 tablespoonfuls milk |
| | Toast points |

Strain the liquor from the oysters, rinse them, and cut them into four pieces. Melt the butter, stir in the flour, add the milk, oyster liquor, seasonings, and cream, bring to boiling point and pour over the oysters in petites marmites.

Serve with toast points.

RASPBERRY SOUFFLÉ

| | |
|-----------------------------|----------------------------|
| ½ pint (1 cup) raspberries | 1 heaping tablespoonful (1 |
| 2 heaping tablespoonfuls (2 | oz.) flour |
| ozs.) sugar | 3 tablespoonfuls cream |
| 4 tablespoonfuls water | 2 eggs |
| 1 heaping tablespoonful (1 | |
| oz.) butter | |

Put the raspberries into a saucepan with the sugar and the water; stir over the fire with a wooden spoon till the fruit is tender, then rub through a sieve; return to the pan, add the butter, flour, and cream; stir until it boils, remove from the fire, add the yolks of eggs and the whites stiffly beaten.

Turn into a buttered earthenware dish and bake in a moderate oven for twenty minutes.

Serve at once.

SAGO GRUEL

| | |
|-----------------------|-----------------------------|
| 2 tablespoonfuls sago | 1 wineglassful sherry wine |
| 1 tablespoonful sugar | Juice ½ lemon |
| 1 pint (2 cups) water | Grated nutmeg and ginger to |
| ¼ teaspoonful salt | taste |

Put the sago and water into a casserole, add the salt, and let it stand for two hours to soften; then boil it, stirring constantly, until it is thick, add the wine, sugar, strained lemon juice, ginger, and nutmeg.

This is an excellent gruel for invalids.

SAGO JELLY

| | |
|-----------------------------|---|
| 4 heaping tablespoonfuls (4 | 2 egg whites |
| ozs.) sago | 1 gill ($\frac{1}{4}$ cup) whipped cream |
| 1 quart (4 cups) water | |
| 2 tablespoonfuls maple | |
| syrup | |

Wash the sago, put it into a casserole with the water and let it simmer for three hours; as it boils add the maple syrup.

Divide it into small casseroles. Beat up the cream with the whites of eggs stiffly beaten, and decorate the jelly with them.

SAVORY BEEF JELLY

| | |
|-----------------------------|--------------------------------|
| $\frac{3}{4}$ lb. lean beef | 1 bay leaf |
| 1 pint (2 cups) cold water | 1 blade mace |
| Salt | 1 celery stalk |
| 10 white whole peppers | 1 tablespoonful powdered |
| 1 clove | gelatine |
| 2 parsley sprigs | 4 tablespoonfuls boiling water |

Scrape the beef with a sharp knife, and remove any fat and skin; put it into an earthenware dish with the cold water and a pinch of salt. Tie the seasonings

and the vegetables in a small piece of muslin and add them to the beef; cover tightly and cook slowly in a moderate oven for three hours.

Remove the lid two or three times during the cooking, and stir the contents of the jar. When cooked, strain and allow the liquid to cool, when the fat should be removed.

Dissolve the gelatine in the boiling water and add it to the jelly. Divide it into dainty stoneware dishes.

SAVORY CUSTARD

1 gill ($\frac{1}{4}$ pint) beef tea Salt
1 egg

Beat up the egg, add to it the beef tea and a pinch of salt; pour into a buttered earthenware custard cup, cover with a buttered paper, and steam until set.

TAPIOCA CREAMS

| | |
|---|--|
| $\frac{1}{2}$ pint (1 cup) milk | 2 egg yolks |
| 1 tablespoonful ($\frac{1}{2}$ oz.) tapioca | 3 tablespoonfuls cream |
| 1 tablespoonful ($\frac{1}{2}$ oz.) sugar | $\frac{1}{4}$ teaspoonful almond extract |
| | A little red currant jelly |

Soak the tapioca in the milk for one hour, then stir over the fire till the tapioca is quite clear, beat up the yolks with the sugar, add to the mixture with the extract, and stir until well mixed. Add the cream.

Remove from the fire and divide into dainty earthenware dishes.

Serve with a little red currant jelly on the top of each.

TRIPE FRICASSÉE

1½ lbs. fine tripe

1 small onion

½ pint (1 cup) milk

1 egg yolk

A little grated nutmeg

1 tablespoonful cornstarch

Salt and pepper to taste

Prepare the raw tripe by thoroughly scraping and scalding after it has been procured cleansed; then cut it in small pieces, and cover it with cold water; let it boil for a quarter of an hour, throw away the water, and wash the tripe once more. Then put it in a casserole covered with cold water; let it boil, then allow it to simmer for four and a half hours; add the onion, and allow it to cook for a quarter of an hour longer.

Take out the onion then and chop it up finely. Drain all the water from the tripe, and replace it with the milk; add the chopped onion, and let it simmer for ten minutes. Now stir in the cornstarch moistened with a little cold milk, add the seasonings, and stir till it boils; allow to cook for five minutes, stirring all the time. Remove it from the fire, and add the yolk of egg; mix thoroughly, and serve hot.

CHEESE RECIPES



CHEESE RECIPES

"Cheese, it is a peevish elf, it digests all things but itself"

BAKED CHEESE

| | |
|---|--|
| $\frac{1}{2}$ pint (1 cup) grated cheese | 1 gill ($\frac{1}{2}$ cup) milk 3 eggs |
| 1 heaping tablespoonful (1 oz.) butter | Salt and pepper to taste |
| 1 heaping tablespoonful (1 oz.) flour | |

Melt the butter, stir in the flour, add the milk, salt and pepper. When it comes to boiling point remove from the fire, then add the yolks of the eggs, the cheese, and the whites of the eggs beaten to a stiff froth.

Pour into a well-buttered fireproof dish, and bake until brown.

Serve hot.

CHEESE AND BREAD

| | |
|---|--|
| $\frac{1}{2}$ pint (1 cup) grated cheese | 1 heaping teaspoonful butter 3 eggs |
| $\frac{1}{2}$ pint (1 cup) milk | Seasoning of salt and red |
| $\frac{1}{2}$ pint (1 cup) bread crumbs | pepper |

Scald the milk and butter together; remove from the stove, and add the cheese, bread crumbs, and seasonings. Beat up the eggs and add them lightly.

Pour into a buttered fireproof dish and bake for half an hour.

Serve at once.

CHEESE CREAMS

| | |
|--|--|
| 2 heaping tablespoonfuls grated cheese | 1 tablespoonful chopped pars- ley |
| $\frac{1}{2}$ pint (1 cup) half-set as- pic jelly | Salt, pepper, and red pepper to taste |
| $\frac{1}{2}$ pint (1 cup) whipping cream | |

Beat up the cream till stiff and stir into it the cheese; add the aspic jelly and the seasonings. Divide into china ramequins; when set, sprinkle over with a little chopped parsley.

Serve very cold.

CHEESE AND RICE

| | |
|---|--|
| 2 cupfuls ($\frac{1}{2}$ lb.) grated cheese | 2 heaping tablespoonfuls (2 ozs.) flour |
| 1 gill ($\frac{1}{2}$ cup) boiled rice | Seasoning of salt and pepper |
| 2 heaping tablespoonfuls (2 ozs.) butter | 1 pint (2 cups) milk |
| | A few bread crumbs |

Blend the butter and flour together in a saucepan over the fire; then gradually add the milk, stirring

constantly, and cook for five minutes. Remove from the fire and season nicely with salt and pepper.

Put the rice into a buttered fireproof dish, then sprinkle in the cheese and pour in the sauce, sprinkle a few bread crumbs on the top, then a little grated cheese, and bake in a hot oven for twenty minutes.

CHEESE WITH NOODLES, SPAGHETTI, OR MACARONI

- | | |
|---|---------------------------|
| 1 cupful ($\frac{1}{4}$ lb.) grated cheese | 1 package medium noodles |
| | Salt and paprika to taste |
| 3 heaping tablespoonfuls (3 ozs.) butter | |

Boil the noodles in plenty of boiling salted water for twenty minutes, then drain, add the butter, cheese, salt, and paprika.

Stir over the fire in a fireproof dish till the cheese and butter are melted. Serve hot.

CHEESE APPETIZER

- | | |
|--|------------------------------------|
| 2 cupfuls ($\frac{1}{2}$ lb.) cheese | 2 eggs |
| 1 heaping tablespoonful (1 oz.) butter | Some crackers |
| | 1 saltspoonful salt |
| 1 can tomato soup | $\frac{1}{2}$ saltspoonful paprika |

Cut the cheese into small pieces, then melt it in a fireproof dish, add the butter, seasonings, and tomato soup. When well mixed, add the eggs well beaten.

Stir until it begins to thicken, and serve at once on buttered crackers.

CHEESE SALAD

| | |
|---|------------------------------|
| $\frac{1}{2}$ lb. American cheese | 2 hard cooked eggs |
| $\frac{1}{2}$ pint (1 cup) chopped cooked chicken | 1 teaspoonful French mustard |
| $\frac{1}{4}$ pint ($\frac{1}{2}$ cup) chopped stuffed olives | 3 tablespoonfuls vinegar |
| | 4 tablespoonfuls olive oil |
| | Salt and red pepper to taste |

Chop the cheese and mix it with the chicken and olives. Rub soft the yolks of the eggs, add the mustard, the vinegar, the oil, and seasonings to taste.

Pour the sauce over the salad in ramequins and garnish with the whites of the eggs cut into small pieces.

CHEESE SANDWICHES

| | |
|--|---------------------------------------|
| $1\frac{1}{2}$ lbs. grated cream cheese | 3 canned red peppers |
| 1 large egg | $\frac{1}{2}$ teaspoonful lemon juice |
| $\frac{1}{2}$ pint (1 cup) milk | Salt and red pepper to taste |
| 1 tablespoonful cornstarch | Buttered slices of bread |

Cook all the ingredients over the fire in a casserole for five minutes. Spread on the bread and toast them. Serve hot.

CHEESE TARTLETS

| | |
|--|------------------------------------|
| 4 heaping tablespoonfuls (2 ozs.) grated cheese | $\frac{1}{2}$ pint (1 cup) milk |
| 1 heaping tablespoonful (1 oz.) butter | 2 eggs |
| 1 heaping tablespoonful (1 oz.) flour | $\frac{1}{4}$ teaspoonful salt |
| | Seasoning of pepper and paprika |
| | Pastry |

Roll the pastry out thinly, and line some small thin casserole dishes with it. Blend the butter and flour together in a saucepan over the fire, add the milk, stir till it boils and thickens; then remove the pan from the fire.

Add the yolks of the eggs one by one, mixing each one thoroughly; add the cheese, the seasonings, and the whites of eggs stiffly beaten. Divide into the prepared dishes and bake in the oven for fifteen minutes.

Serve at once.

CHEESE AND POTATOES

| | |
|---|---|
| 2 ozs. ($\frac{1}{2}$ cupful) grated cheese | 1 tablespoonful chopped olives |
| 1 cupful mashed potatoes | Salt and pepper to taste |
| 2 egg yolks | 1 tablespoonful finely chopped parsley |
| 1 heaping tablespoonful (1 oz.) butter | |

Beat up the yolks of eggs, melt the butter and add it to them, with the parsley, potatoes, cheese, pickles, and seasonings.

Turn into a buttered fireproof dish, brush over with the whites stiffly beaten, mark with a fork or knife, and bake in a hot oven till brown.

CHEESE AND CORN

| | |
|--|----------------------------------|
| 1 cupful ($\frac{1}{4}$ lb.) grated cheese | 1 egg |
| 1 can corn | 1 gill ($\frac{1}{2}$ cup) milk |
| 4 soda crackers | Salt and paprika to taste |
| | 1 heaping teaspoonful butter |

Roll the crackers, add the egg well beaten, butter, cheese, seasonings, milk, and corn. Mix well and turn into a buttered fireproof dish.

Bake for thirty minutes in a hot oven.

CHEESE FONDUE

| | |
|--|--|
| $\frac{1}{2}$ lb. (2 cupfuls) grated cheese | $\frac{1}{2}$ pint (1 cup) milk |
| 1 saltspoonful dry mustard | $\frac{1}{4}$ lb. (1 cup) fine bread crumbs |
| 1 heaping tablespoonful (1 oz.) butter | 2 eggs |
| | A dust of red pepper |

Melt the butter in a fireproof dish, add the milk, bread crumbs, cheese, mustard, and seasonings.

Stir constantly for five minutes, and then add the eggs well beaten.

Serve hot.

CHEESE DAINTRIES

| | |
|---|--|
| 3 heaping tablespoonfuls Parmesan cheese | $\frac{1}{4}$ pint ($\frac{1}{2}$ cup) milk |
| 4 eggs | Salt, pepper, and red pepper to taste |

Bring the milk to boiling point, pour it over the eggs well beaten, add the cheese, salt, pepper, and red pepper; pour into some buttered cocottes or ramequins.

Stand the cases in a pan, pour in some hot water; place in the oven and cook till set.

Garnish with parsley and serve hot.

CHEESE CUSTARDS

4 ozs. (1 cup) grated cheese Salt and pepper to taste
2 eggs A few sprigs parsley
½ pint (1 cup) milk

Mix the eggs and milk in a saucepan over the fire, stir them till they thicken slightly, remove from the fire, and add the cheese, salt, and pepper.

Divide into small china ramequin cases and bake until brown.

Serve with a small sprig of parsley in the center of each.

CHEESE AND MACARONI

| | |
|-----------------------------|-----------------------------|
| 4 heaping tablespoonfuls (2 | 1 slice onion |
| ozs.) grated cheese | 2 heaping tablespoonfuls (2 |
| ¼ lb. macaroni | ozs.) butter |
| 1 gill (¼ pint) stock | 1 tablespoonful flour |
| 1 gill (¼ pint) milk | Salt and pepper to taste |
| 1 bay leaf | A few bread crumbs |

Break up the macaroni into short pieces, put it into a saucepan of boiling salted water, add one teaspoonful of butter, and boil quickly for half an hour. Put the stock, bay leaf, onion, and milk into a saucepan and bring to boiling point. Blend the butter and flour together in a saucepan over the fire; add the stock strained; stir till it boils, put in the macaroni and the grated cheese; mix well and season with the salt and pepper.

Butter a gratin dish, sprinkle it over with bread crumbs and grated cheese, pour in the mixture, sprinkle over with some more bread crumbs and grated cheese, put a few pieces of butter here and there on the top, and bake in a moderate oven for a quarter of an hour.

Serve hot in the dish in which it was cooked.

CHEESE PUDDING

| | |
|---|----------------------------------|
| 2 cupfuls ($\frac{1}{2}$ lb.) grated cheese | 2 eggs |
| 1 teaspoonful flour | 2 tablespoonfuls bread crumbs |
| $\frac{1}{2}$ pint (1 cup) hot milk | Salt and pepper to taste |
| 1 heaping teaspoonful butter | |

Put the cheese into a bowl, add the flour, salt and pepper, bread crumbs, milk, butter, the yolks of the eggs and the whites well beaten.

Mix gently, pour into a buttered earthenware dish, and bake for a quarter of an hour in a moderate oven.

Serve hot.

CHEESE SOUFFLÉS

| | |
|--|----------------------------------|
| 6 heaping tablespoonfuls (3 ozs.) grated cheese | 1 level tablespoonful flour |
| 1 heaping tablespoonful (1 oz.) butter | 2 eggs |
| | 1 gill ($\frac{1}{2}$ cup) milk |
| | Salt and pepper to taste |

Melt the butter, stir in the flour, add the milk, and stir till it cooks for three minutes; remove from the fire, add the yolks of eggs well beaten, the cheese,

seasonings, and the whites stiffly beaten; divide into buttered ramequins, and bake for ten minutes.

Serve quickly.

CHEESE AND TOMATOES

| | |
|-----------------------------------|---------------------------|
| 3 tablespoonfuls grated cheese | 2 eggs |
| 4 ripe tomatoes | 1 tablespoonful butter |
| | Salt and paprika to taste |

Skin the tomatoes and rub them through a sieve, add the cheese, salt, paprika, and eggs well beaten.

Melt the butter in an earthenware dish, pour in the mixture, and bake in a moderate oven for ten minutes.

Serve immediately.

CHEESE CAKE

| | |
|----------------------------------|---------------------------------------|
| 1 lb. pot cheese | 6 ozs. ($\frac{3}{4}$ cup) sugar |
| $\frac{1}{2}$ lb. (2 cups) flour | 6 ozs. ($\frac{3}{4}$ cup) butter |
| 2 teaspoonfuls baking powder | 1 gill ($\frac{1}{2}$ cup) milk |
| Juice $\frac{1}{2}$ lemon | 1 egg |
| | $\frac{1}{2}$ cupful cleaned currants |

Rub half a cupful of the butter into the flour, add half a cupful of the sugar, baking powder, egg well beaten, milk, and strained juice of lemon.

Line a buttered baking earthenware dish with this paste. Mix the cheese smoothly with the rest of the sugar and butter. Spread this filling into the prepared casserole.

Sprinkle the currants on the top and bake in a hot oven for half an hour.

SCALLOPED CHEESE

| | |
|---|-----------------------------------|
| $\frac{1}{2}$ pint (1 cup) grated cheese | $\frac{1}{4}$ teaspoonful mustard |
| 3 eggs | Salt and red pepper to taste |
| $1\frac{1}{2}$ pints (3 cups) milk | 4 slices bread |
| | 1 tablespoonful butter |

Remove the crusts from the bread after it has been spread with the butter. Place the bread in a fireproof dish, then sprinkle in the cheese. Beat up the eggs, add the milk and seasonings; pour them over the bread and cheese.

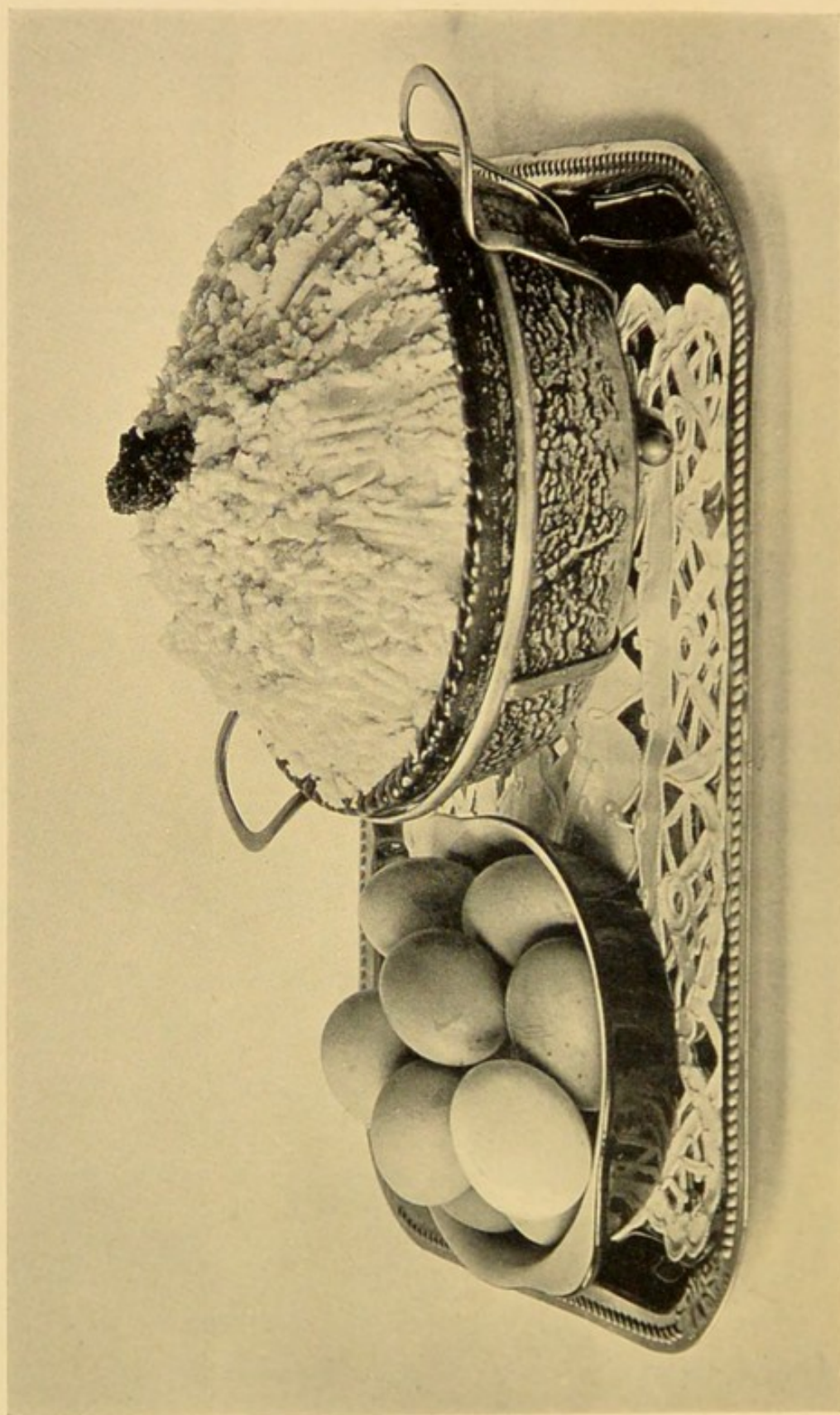
Allow to remain for half an hour.

Bake in a hot oven for twenty minutes.

WELSH RAREBIT

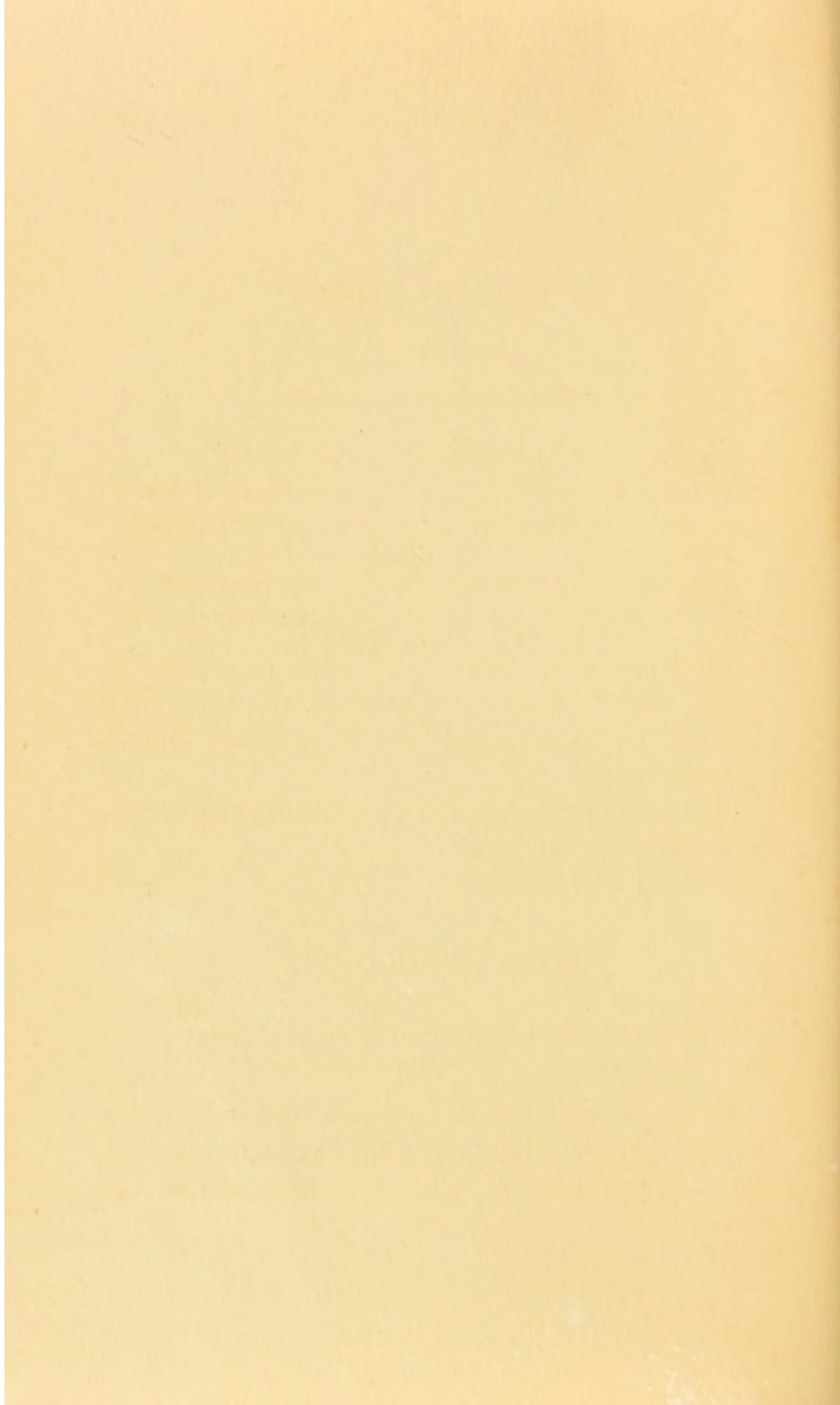
| | |
|--|--|
| $\frac{1}{2}$ pint (1 cup) grated American cheese | 1 teaspoonful made mustard |
| 1 heaping tablespoonful (1 oz.) butter | Salt and red pepper to taste |
| 3 tablespoonfuls of milk, cream, or ale | 1 egg |
| | Some hot buttered toast or crackers |

Melt the butter in a casserole, add the seasonings, and the cheese. When melted, add the milk, cream or ale; stir vigorously till smooth, add the egg well beaten quickly and pour over the buttered toast or crackers.



EGG AND POTATO PIE

EGG RECIPES



EGG RECIPES

"What, all my pretty chickens"

CURRIED EGGS

| | |
|--|---|
| 6 hard cooked eggs | 1 heaping teaspoonful flour |
| 1 cupful plain boiled rice | 2 teaspoonfuls curry powder |
| 1 onion | 1 teaspoonful salt |
| 1 heaping tablespoonful (1 oz.) butter | 1 teaspoonful lemon juice |
| | $\frac{1}{2}$ pint (1 cup) stock or water |

Chop the onion and fry it for a few minutes in the butter, add the flour, curry powder, salt, lemon juice, and water; allow to cook slowly for fifteen minutes in a casserole.

Add four of the eggs cut in quarters, and garnish with the other two eggs.

Serve in the casserole.

EGGS IN COCOTTES

| | |
|---------------------------------------|---------------------------------|
| 4 eggs | 1 saltspoonful white pepper |
| $\frac{1}{2}$ teaspoonful onion juice | $\frac{1}{2}$ pint (1 cup) milk |
| $\frac{1}{2}$ teaspoonful salt | Some bread sauce |

Break the eggs into a bowl, add the onion juice, salt, and pepper. Beat only until thoroughly blended, then add gradually the milk. Divide equally into six

well-buttered cocottes or soufflé cases. Stand them in a pan half filled with hot water and bake in a moderate oven for twenty minutes, or until firm to the touch.

Serve with bread sauce.

EGG PUDDING

| | |
|------------------------------------|---|
| 5 eggs | 1 pint (2 cups) boiling milk |
| 2 ozs. ($\frac{1}{4}$ cup) sugar | 3 tablespoonfuls cold milk |
| 2 ozs. ($\frac{1}{2}$ cup) flour | $\frac{1}{2}$ teaspoonful vanilla extract |
| 2 ozs. ($\frac{1}{4}$ cup) butter | Cream sauce |

Mix the sugar and the flour with the cold milk, stir them into the boiling milk, and cook until thick and very smooth; remove from the fire and add the butter. Beat in the yolks of the eggs, the extract, and mix in gently the whites of the eggs stiffly beaten. Turn into a buttered fireproof dish and bake for about thirty-five minutes. Serve hot with cream sauce.

To make the sauce: Beat half a cupful of butter with one cupful of powdered sugar, then add two tablespoonfuls of cream and half a teaspoonful of vanilla extract.

EGG TARTLETS

| | |
|--|--|
| 5 eggs | 1 tablespoonful butter |
| 6 tablespoonfuls chopped cooked ham | 3 tablespoonfuls browned bread crumbs |
| 2 heaping tablespoonfuls white bread crumbs | Salt, pepper, and grated nut- meg |
| $\frac{1}{2}$ gill (4 tablespoonfuls) milk | |

Chop the ham finely, put it into a basin, add the white bread crumbs, the milk, and seasoning of salt, pepper, and nutmeg. Butter some ramequins, sprinkle them with the browned bread crumbs, and line them neatly with the ham paste. Break an egg into each, put one or two small pieces of butter on the top, sprinkle over with a little pepper, and bake for twelve minutes.

Serve hot.

EGGS IN TOMATOES

| | |
|--|-----------------------------------|
| 4 eggs | 1 teaspoonful chopped pars- |
| 4 firm tomatoes | ley |
| 1 heaping tablespoonful (1 oz.) butter | Salt, pepper, and dust of paprika |

Wipe each tomato and cut a round piece from the stalk end. Remove enough pulp to leave room for one egg dropped carefully into each, first dusting the inside of the tomatoes with salt, pepper, and paprika.

Put a small piece of butter on the top of each egg; place the tomatoes in small well-buttered fireproof dishes and bake until the whites of eggs are lightly set.

Sprinkle with salt, pepper, and parsley.

Serve hot.

EGGS WITH SPINACH

| | |
|--|-------------------------|
| 4 or 5 eggs | ½ peck spinach (2 lbs.) |
| 3 heaping tablespoonfuls (3 ozs.) butter | Salt and pepper |

Wash the spinach carefully to remove all dirt and grit, then put it into a saucepan, put on the cover, and cook for ten minutes. Add the butter, salt, and pepper to taste; allow it to cook slowly for one hour in its own juices.

Divide it into buttered ramequins, making it into neat little nests. Drop an egg into each of these nests, and bake for eight minutes in a moderately heated oven.

The whites of the eggs should harden, but the yolks should be soft.

Serve very hot.

EGG SOUP

| | |
|---|---------------------------------|
| 4 egg yolks | Salt and pepper |
| $\frac{1}{4}$ lb. ($\frac{1}{2}$ cup) butter | 1 tablespoonful chopped parsley |
| 1 onion | |
| 1 tablespoonful flour | Toast points |
| $1\frac{1}{2}$ pints (3 cups) water | |

Chop the onion and fry it for a few minutes in the butter, stir in the flour, cook a minute, then add the water, bring to boiling point, and season with parsley, salt, and pepper.

Beat up the yolks of the eggs, add them off the fire, stirring till all is mixed.

Have the toast points in petites marmites, pour in the soup, and serve as quickly as possible.

EGG AND MUSHROOM RAGOUT

| | |
|--|------------------------|
| 3 hard cooked eggs | 1 pint (1 cup) stock |
| $\frac{1}{4}$ lb. mushrooms | 1 teaspoonful flour |
| 1 heaping tablespoonful (1 oz.) butter | Salt and pepper |
| | Little chopped parsley |

Peel the mushrooms and fry them for a minute in the hot butter in a fireproof dish, add the flour, stock, salt, and pepper. Boil for three minutes, add two of the eggs cut lengthways.

Garnish with the other egg and the parsley.

EGGS IN RAMEQUINS

| | |
|---|------------------------------------|
| 5 hard cooked eggs | A few bread crumbs |
| $\frac{1}{4}$ lb. mushrooms | $\frac{1}{3}$ cupful melted butter |
| 3 tablespoonfuls butter | Salt and pepper to season |
| 1 pint (2 cups) white sauce | |
| $\frac{1}{2}$ cupful cooked chopped ham | |

Peel the mushrooms and cut them into small pieces; cook them in the three tablespoonfuls of butter till the butter is absorbed, then add the white sauce and allow to simmer for a quarter of an hour. Add the ham and the cooked eggs, cut in slices; season nicely, and turn into well-buttered ramequins, cover with some bread crumbs mixed with the melted butter, and heat thoroughly in the oven.

Serve hot.

EGGS WITH CREAM

| | |
|----------------------------------|------------------------------------|
| 6 eggs | $\frac{1}{4}$ lb. thinly cut bacon |
| $\frac{1}{2}$ pint (1 cup) cream | 1 heaping tablespoonful (1 |
| Salt and pepper | oz.) butter |

Spread the butter on the bottom of a shallow fire-proof dish, pour in the cream, sprinkle in a little salt and pepper, break the eggs carefully into the dish; partly cook the bacon in front of the fire, then place it on the top of the eggs.

Bake for ten minutes and serve hot.

This dish may be prepared in small casseroles, allowing one egg to each dish.

EGGS WITH MACARONI

| | |
|-----------------------------|--|
| 4 hard cooked eggs | $\frac{1}{2}$ pint (1 cup) white sauce |
| $\frac{1}{4}$ lb. spaghetti | 1 tablespoonful finely chopped |
| 1 heaping tablespoonful (1 | parsley |
| oz.) butter | Salt and pepper |
| 2 heaping tablespoonfuls (1 | |
| oz.) grated cheese | |

Break the spaghetti into a saucepan of fast boiling water, add one teaspoonful of butter, and cook it until tender, then drain. Thickly butter a fireproof dish, put in a layer of spaghetti, then a layer of sliced hard cooked eggs; dust these with a little salt and pepper.

Next put in more spaghetti, then more slices of egg,

and so on until the dish is full, ending with the spaghetti. Pour the white sauce over this and sprinkle the cheese on it. Put the rest of the butter in little lumps on the top.

Bake in a quick oven for ten minutes. Decorate with the chopped parsley and sliced eggs.

EGG AND POTATO PIE

| | |
|--|-----------------------------|
| 5 hard cooked eggs | 3 tablespoonfuls hot cream |
| $\frac{1}{2}$ pint (1 cup) white sauce | Seasoning salt, pepper, and |
| 10 boiled potatoes | grated nutmeg |
| 1 heaping tablespoonful (1 oz.) butter | Chopped parsley |

Shell the eggs and cut them into slices not too thin. Mash the potatoes and mix them with the butter and the cream. Season with salt, pepper, and a very little nutmeg.

Line the bottom of an earthenware dish with this and place in it a layer of the sliced eggs, scatter some chopped parsley over them, and cover with the white sauce. Continue alternate layers of potato, egg, sauce, and parsley until the quantities are used.

Cover the top with the mashed potatoes; smooth carefully over and mark with a fork; brush with beaten egg; bake for half an hour in a moderately hot oven.

EGGS AU GRATIN

| | |
|---|--|
| 6 hard cooked eggs | $\frac{1}{2}$ pint ($\frac{1}{2}$ cup) milk |
| 2 tablespoonfuls grated cheese | 3 tablespoonfuls cream |
| 1 heaping tablespoonful (1 oz.) flour | Salt, red pepper, and white pepper to taste |
| 1 heaping tablespoonful (1 oz.) butter | 2 raw egg yolks |
| | Toast points |

Divide the eggs into halves lengthways and place them in a buttered gratin dish. Melt the butter, stir in the flour, add the milk, stir till boiling, then add one tablespoonful of the cheese and the seasonings. Cook for five minutes, remove from the fire, add the yolks of eggs, mix well, and pour over the hard cooked eggs. Sprinkle with the rest of the cheese and brown in the oven.

Garnish with the toast points and serve hot.

EGGS AND BACON

| | |
|---|---|
| $\frac{1}{4}$ lb. bacon | 2 tablespoonfuls bread crumbs |
| $\frac{1}{4}$ lb. mushrooms | 1 heaping tablespoonful (1 oz.) butter |
| 4 poached eggs | Salt and pepper |
| 1 tablespoonful finely chopped parsley | |

Fry the bacon, then chop it and put it into a gratin dish. Peel the mushrooms and fry them lightly in butter, chop them, and lay them on the top of the bacon, sprinkle in a little salt and pepper. Poach

and drain the eggs, and lay them on the top of the mushrooms. Put the parsley, butter, and bread crumbs on the top and bake for six minutes.

Serve hot.

GOLDEN EGGS

| | |
|----------------------------|---------------------------------|
| 4 hard cooked eggs | 1 heaping tablespoonful (1 |
| 1 tablespoonful vinegar | oz.) flour |
| 1 egg yolk | $\frac{1}{2}$ pint (1 cup) milk |
| 1 heaping tablespoonful (1 | Salt and pepper |
| oz.) butter | Some croûtons |

Put the vinegar into a casserole and boil it till it almost evaporates, then add the butter and the flour, mix well, add the milk, stir till it boils, and cook for five minutes, stirring all the time; then add the raw yolk of egg, salt and pepper to taste, stir for a few minutes longer. Cut the whites of hard boiled eggs in strips, add them to the mixture. Turn out on to a shallow earthenware dish, rub the yolks through a sieve on the top. Put the croûtons round the edge.

SCOTCH WOODCOCK

| | |
|---|--|
| 3 hard cooked eggs | 1 gill ($\frac{1}{2}$ cup) stock |
| 3 tablespoonfuls grated cheese | $\frac{1}{2}$ teaspoonful anchovy ex- tract |
| 1 heaping tablespoonful (1 oz.) flour | Salt, pepper, and red pepper |
| 1 heaping tablespoonful (1 oz.) butter | 1 teaspoonful chopped pars- ley |
| 1 gill ($\frac{1}{2}$ cup) milk | 2 rounds buttered toast |

Place one round of toast in a buttered fireproof dish. Chop the whites of the eggs and mix them with one tablespoonful of the cheese and seasoning of salt, pepper, and red pepper; place the other round of toast on the top, put in the oven to keep hot.

Blend the butter and flour in a saucepan over the fire; stir in the milk, stock, anchovy, the remainder of the cheese, and seasoning. Cook for a few minutes and pour over the toast.

Divide the toast into squares, garnish with the chopped parsley and the yolks of eggs rubbed through a sieve.

Serve hot.

SCRAMBLED EGGS WITH MUSHROOMS

| | |
|--|------------------------------|
| 4 eggs | 1 tablespoonful cream |
| 1 heaping tablespoonful (1 oz.) butter | 1 slice buttered toast |
| 8 small mushrooms | Salt, pepper, and red pepper |

Wash and peel the mushrooms, chop them finely, and fry them in a little melted butter. Beat up the eggs, and pour them into a saucepan; add the cream, mushrooms, butter, and seasonings. Stir over a quick fire until the eggs are lightly set.

Have the toast neatly trimmed ready on a hot fireproof dish, put the egg mixture on the top of it, and serve immediately.

SHRIMP EGGS

| | |
|--------------------------|------------------------------|
| 6 eggs | 2 tablespoonfuls sherry wine |
| 18 large picked shrimps | 1 pint (2 cups) good thick |
| 3 heaping tablespoonfuls | gravy |
| finely chopped cooked | A few drops red coloring |
| tongue | Some parsley |
| 1 tablespoonful cream | Salt and pepper |

Butter some small casseroles and break into each an egg; put into the oven and let cook, but they must not harden. Put the gravy into a saucepan, add the sherry wine, the tongue, and the shrimps. simmer for ten minutes, but do not allow it to boil.

Season nicely, add the cream and red coloring; pour over the eggs, place a sprig of parsley in the center of each, and serve at once.

SOUFFLÉ OMELET

| | |
|-----------------------------|----------------------------|
| 6 eggs | 1 tablespoonful cornstarch |
| 3 heaping tablespoonfuls (3 | ½ teaspoonful rose extract |
| ozs.) sugar | Some raspberry preserves |

Beat the yolks of the eggs and the sugar thoroughly together; then add the cornstarch and the rose extract. Add a pinch of salt to the whites of eggs and beat them up stiffly. Mix them carefully with the yolks and sugar. Turn half of the mixture into a buttered fire-proof dish, spread over with raspberry preserves, then put the remainder of the mixture on the top,

smooth over with a knife, dredge with sugar, and make a few incisions with the point of a knife, so as to form a pretty design.

Bake in a moderately hot oven for twenty-five minutes.

Place the dish on a folded napkin and send to table at once.

SWISS EGGS

| | |
|-----------------------------------|-----------------|
| 6 eggs | Salt and pepper |
| 3 tablespoonfuls butter | Swiss cheese |
| 1 gill ($\frac{1}{2}$ cup) cream | |

Melt the butter in a fireproof baking dish, break into it the eggs, cover them with very thin slices of Swiss cheese, and sprinkle over a little salt and pepper.

Bake in a moderate oven till the eggs are set and the cheese melted.

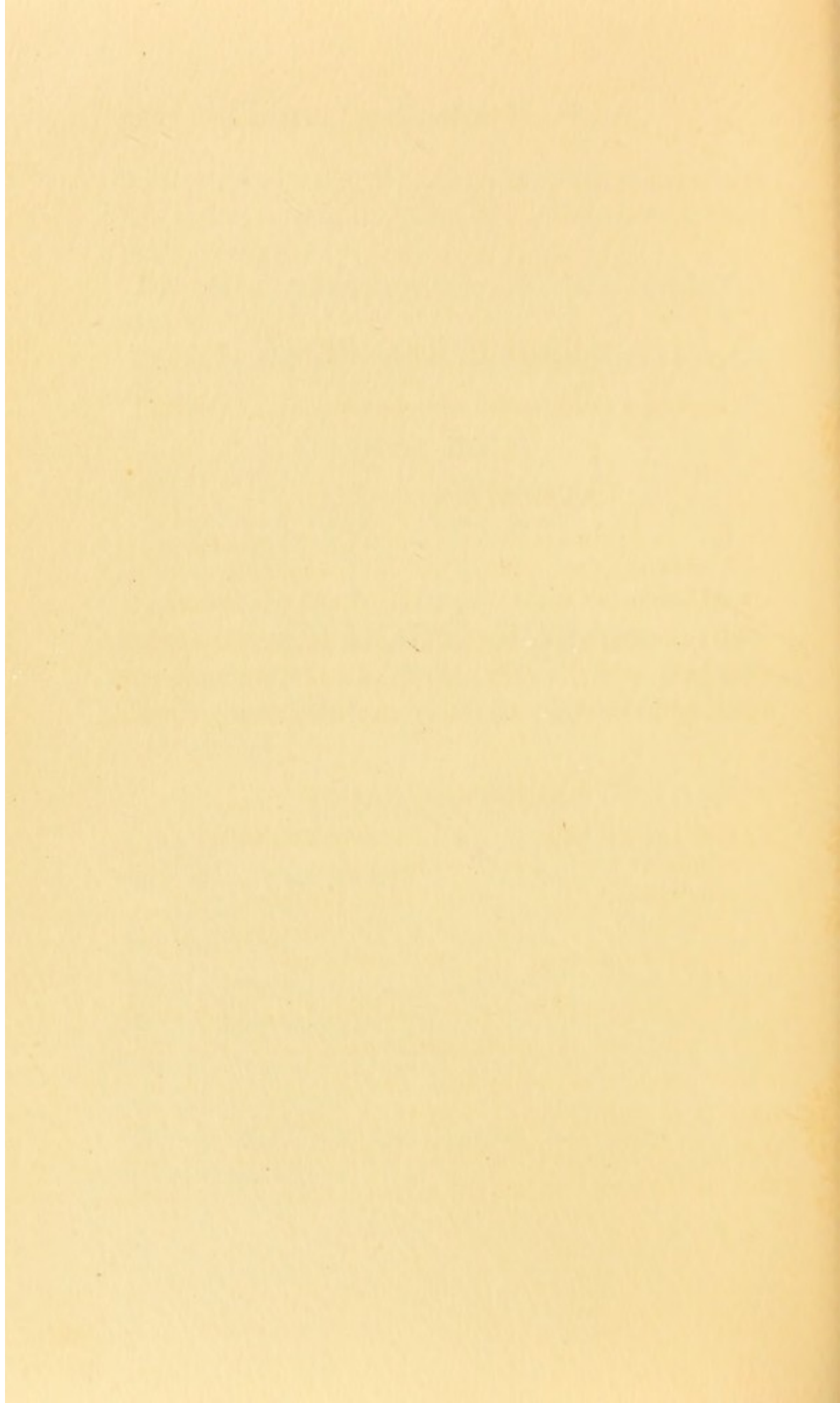
VENETIAN EGGS

| | |
|-------------------------------------|-----------------------------------|
| 3 eggs | 1 heaping tablespoonful (1 |
| $\frac{1}{2}$ pint (1 cup) strained | oz.) butter |
| tomato juice | $\frac{1}{2}$ pint (1 cup) grated |
| Salt and pepper | cheese |

Melt the butter in a casserole, add the grated cheese, and stir until melted. Pour in the tomato juice, and when this begins to thicken, add the eggs, which have been lightly beaten.

Season with salt and pepper and serve on hot toasted crackers.

SAUCE RECIPES



SAUCE RECIPES

"Epicurean cooks sharpen with cloyless sauce his appetite"

ARROWROOT SAUCE

| | |
|--|---|
| 2 ozs. (2 heaping table- spoonfuls) arrowroot | $\frac{1}{2}$ pint (1 cup) water $\frac{1}{2}$ pint (1 cup) milk |
| 2 tablespoonfuls sugar | 1 teaspoonful rose extract |

Mix the arrowroot with the water in a small earthenware pan, add the milk, sugar, and boil for four minutes; add the rose extract or any flavoring preferred.

BÉCHAMEL SAUCE

| | |
|------------------------|-----------------------------------|
| 1 pint (2 cups) milk | 2 tablespoonfuls butter |
| 1 small carrot | 1 bay leaf |
| 1 celery stalk | 12 whole peppers |
| 1 small onion | 1 gill ($\frac{1}{2}$ cup) cream |
| 2 tablespoonfuls flour | Salt and pepper |

Wash and prepare the vegetables, then slice them. Put them into an earthenware dish with the milk, whole peppers, and bay leaf, and let them cook in it until it is well flavored. Melt the butter in another pan, stir in the flour smoothly, then strain in the milk, and stir it over the fire till it boils; then let it simmer

for ten minutes. Next strain it, return it to the pan, reheat it, season it to taste, and, lastly, add the cream, taking care that it does not again reach boiling point.

BROWN GRAVY

| | |
|---|---|
| $\frac{1}{2}$ pint (1 cup) water | 1 tablespoonful mushroom |
| 1 blade mace | ketchup |
| 1 shallot or small onion sliced | $\frac{1}{4}$ teaspoonful kitchen bouquet |
| 1 heaping teaspoonful flour | Salt and pepper |
| 1 oz. (1 heaping table- spoonful) butter | 1 teaspoonful lemon juice |
| | 1 bay leaf |
| $\frac{1}{2}$ teaspoonful meat ex- tract | 1 wineglassful port wine |

Melt the butter in a fireproof dish, then fry in it the onion or shallot, sliced, add the flour, and brown it also, add all the rest of the ingredients except the wine, allow to boil for eight minutes, strain, add the wine, reheat, but do not allow it to boil, and serve.

Another method is to pour away all the fat from the roasting dish, retaining the brown sediment, add to this one cupful of water, one teaspoonful of flour, half a teaspoonful of meat extract, seasoning of salt, pepper, and celery salt, a few drops of kitchen bouquet; stir till boiling, allow to boil for five minutes, stirring all the time. Strain into an earthenware gravy boat.

CHOCOLATE SAUCE

| | |
|---------------------------------|----------------------------------|
| 5 squares grated chocolate | 1 gill ($\frac{1}{2}$ cup) milk |
| $\frac{1}{2}$ lb. (1 cup) sugar | 1 teaspoonful vanilla extract |

Put these ingredients into a fireproof dish over the fire; stir until the sugar is dissolved, and boil until the mixture forms a soft ball when dropped into ice water.

Serve at once with ice cream.

CUCUMBER SAUCE

| | |
|----------------------------|---------------------------|
| 4 large cucumbers | 3 tablespoonfuls tarragon |
| 1 teaspoonful white pepper | vinegar |
| 1 grated onion | 1½ gills (¾ cup) whipping |
| 1 teaspoonful salt | cream |

Peel and grate the cucumbers, which should be large and crisp; when the pulp is thoroughly drained, turn it into an earthenware bowl; add the pepper, the onion, grated, the salt, and vinegar.

Mix and fold in the whipped cream at serving time.

CUSTARD SAUCE

| | |
|----------------------------|-------------------------------|
| 2 eggs | 1 tablespoonful sugar |
| 1 pint (2 cups) milk | ½ teaspoonful vanilla extract |
| 1 tablespoonful cornstarch | |

Moisten the cornstarch with a little of the milk, add the eggs and the sugar, beat well together, make the milk hot, add it to the cornstarch and eggs, stir well, return the mixture to the casserole, and let it thicken, stirring all the time, but it must not boil or it will curdle.

Add the vanilla extract.

Serve hot or cold.

CURRANT SAUCE

| | |
|----------------------------|---|
| 3 ozs. (3 tablespoonfuls) | 1 oz. (1 heaping tablespoon- ful) butter |
| currants | |
| 1 tablespoonful fine bread | 1 wineglassful port wine |
| crumbs | 1 blade mace |
| 4 cloves | |

Wash the currants and put them with the other ingredients into a fireproof dish, cook gently for twenty minutes, stirring till smooth, and serve in an earthenware sauce boat.

The cloves and mace should be tied in muslin or cheesecloth and removed before the sauce is served.

This sauce is good served with venison.

EGG SAUCE

| | |
|----------------------------------|---|
| 1 yolk hard cooked egg | 1 oz. (1 heaping tablespoon- ful) butter |
| 2 raw egg yolks | |
| 1 tablespoonful lemon juice | 1 oz. (1 heaping tablespoon- ful) flour |
| 1 teaspoonful chopped parsley | $\frac{1}{2}$ pint (1 cup) milk |
| Salt, pepper, and paprika | 1 gill ($\frac{1}{2}$ cup) stock |

Melt the butter in a fireproof dish, stir in the flour, milk, stock, parsley, seasonings, and the hard cooked yolk of egg rubbed through a sieve.

Stir till it boils for three minutes, then remove from the fire and stir in the raw yolks of eggs and the lemon juice.

ESPAGNOLE SAUCE

| | |
|---|--|
| 2 ozs. (2 heaping table- spoonfuls) butter | 1 small onion |
| 2 tablespoonfuls flour | 1 small slice ham |
| 1 pint (2 cups) brown stock | 1 wineglassful sherry wine |
| 1 carrot | 1 gill ($\frac{1}{2}$ cup) tomato sauce |
| 1 shallot | Salt and pepper |

Wash and prepare the vegetables, slice and dice them. Heat the butter in a casserole, put in the vegetables and ham, then fry them a good brown color.

Stir in the flour and brown it slightly, add the stock, stir it over the fire till it boils, then add the wine, tomato sauce, and salt and pepper to taste. Let it come to boiling point, then skim it well, strain it, and it is ready for use.

HARD SAUCE

| | |
|---|---|
| 4 ozs. (4 heaping table- spoonfuls) butter | 2 heaping tablespoonfuls chopped almonds |
| 2 ozs. (2 heaping table- spoonfuls) sugar | 1 tablespoonful sherry wine or brandy |

Blanch the almonds and chop them very fine, add the wine or brandy. Beat up the butter and sugar to a cream, then beat in the almonds.

Chill and serve in a heap in a dainty ramequin.

HOLLANDAISE SAUCE

| | |
|--|---|
| 4 egg yolks | 2 tablespoonfuls vinegar |
| 4 ozs. (4 heaping table- spoonfuls) sweet butter | 1 tablespoonful cold water Salt to taste |

Break the eggs into a fireproof dish, beat them up, then stir in the water and the vinegar.

Mix carefully over the fire till it thickens, and be careful that it does not curdle. Stir in the butter and add the salt.

HORSERADISH SAUCE

| | |
|--|---|
| 6 tablespoonfuls grated horseradish | 1 tablespoonful vinegar |
| 1 egg yolk | 1 gill ($\frac{1}{2}$ cup) whipping cream |
| $\frac{1}{2}$ teaspoonful salt | |

Mix the horseradish, yolk of egg, and salt together, then add the vinegar and fold in the whipped cream.

If the horseradish is already in vinegar, omit the tablespoonful of vinegar and press the horseradish until dry.

LEMON SAUCE

| | |
|--|----------------------------------|
| 2 lemons | 1 tablespoonful cornstarch |
| 1 oz. (1 heaping table- spoonful) sugar | $\frac{1}{2}$ pint (1 cup) water |

Put the water on to boil in a fireproof dish. Mix the cornstarch smoothly and thinly with the strained lemon juice. When the water boils, pour in the cornstarch and stir till it boils. Now add the sugar and the grated rind of the lemons.

Serve hot in an earthenware sauce boat.

MAYONNAISE SAUCE

| | |
|--|-----------------------------------|
| $\frac{1}{2}$ pint (1 cup) olive oil | $\frac{1}{4}$ teaspoonful salt |
| 1 egg yolk | Dash of red pepper |
| 1 tablespoonful vinegar | $\frac{1}{4}$ teaspoonful mustard |
| 1 tablespoonful lemon juice | |
| $\frac{1}{2}$ teaspoonful powdered sugar | |

Mix together in an earthenware bowl the salt, red pepper, mustard, and yolk of egg. Beat with a wooden spoon until slightly thickened. Add the sugar and a teaspoonful of lemon juice or vinegar, and when well blended with the other ingredients add the olive oil gradually, beating constantly.

When several teaspoonfuls of the oil have been added, a small egg-beater may be substituted for the wooden spoon, and the oil may be added faster.

When the mixture becomes too thick to beat easily, add a little of the lemon juice or vinegar, then more oil, and so on, alternating until all the ingredients are used. If liked, add more seasonings.

MUSHROOM GRAVY

| | |
|-------------------------------------|---|
| $\frac{1}{4}$ lb. chopped mushrooms | 1 oz. (1 heaping tablespoon- ful) butter |
| 1 heaping teaspoonful flour | |
| Salt and pepper | Salt and pepper to taste |
| 1 slice onion | $\frac{1}{4}$ teaspoonful meat extract |
| $\frac{1}{2}$ pint (1 cup) water | |
| 1 tablespoonful mushroom ketchup | |

Fry the mushrooms, onion, and the flour in the butter in a fireproof dish for a few minutes, add the seasonings, meat extract, mushroom ketchup, and the water; boil for eight minutes, stirring occasionally, and serve.

If preferred, the mushrooms can be rubbed through a sieve to press out all the juice; they can then be reheated and served.

ONION SAUCE

| | |
|---|--|
| 4 onions | 1 oz. (1 heaping tablespoon- ful) flour |
| Salt and pepper | |
| 1 dessertspoonful vinegar | $\frac{1}{2}$ teaspoonful sugar |
| 1 oz. (1 heaping table- spoonful) butter | 2 tablespoonfuls cream |
| | $\frac{1}{2}$ pint (1 cup) milk |

Peel the onions and drop them into plenty of boiling salted water, add the vinegar, and boil for a quarter of an hour. Drain and rinse them in clean warm water and chop them up. Melt the butter in a fireproof dish, stir in the flour, then gradually add the milk, and stir till they boil; add the sugar, onions, and a

little salt and pepper; stir till boiling; rub the whole through a sieve, reheat, then add the cream and serve hot.

OYSTER SAUCE

| | |
|------------------------|-----------------------------------|
| 12 oysters | 1 gill ($\frac{1}{2}$ cup) milk |
| 1 tablespoonful butter | 1 gill ($\frac{1}{2}$ cup) stock |
| 1 tablespoonful flour | 1 gill ($\frac{1}{2}$ cup) cream |
| Salt and pepper | A few drops lemon juice |

Blend the butter and flour together in a fireproof dish, then add gradually the milk and stock and boil for five minutes, stirring all the time; add the lemon juice, cream, salt, pepper, and the oysters divided into two or four pieces, according to size.

Do not boil the sauce after the oysters are added.

PARSLEY SAUCE

| | |
|-------------------------------------|---|
| 3 tablespoonfuls chopped parsley | 2 ozs. (2 heaping tablespoon- fuls) butter |
| $\frac{1}{2}$ pint (1 cup) milk | 1 oz. (1 heaping tablespoon- ful) flour |
| Pepper and salt to taste | |

Blend the butter and the flour in a fireproof dish, then gradually add the milk, stir till boiling; add the seasonings and cook for eight minutes; then add the chopped parsley, stir, and serve.

PLUM SAUCE

| | |
|-----------------------------------|--|
| 1 pint (2 cups) stoned plums | 4 ozs. (4 heaping tablespoon- fuls) sugar |
| 1 gill ($\frac{1}{2}$ cup) water | 1 teaspoonful lemon extract |

Put the stoned plums into an earthenware dish, add the water and the sugar; stir them over the fire until the plums are quite smooth; rub through a sieve, add the lemon extract, and serve with any steamed pudding.

PISTACHIO SAUCE

| | |
|--|--|
| 2 ozs. (2 heaping table- spoonfuls) chopped pistachio nuts | 1 tablespoonful cream 1 wineglassful Marsala wine $\frac{1}{4}$ teaspoonful pistachio ex- tract |
| 1 tablespoonful cornstarch | |
| 1 gill ($\frac{1}{2}$ cup) water | |
| 1 oz. (1 heaping table- spoonful) sugar | |

Blanch the pistachio nuts, then pound them till smooth. Mix the cornstarch smoothly with the water in a fireproof dish, add the pistachio nuts, and let them boil, keeping them well stirred. Add the sugar, cream, Marsala wine, and pistachio extract.

Strain the sauce and it is ready.

SAUCE TARTARE

| | |
|--|------------------------------------|
| $\frac{1}{2}$ pint (1 cup) mayon- naise sauce | 1 tablespoonful chopped pickles |
| 1 tablespoonful chopped parsley | 1 teaspoonful chopped chives |
| 1 tablespoonful chopped olives | 1 tablespoonful chopped capers |

Put the mayonnaise dressing into an earthenware bowl, then mix in all the other ingredients.

TOMATO SAUCE

| | |
|---|--|
| $\frac{1}{2}$ lb. tomatoes or 1 can of tomatoes | 1 turnip |
| 1 onion | 2 ozs. (2 heaping tablespoonfuls) butter |
| A bunch sweet herbs | 1 oz. (1 heaping tablespoonful) flour |
| $\frac{1}{2}$ pint (1 cup) stock or water | 4 whole peppers |
| $\frac{1}{2}$ teaspoonful salt | Bunch of parsley |
| A few drops of red coloring | Blade of mace |
| 1 carrot | 1 bay leaf |

Put the butter into a casserole with the carrot, turnip, onion, and tomatoes cut up into pieces, add the herbs, parsley, bay leaf, whole peppers, and mace, and fry for ten minutes, then add the flour, the stock or water, salt, and red coloring, stir till boiling, then simmer slowly for forty minutes, rub through a sieve, reheat, and serve.

WHITE SAUCE

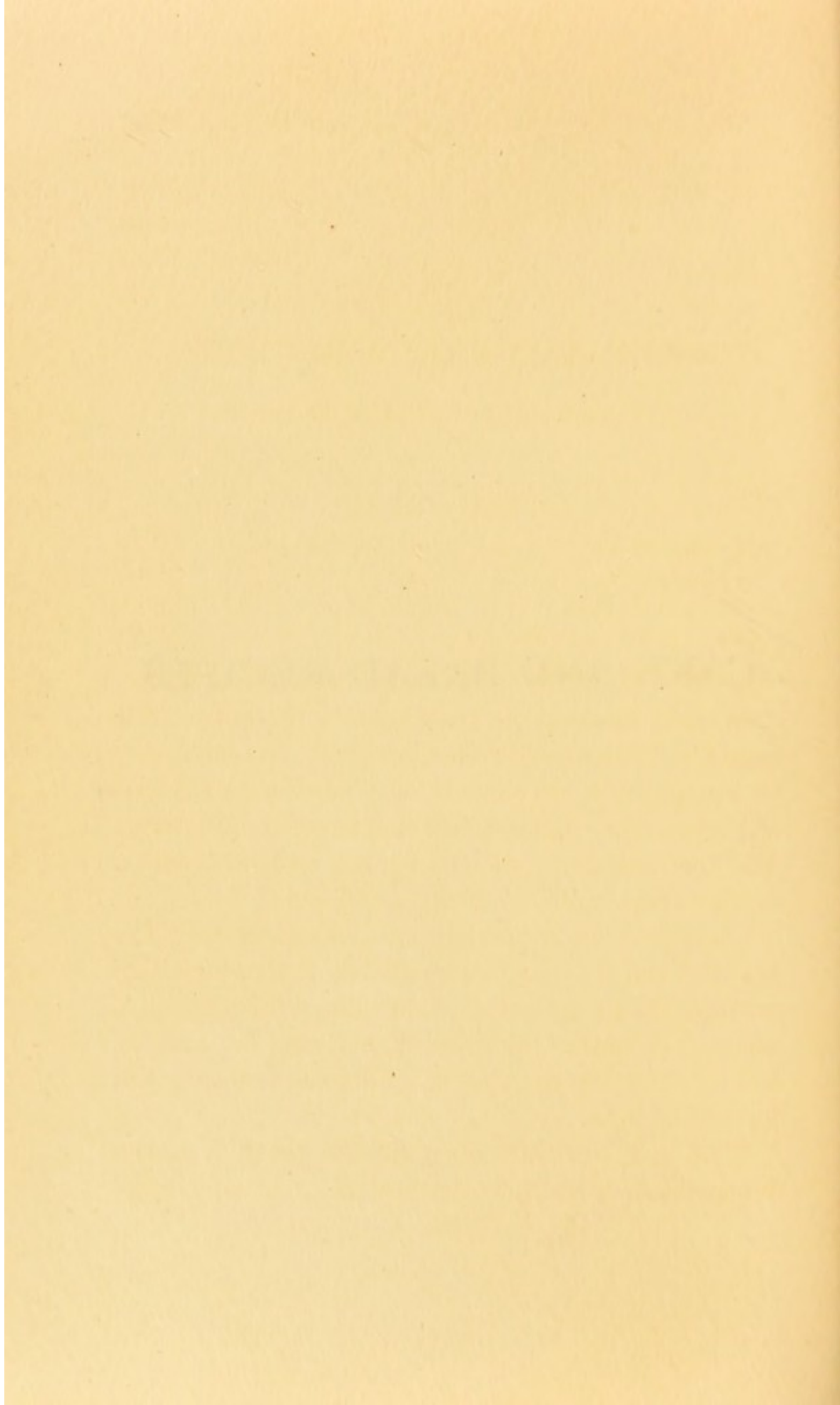
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|--|--|
| 1 oz. (1 heaping tablespoonful) butter | $\frac{1}{2}$ pint (1 cup) milk or water |
| 1 oz. (1 heaping tablespoonful) flour | 1 bay leaf |
| | A few drops lemon juice |
| | Salt and pepper to taste |

Blend the butter and the flour together in an earthenware dish, then add the milk, bay leaf, and salt, stir over the fire until it boils and thickens, then remove the bay leaf, season it to taste with salt, pepper, and lemon juice, and it is ready.

To make it a sweet sauce add one tablespoonful of sugar and half a teaspoonful of extract.



CAKE AND BREAD RECIPES



CAKE AND BREAD RECIPES

"'Tis passing good: I prithee let me have it"

APPLE BREAD

| | |
|--|------------------------------------|
| $\frac{1}{2}$ compressed yeast cake | 6 ozs. ($\frac{3}{4}$ cup) butter |
| $\frac{1}{2}$ pint (1 cup) milk | 3 eggs |
| 1 lb. (4 cups) flour | Apple sauce |
| 3 ozs. (3 heaping table- spoonfuls) sugar | |

At night dissolve the yeast cake in the milk. The milk should be heated to boiling point, then cooled to lukewarm. Sift the flour into an earthenware basin, add the sugar, and rub the butter well into them. Add the milk, the eggs well beaten, and beat with a wooden spoon until the dough is blistered.

Cover and set over night in a warm place. The next day roll the dough in two cakes, each about half an inch thick; spread the lower one with tart apple sauce, then butter the other slightly and lay over it, and let them rise together in a buttered fireproof dish for half an hour.

Bake in a moderate oven till the bread is ready. When taken from the oven spread with more apple

sauce; dredge with sugar and return to the oven to glaze.

Serve hot.

APPLE SAUCE CAKE

| | |
|---|---|
| $\frac{1}{2}$ pint (1 cup) sour apple sauce | 1 teaspoonful powdered cinnamon |
| 1 teaspoonful baking soda | $\frac{1}{4}$ teaspoonful grated nutmeg |
| $\frac{1}{2}$ lb. (1 cup) sugar | |
| $\frac{1}{4}$ lb. ($\frac{1}{2}$ cup) butter or lard | 3 tablespoonfuls warm water |
| 1 saltspoonful salt | 7 ozs. ($1\frac{3}{4}$ cups) flour |
| $\frac{1}{2}$ teaspoonful powdered cloves | 1 cupful Sultana raisins |

Cream the butter and sugar together, add the salt, spices, raisins, cleaned, the soda dissolved in the warm water, apple sauce, and the flour. Beat all thoroughly together and pour into a buttered and floured shallow casserole.

Bake in a moderate oven for forty-five minutes.

BRANDY CAKE

| | |
|--------------------------------------|--------------------------------------|
| 6 ozs. ($\frac{3}{4}$ cup) butter | 3 gills ($1\frac{1}{2}$ cups) milk |
| 12 ozs. ($1\frac{1}{2}$ cups) sugar | 2 heaping teaspoonfuls baking powder |
| 2 eggs | |
| $\frac{3}{4}$ lb. (3 cups) flour | 1 gill ($\frac{1}{2}$ cup) brandy |

Beat the butter and sugar to a cream, then add the yolks of the eggs, beating them well in, the milk, flour, baking powder, brandy, and the whites of eggs beaten stiffly.

Turn into a buttered and floured fireproof dish and bake in a moderate oven for three-quarters of an hour.

CHEESE CAKE

| | |
|------------------------------------|---------------------------------|
| 4 ozs. ($\frac{1}{2}$ cup) butter | $\frac{1}{2}$ pint (1 cup) milk |
| 1 lb. (2 cups) sugar | 2 lbs. pot cheese |
| 4 eggs | 1 lemon |
| 4 ozs. (1 cup) flour | Pastry |

Line a well-buttered casserole with pie crust. Beat the butter and sugar to a cream, then beat in the yolks of the eggs, add the flour, milk, cheese, grated lemon rind, and the stiffly beaten whites of the eggs.

Bake for fifty minutes in a moderate oven. Allow it to cool in the casserole. Dust thickly over with powdered sugar.

CHOCOLATE CAKE

| | |
|---------------------------------------|---|
| 4 ozs. ($\frac{1}{2}$ cup) butter | 1 gill ($\frac{1}{2}$ cup) boiling water |
| 12 ozs. ($1\frac{1}{2}$ cups) sugar | 1 teaspoonful vanilla extract |
| 2 eggs | $\frac{1}{2}$ teaspoonful rose extract |
| 1 gill ($\frac{1}{2}$ cup) sour milk | $\frac{1}{2}$ lb. (2 cups) flour |
| 1 square chocolate | 1 teaspoonful baking soda |

Cream the butter and sugar together, then add the eggs well beaten, the milk, the chocolate dissolved in the boiling water, the extracts, the flour, and the soda.

Mix carefully, turn into a shallow buttered and floured earthenware dish in a moderate oven for three-quarters of an hour.

COCOA SPONGE CAKE

| | |
|--|---------------------------------------|
| 2 ozs. ($\frac{1}{4}$ cup) cocoa | 1 teaspoonful powdered cin- |
| 3 eggs | namon |
| 1 gill ($\frac{1}{2}$ cup) cold water | $\frac{1}{4}$ teaspoonful salt |
| 1 teaspoonful vanilla ex- | 7 ozs. ($1\frac{3}{4}$ cups) flour |
| tract | $\frac{1}{4}$ teaspoonful grated nut- |
| 2 teaspoonfuls baking | meg |
| powder | 12 ozs. ($1\frac{1}{2}$ cups) sugar |

Beat up the yolks of the eggs till light, then add the water, sugar, and vanilla. Mix together the flour, nutmeg, cocoa, cinnamon, salt, and baking powder, then add them to the sugar. Fold in the whites of eggs stiffly beaten and bake in a quick oven in a buttered earthenware dish till ready.

COFFEE BREAD

| | |
|------------------------------------|---------------------------------------|
| $\frac{1}{2}$ pint (1 cup) scalded | 1 compressed yeast cake |
| milk | 1 gill ($\frac{1}{2}$ cup) warm milk |
| 4 ozs. ($\frac{1}{2}$ cup) butter | 1 egg |
| 4 ozs. ($\frac{1}{2}$ cup) sugar | 1 cupful Sultana raisins |
| $\frac{1}{2}$ teaspoonful salt | Flour |

Scald the milk, add the butter, sugar, and salt to it; when lukewarm, add the yeast cake dissolved in the lukewarm milk, the egg well beaten, the raisins, and enough sifted flour to make a stiff batter.

Turn into a well-buttered casserole, cover, and allow to rise overnight. In the morning spread in another buttered fireproof dish, cover, and allow to rise again.

Before baking, brush over with a beaten egg, and cover with the following mixture: Melt three table-spoonfuls of butter, add one-third of a cupful of sugar and one teaspoonful of powdered cinnamon. When the sugar is almost melted, add three heaping table-spoonfuls of flour.

Bake in a hot oven for thirty-five minutes.

CORN BREAD

| | |
|---------------------------------------|---|
| 3 gills (1½ cups) yellow corn meal | ½ teaspoonful baking soda 1 teaspoonful salt |
| ½ pint (1 cup) sweet milk | 2 eggs |
| ½ pint (1 cup) buttermilk | |

Mix the milks, soda, salt, and the eggs well beaten, then beat them into the meal.

Butter a casserole, set it in the oven till hot, pour in the batter to the depth of three-quarters of an inch, and bake in a hot oven till ready.

CURRENT CAKE

| | |
|--|---|
| 6 ozs. (6 heaping table- spoonfuls) cleaned currants | 2 teaspoonfuls baking powder 4 eggs ½ cupful chopped nuts |
| 1 lb. (4 cups) flour | ½ lb. (1 cup) butter |
| 4 ozs. (4 heaping table- spoonfuls) sugar | 1 teaspoonful lemon extract Pinch of salt |

Beat the butter and sugar to a cream, then add the eggs one by one. Mix thoroughly, then sift in the

flour, salt, and baking powder, then add the currants, nuts, and lemon extract, and mix gently.

Pour into a buttered and floured earthenware dish and bake in a moderate oven for one hour.

DATE CAKE

| | |
|----------------------------------|---|
| 1 lb. dates, stoned and halved | 1 gill ($\frac{1}{2}$ cup) boiling water |
| $\frac{1}{2}$ lb. (1 cup) butter | 1 lb. chopped walnut meats |
| $\frac{1}{2}$ lb. (1 cup) sugar | 2 cupfuls Sultana raisins |
| 2 eggs | $\frac{1}{2}$ lb. (2 cups) flour |
| 1 teaspoonful baking soda | 1 teaspoonful almond extract |

Beat the butter and sugar together until creamy, then add the eggs well beaten. Dissolve the soda in the boiling water, then add it with the nuts, fruit, extract, and flour. Mix thoroughly, turn into a buttered and floured fireproof dish, and bake in a moderate oven for one hour.

DUTCH APPLE CAKE

| | |
|--|---|
| Apples, cored and sliced | 4 ozs. (4 heaping tablespoonfuls) sugar |
| 1 oz. (1 heaping tablespoonful) butter, melted | $\frac{1}{2}$ lb. (2 cups) flour |
| 3 eggs | $\frac{1}{4}$ teaspoonful salt |
| 1 teaspoonful lemon extract | 2 heaping teaspoonfuls baking powder |
| | $\frac{1}{2}$ pint (1 cup) milk |

Separate the yolks from the whites of the eggs, add to the yolks the melted butter, milk, salt, and sifted flour. Beat till smooth, then add the baking

powder, lemon extract, and fold in the stiffly beaten whites of the eggs.

Pour into a well-greased casserole, cover with the apples, and bake in a hot oven for half an hour.

Serve hot with sweet sauce flavored with lemon extract or with cream.

FRUIT CAKE

| | |
|------------------------------------|---------------------------------------|
| $\frac{1}{2}$ lb. (1 cup) butter | $\frac{1}{2}$ teaspoonful powdered |
| $1\frac{1}{2}$ lbs. (3 cups) sugar | mace |
| 6 eggs | 1 lb. currants |
| 1 pint (2 cups) sour cream | 1 lb. Sultana raisins |
| 1 teaspoonful soda | $\frac{1}{2}$ lb. chopped citron peel |
| $1\frac{3}{4}$ lbs. (7 cups) flour | 1 lemon |
| 1 grated nutmeg | 1 teaspoonful rose extract |
| | $\frac{1}{4}$ teaspoonful salt |

Cream the butter and sugar together, add gradually the yolks of the eggs well beaten, the soda mixed with the cream, flour, salt, spices, grated rind and strained lemon juice, the chopped citron peel, currants, rose extract, raisins, and the whites of eggs beaten stiffly.

Mix carefully, turn into a large buttered casserole, and bake for two and a half hours in a steady oven.

FUDGE CAKE

| | |
|-------------------------------------|---|
| 4 ozs. ($\frac{1}{2}$ cup) butter | $2\frac{1}{2}$ teaspoonfuls baking |
| $\frac{1}{2}$ lb. (1 cup) sugar | powder |
| 2 eggs | 2 ozs. melted unsweetened |
| 1 gill ($\frac{1}{2}$ cup) milk | chocolate |
| 6 ozs. ($1\frac{1}{2}$ cups) flour | $\frac{1}{2}$ teaspoonful vanilla extract |

Cream the butter and sugar together, then add the yolks of eggs well beaten, the whites stiffly beaten, milk, flour, baking powder, chocolate, and extracts.

Mix well and pour into a buttered and floured shallow casserole. Bake for forty minutes in a moderate oven. When cold, cover with any good white frosting.

HICKORY NUT CAKE

| | |
|------------------------------|------------------------------|
| 1½ cupfuls hickory nut meats | ½ pint (1 cup) buttermilk |
| 1 lb. (2 cups) sugar | 1 teaspoonful baking soda |
| ½ lb. (1 cup) butter | 1 lb. (4 cups) sifted flour |
| 3 eggs | ¼ teaspoonful salt |
| | 1 teaspoonful almond extract |

Cream the butter and sugar together, then add the eggs well beaten, the salt, extract, the soda dissolved in the buttermilk, flour, and the nuts chopped.

Mix carefully and pour into a buttered and floured casserole and bake in a moderate oven for one hour.

IMPERIAL CAKE

| | |
|---|----------------------------------|
| 1 lb. (2 cups) butter | ¼ lb. (½ cup) preserved cherries |
| 1 lb. (2 cups) sugar | 1 gill (½ cup) cream |
| 10 eggs | 2 teaspoonfuls baking powder |
| 1¼ lbs. (5 cups) flour | 1 teaspoonful pistachio extract |
| 3 ozs. (3 heaping table-spoonfuls) blanched and halved pistachio nuts | |

Beat the butter and sugar to a cream, then beat in the yolks of the eggs one by one, add the cream, flour, baking powder, the nuts, cherries, extract, and whites of eggs beaten to a stiff froth.

Mix carefully, turn into a buttered and floured casserole, and bake in a moderate oven for one and a half hours.

MOTHER'S CAKE

| | |
|-----------------------------|-------------------------------|
| 1½ cups (¾ pint) yellow | 1 teaspoonful baking powder |
| corn meal | ½ teaspoonful salt |
| 2 ozs. (¼ cup) sugar | 1 teaspoonful baking soda |
| 3 gills (1½ cups) sour milk | 1 tablespoonful melted butter |
| 2 ozs. (½ cup) flour | or lard |

Put the sugar into a basin, add the corn meal, flour, baking powder, salt, soda, and the milk. Beat well, then add the melted butter or lard and pour into a buttered and floured shallow earthenware dish.

Bake in a moderate oven for thirty-five minutes.

POTATO CAKE

| | |
|---------------------------|-------------------------------|
| 6 ozs. (¾ cup) butter | ½ pint (1 cup) English |
| 1 lb. (2 cups) sugar | walnut meats |
| ½ lb. (2 cups) flour | 2 teaspoonfuls baking powder |
| ½ pint (1 cup) hot mashed | 1 teaspoonful powdered cloves |
| potatoes | 1 teaspoonful powdered cinna- |
| 1 gill (½ cup) milk | mon |
| ⅓ cupful melted chocolate | ½ teaspoonful grated nutmeg |
| | 4 eggs |

Beat the butter and sugar to a cream, then add the potatoes, milk, chocolate, yolks of eggs well beaten, flour, baking powder, cloves, nutmeg, cinnamon, and whites of eggs beaten to a stiff froth.

Mix all together, then add the chopped nuts. Turn into a buttered and floured casserole, and bake in a moderate oven for forty-five minutes.

SOFT GINGERBREAD

| | |
|--|---|
| 6 ozs. ($\frac{3}{4}$ cup) butter | 2 teaspoonfuls powdered cin- |
| 6 ozs. ($\frac{3}{4}$ cup) sugar | namon |
| $\frac{1}{2}$ pint (1 cup) milk (sour preferred) | $\frac{1}{4}$ teaspoonful grated nutmeg |
| $\frac{1}{2}$ pint (1 cup) molasses | 1 teaspoonful baking soda |
| 2 eggs | 3 tablespoonfuls hot water |
| 2 teaspoonfuls powdered ginger | 11 ozs. ($2\frac{3}{4}$ cups) flour |

Cream the butter and the sugar together, then add the eggs well beaten, milk, molasses, spices, flour, and the soda dissolved in the hot water. Mix well, turn into a buttered and floured shallow earthenware dish.

Bake in a moderate oven for three-quarters of an hour.

SPICE CAKE

| | |
|---|---|
| 4 ozs. ($\frac{1}{2}$ cup) butter | $\frac{1}{2}$ teaspoonful powdered ginger |
| 4 ozs. ($\frac{1}{2}$ cup) sugar | |
| $\frac{1}{2}$ lb. (2 cups) flour | $\frac{1}{2}$ teaspoonful powdered cinnamon |
| $1\frac{1}{2}$ teaspoonfuls baking powder | Some lemon marmalade |
| 1 egg | |

Rub the butter finely into the flour, add the sugar, baking powder, and spices. Beat up the egg, add it gradually, making the dry ingredients into a stiff paste. Knead it a little on a floured baking board, divide it into two pieces, roll them out, and line a greased fireproof plate with one of them, spread over with the marmalade, spread the other piece on the top, and pinch it neatly round the edges.

Bake in a hot oven for half an hour.

RAISIN BREAD

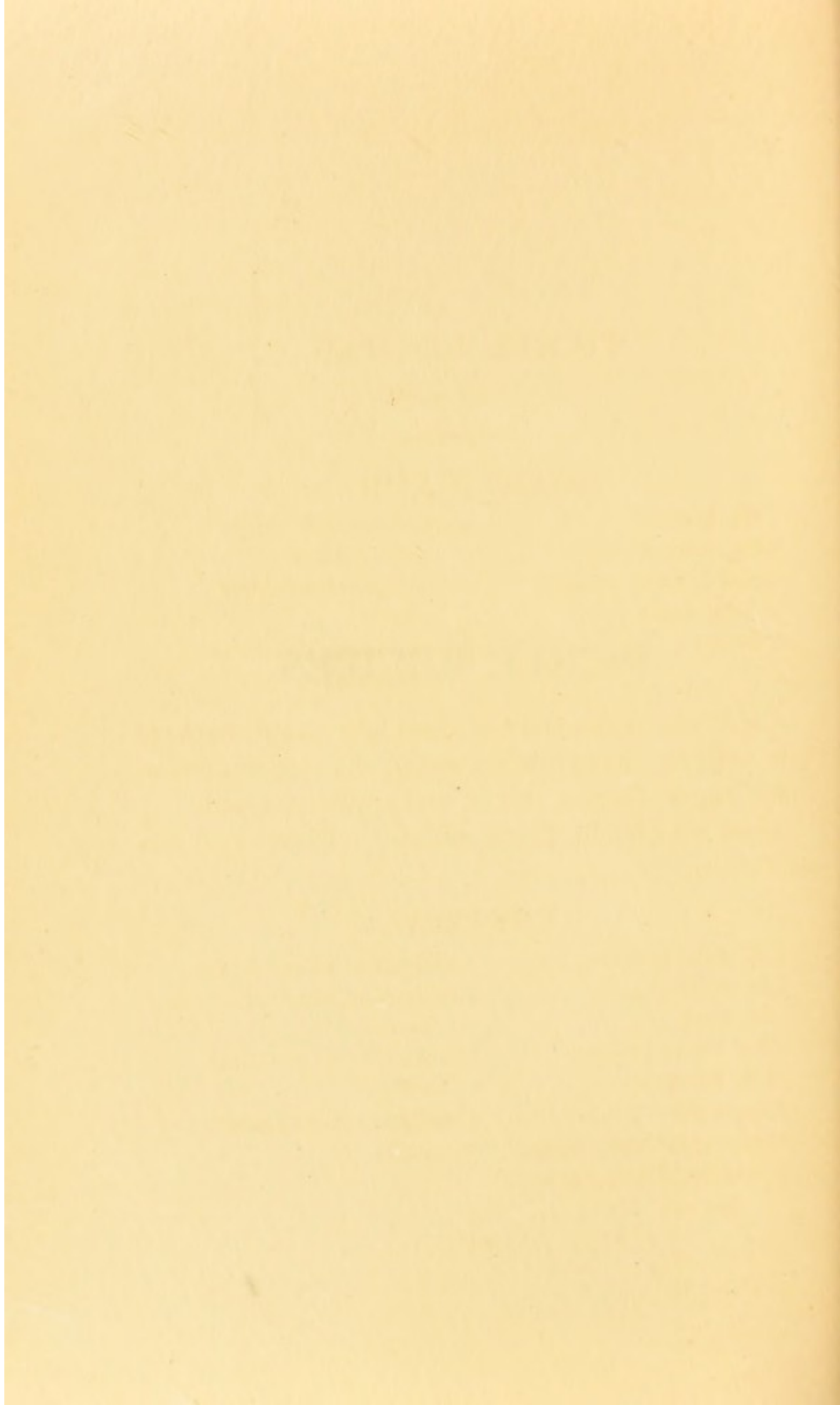
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| 1½ pints (3 cups) yellow | 1 teaspoonful baking soda |
| corn meal | 1 gill (½ cup) hot water |
| ¾ pint (1½ cups) Graham | 1 teaspoonful salt |
| flour | ¾ pint (1½ cups) Sultana |
| ¾ pint (1½ cups) white | raisins |
| flour | Sour milk |
| ½ pint (1 cup) molasses | |

Put the corn meal into a basin, add the flours, raisins, salt, the soda mixed with the molasses and water; make into a soft batter with the sour milk.

Fill a buttered casserole half full with the mixture, cover, and steam for three hours.



PICKLE RECIPES



PICKLE RECIPES

"What relish is this?"

APPLE RELISH

| | |
|-------------------------|-------------------------|
| 7 lbs. apples | 2 tablespoonfuls orange |
| 2 lbs. Sultana raisins | flower water |
| 1 pint (2 cups) vinegar | 1 teaspoonful powdered |
| 3½ lbs. sugar | cloves |
| 3 lemons | 2 teaspoonfuls powdered |
| | cinnamon |

Clean the raisins and put them into an earthenware pan with the orange flower water, the strained lemon juice, sugar, vinegar, spices, and apples chopped.

Cook steadily for thirty minutes. Divide into jars and cover.

CHUTNEY

| | |
|----------------------------|-------------------------------|
| 1 lb. dried peaches | 1 tablespoonful red pepper |
| 1 lb. dried apricots | 1 tablespoonful powdered cin- |
| 1 lb. dates | namon |
| 2 lbs. Sultana raisins | 1 tablespoonful powdered |
| ½ lb. currants | cloves |
| 2 lbs. sugar | 2 tablespoonfuls chopped |
| ¾ pint (1½ cups) vinegar | garlic |
| 1 heaping tablespoonful (1 | |
| oz.) salt | |

Wash the peaches and apricots, cover them with cold water, and soak for twelve hours; put them into an earthenware dish, add the dates, seeded and cut into small pieces, add one cupful of cold water, and stew till they are soft. Add all the other ingredients and simmer for twenty minutes, stirring frequently.

CORN RELISH

| | |
|-----------------------|---------------------------|
| 18 ears corn | 1 head celery |
| 2 lbs. sugar | 3 pints (6 cups) vinegar |
| 1 firm cabbage | 1 teaspoonful turmeric |
| 5 large sliced onions | 1 teaspoonful dry mustard |
| 3 red peppers | |

Cut the corn from the ears, put it into an earthenware pan, add the spices, vinegar, and the vegetables chopped.

Cook for twenty minutes, then can and cover.

CUCUMBER MANGOES

| | |
|---------------------------|---------------------------|
| 6 large cucumbers | 4 blades mace |
| 2 ozs. mustard seeds | 2 ozs. salt |
| 2 ozs. chopped garlic | 1 oz. mustard |
| 2 quarts (8 cups) vinegar | 1 oz. scraped horseradish |
| 1 oz. white whole peppers | ½ cupful currants |
| 1 oz. bruised ginger | |

Cut each of the cucumbers into two equal parts. Extract the pulp, and add to it the mustard seeds, currants, and chopped garlic. Fill the cavities with this mixture, and arrange the cucumbers on their

ends in two large earthenware dishes. Put the vinegar into a pan, add the whole peppers, ginger, mace, and salt, and boil for five minutes. Pour over the cucumbers while hot. Reboil the vinegar each day for a week, and pour it over the pickle, but on the last occasion add the mustard and the horseradish. Cover the pickle closely and set aside for a month.

INDIA RELISH

| | |
|---------------------------|-----------------------------|
| 6 green tomatoes | 1 teaspoonful cinnamon |
| 1 red pepper | 1 teaspoonful turmeric |
| 2 green peppers | 1 saltspoonful cloves |
| 2 onions | 1 saltspoonful allspice |
| 12 medium sized cucumbers | 1 pint (2 cups) hot vinegar |
| Salt | 2 tablespoonfuls white mus- |
| 1 pint (2 cups) vinegar | tard seeds |
| ½ pint (1 cup) water | 2 tablespoonfuls powdered |
| 3 tablespoonfuls sugar | mint |

Slice the tomatoes and remove as many of the seeds as possible. Take the seeds also from the peppers and chop them with the onions. Slice the cucumbers into a stoneware jar. Cover them with salt and let them stand for twenty-four hours. Drain, pour the cold vinegar and one cupful of water over them, bring slowly to a scald, and drain again. Mix the sugar, cinnamon, turmeric, cloves, and allspice together with a little cold vinegar. Put the mustard seeds, spices, and vegetables into the hot vinegar and boil for twenty-five minutes, stirring almost constantly.

Pour into small jars, lay a nasturtium leaf over the top, and seal.

LEMON PICKLE

| | |
|---------------------------|-------------------------------|
| 12 large lemons | 1 tablespoonful powdered all- |
| $\frac{1}{2}$ cupful salt | spice |
| 8 garlic cloves | 1 teaspoonful red pepper |
| 1 tablespoonful powdered | 4 heaping tablespoonfuls |
| mace | mustard |
| 1 tablespoonful grated | $\frac{1}{2}$ gallon vinegar |
| nutmeg | |

Wash and dry the lemons, and cut each one into eight pieces. Place them in an earthenware pan with the salt, garlic, mace, nutmeg, red pepper, allspice, and mustard; add the vinegar, and bring the pickle gradually to the boil.

Simmer for half an hour, then pour it into a large stoneware jar, and stir it daily for a month, after which time place it in small glass jars and cover securely.

LIME RELISH

| | |
|------------------------------------|---|
| 12 thin-skinned limes | $\frac{1}{4}$ pint ($\frac{1}{2}$ cup) water |
| $\frac{1}{2}$ pint (1 cup) vinegar | 12 ozs. ($1\frac{1}{2}$ cups) sugar |

Wash the limes and soak them in cold water for twenty-four hours, changing the water several times. In the morning put them in an earthenware dish over the fire, cover with cold water, and boil till a straw can penetrate them easily.

Let cool, cut in eighths, and remove the seeds. Put the sugar, vinegar, and water into a casserole, allow it to boil for twenty minutes, then pour it over the limes.

Pour into jars and seal. This is very good with fish or cold meats.

MIXED PICKLES

| | |
|----------------------------------|-----------------------------------|
| 1 gallon vinegar | $\frac{1}{4}$ oz. red pepper |
| $\frac{1}{4}$ lb. bruised ginger | $\frac{1}{4}$ lb. unmixed mustard |
| $\frac{1}{4}$ lb. mustard seed | 2 ozs. turmeric |
| $\frac{1}{4}$ lb. salt | Vegetables in season |
| 1 oz. black pepper | $\frac{1}{4}$ oz. mace |

Take a large earthenware jar or casserole that will hold two gallons, and put the vinegar into it; add the ginger and mustard seeds. Pound together the salt, peppers, mace, mustard, and turmeric. Make them into a paste by adding a little vinegar, then add it to the vinegar in the jar, taking care to mix it thoroughly.

Cover the jar tightly, and keep it in a warm place for a month, stirring it every day with a wooden spoon. Gather different vegetables as they come in season, and prepare them by cutting them into neat pieces and scalding them in strong brine, which should be boiling hot. The different pieces must be drained and left to get quite dry before putting them into the pickle. When all the vegetables that are wished for are added, put the pickles into earthenware jars or dishes and cover carefully so as to exclude the air.

PICCALILLI

| | |
|-----------------------------|---------------------------------------|
| 2 heads sound white cabbage | $\frac{1}{2}$ lb. white mustard seeds |
| 2 heads cauliflower | 4 green peppers |
| 1 teaspoonful ground ginger | 4 red peppers |
| 1 teaspoonful white pepper | 4 dozen small cucumbers |
| 1 teaspoonful powdered mace | 3 quarts small green string beans |
| Vinegar | $\frac{1}{4}$ peck green tomatoes |
| | 1 bunch celery |
| | 6 large white onions |

Tie the spices in a muslin bag. Chop the vegetables, sprinkle with salt, allow to stand for three hours, then drain and squeeze out. Cover with hot vinegar, add the spice bag, and allow to stand until the next morning. Reheat the vinegar and pour it over the pickle; do this for three days, then keep in an earthenware dish tightly covered.

PICKLED BEETS

| | |
|---------------------------------|--------------|
| 7 beets | 1 bay leaf |
| 2 pints (4 cups) vinegar | 1 blade mace |
| $\frac{1}{2}$ oz. whole ginger | 12 cloves |
| $\frac{1}{2}$ oz. whole peppers | |

Wash the beets carefully, taking care not to break the fibres, or they will bleed and lose their color. Boil them in plenty of boiling salted water for one and a half hours. Take them up, peel and cut them in slices an eighth of an inch thick, and put them into a stoneware jar. Boil one pint of the vinegar with

the whole peppers, bay leaf, mace, cloves, ginger, and, when boiled for five minutes, add to it the other pint of cold vinegar. Strain over the beets in the jars; cover when cold.

PICKLED CHERRIES

| | |
|------------------------|------------------------|
| 7 lbs. red cherries | 1½ ozs. whole cloves |
| 3½ lbs. sugar | 2½ ozs. stick cinnamon |
| ½ pint (1 cup) vinegar | |

Wipe the cherries, then stone and drain them. Tie the spices in a muslin bag and heat them with the vinegar.

When boiling, pour the vinegar over the cold cherries. Keep draining off and heating for four days.

Then heat all together in a casserole and seal.

PICKLED EGG-PLANT

| | |
|------------|--------------|
| Egg-plants | Sugar |
| Lemon | Mixed spices |
| Vinegar | |

Peel egg-plants into inch thick slices and soak them in salted water for three hours. Drain and place in water, add a little lemon juice, and leave for three hours. Drain and pour over the slices some hot spiced vinegar, allowing one cupful of sugar and one and a half tablespoonfuls of mixed spices to one quart of vinegar.

Place the egg-plant slices in stoneware jars, bring the vinegar to boiling point, and add it. Cover and seal.

PICKLED ONIONS

| | |
|--------------------------|-----------------------------|
| Small button onions | 1 tablespoonful sugar |
| Salt water | 1 teaspoonful salt |
| 1 quart (4 cups) vinegar | 1 teaspoonful allspices |
| 2 blades mace | 8 cloves |
| 2 bay leaves | 1 teaspoonful whole peppers |

Take the onions, remove the outer skin with the fingers and the second skin with a silver knife, throw them into salt water, allowing them to remain for twenty-four hours. Then put them on the fire in an earthenware pan with fresh salt water and let them come to a boil. Remove from the fire, pour off the water, put the onions into a large stoneware jar, and pour over the hot vinegar, which has been previously scalded, with the spices. When spices are used, they should be put into a small cheese-cloth bag and thrown into the vinegar; this obviates the necessity of straining.

PICKLED OYSTERS

| | |
|------------------------------------|--|
| 200 large oysters | 4 teaspoonfuls salt |
| $\frac{1}{2}$ pint (1 cup) vinegar | 1 teaspoonful white pepper |
| 1 pint (2 cups) white wine | $\frac{1}{4}$ teaspoonful powdered mace |

Strain the liquor from the oysters, add to it the above ingredients, then put into an earthenware jar and allow to boil up. Pour while boiling hot over the oysters, and let them stand for a quarter of an hour;

then pour the liquor off and let both oysters and liquor get cold.

Put the oysters into a jar, add the liquor, and cover tightly. They will keep for some time.

PICKLED PEACHES

| | |
|------------------------------------|------------------------|
| $\frac{1}{2}$ peck peaches | 3 pints (6 cups) sugar |
| $\frac{1}{2}$ pint (1 cup) vinegar | A few cloves |
| $\frac{1}{2}$ pint (1 cup) water | |

Do not pare the peaches, but wipe them carefully with a clean cloth. Divide them into three equal parts. The peaches should not be too ripe. Bring the vinegar, the sugar, and water to boiling point in an earthenware dish, then put in one-third of the peaches, and cook for twenty minutes; remove them to a platter, then put in another third of the peaches, till each part has cooked for twenty minutes.

Stick two cloves into each peach, put them into dry jars, cover with the boiling syrup, and seal at once.

PICKLED PLUMS

| | |
|--------------------------|---------------------|
| Plums | 1 oz. allspice |
| Salt | 1 oz. cloves |
| 1 quart (4 cups) vinegar | 1 oz. whole peppers |
| 1 tablespoonful sugar | 1 shallot |
| 1 oz. white ginger | 6 chillies |

Choose young green plums and wipe them well; now put a layer of salt into an earthenware dish, then a layer of the plums, and repeat these layers until the dish is full, being careful to end with the

salt. Leave this for four days, then lift out the fruit, drain well, and dry it in the sun, turning it constantly for three days.

Put the vinegar and the spices into a saucepan; bring them to boiling point and simmer for ten minutes; then strain and leave till cold. Pour on the fruit and bottle it.

PICKLED RED CABBAGE

1 large red cabbage
Salt

1 teaspoonful red pepper
1 quart (4 cups) vinegar

Bring the vinegar to the boiling point and cool it; stir the red pepper into it. Quarter the cabbage, remove the stalk, pull the leaves apart, and wash it thoroughly.

Cut the leaves into thin shreds, arrange them on an earthenware dish, sprinkle a handful of salt over them, and allow to stand in a cool place for twelve hours.

Drain the cabbage, dry it in a cloth, and pack it in stoneware jars. Fill the jars with the vinegar so that the pickle is well covered, and tie down.

PICKLED WALNUTS

1 peck hulled walnuts
Vinegar
 $\frac{1}{4}$ lb. cloves
4 tablespoonfuls mustard
seeds

2 tablespoonfuls black pepper
1 pint (2 cups) grated horse-
radish
2 pepper pods
2 sliced onions
1 garlic clove

Gather the walnuts while soft enough to run a pin through them; put them into an earthenware pan, cover them with water, and boil till the hull comes off easily.

Put them into a tub of cold water; hull them, then wash them and put them into jars. Pour moderately strong salt and water over them and let them remain in this for a week, changing the brine once during this time. At the end of this time scald them in weak vinegar, and let them remain in this for four days; then pour it off, cover them with cold vinegar, and add all the seasonings. Keep well covered.

SHALLOT PICKLE

| | |
|--------------------------|-----------------------|
| Shallots | 4 allspices |
| 1 quart (4 cups) vinegar | A pinch of red pepper |
| 1 blade mace | 6 whole white peppers |
| 2 cloves | 2 saltspoonfuls salt |

Put the vinegar and the spices into an earthenware pan and boil them for five minutes. Strain and leave to cool.

Skin and divide up the shallots, place them in perfectly dry pickle jars, fill up the jars with the vinegar.

Cover and leave for two months before using.

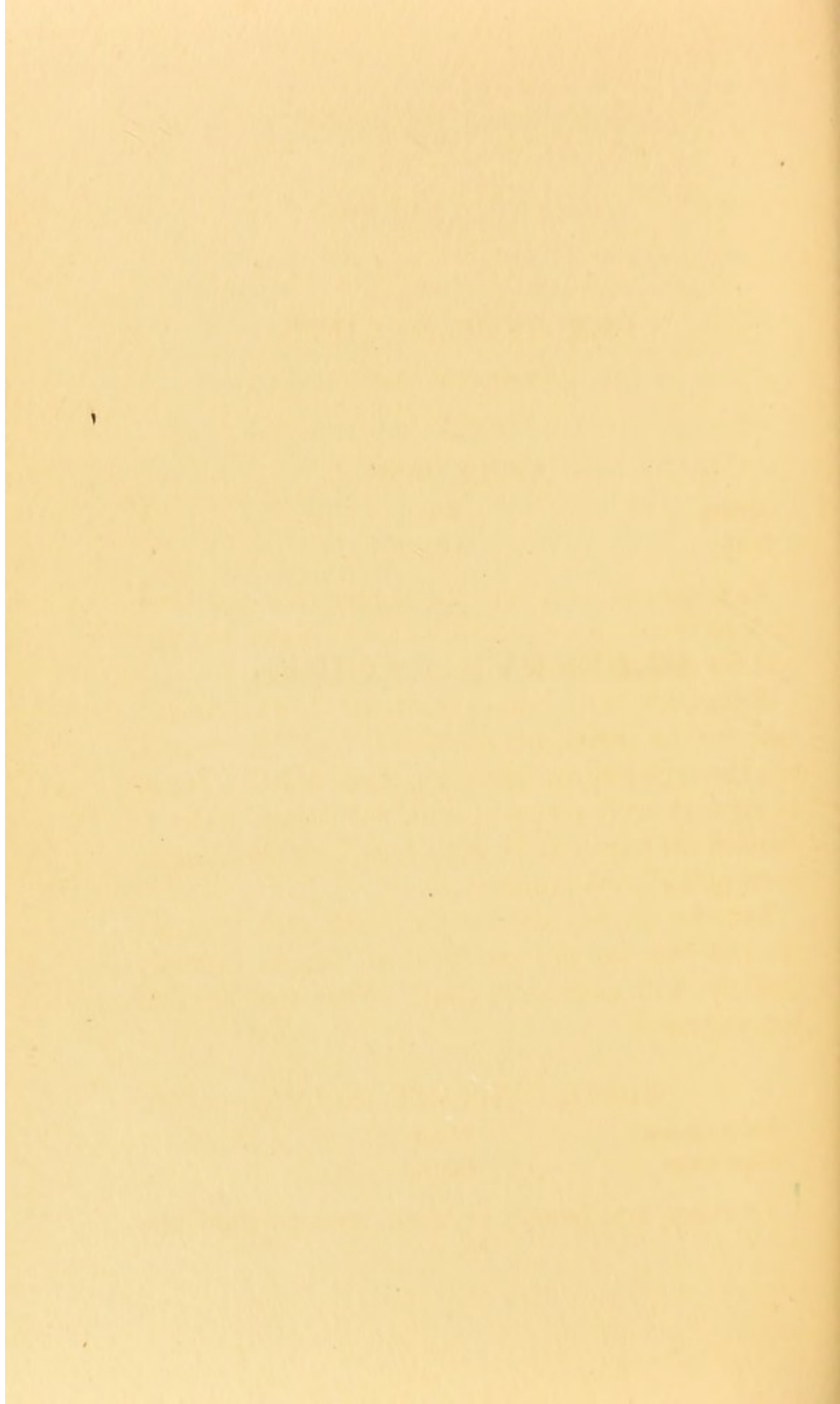
TOMATO CHUTNEY

| | |
|-------------------------|------------------------------|
| 2½ lbs. tomatoes | 4 heaping tablespoonfuls (4 |
| 1 lb. apples | ozs.) brown sugar |
| 1 large onion | 2 heaping tablespoonfuls (2 |
| 1 pint (2 cups) vinegar | ozs.) ground ginger |
| 2 tablespoonfuls salt | 1 tablespoonful mustard seed |

Skin and slice the tomatoes into an earthenware dish, add the apples and onion finely chopped, add the vinegar and salt, and stew until soft; then rub through a sieve, stir in the sugar, ginger, mustard seed, and cook gently for half an hour.

Cover the jar and leave in a warm place for three days; then divide into wide-necked bottles, cork tightly, and store in a cool place.

PRESERVE RECIPES



PRESERVE RECIPES

"Things sweet to taste"

APPLE JAM

Apples
Sugar

Water
Lemon

Peel, quarter, and core the apples, then put them into an earthenware pan with enough water to cover and the rind and strained juice of the lemon.

Bring them to the boiling point, stir the whole round, take out the apples, and set them to cool. When cold, put the apples into a thin syrup made of half a pound of sugar to every pound of fruit, and enough water to dissolve the sugar; allow them to boil for ten minutes, keeping it all well skimmed.

Remove the pan and let the whole cool, then set the pan over the fire and let it all simmer carefully until the fruit looks quite clear. When cool, put into jars and cover.

BLACK CURRANT JELLY

Black currants
Raspberries

Water
Sugar

To every four pounds of black currants allow one

pound of raspberries. Pluck the roughest of the stalks from the currants, and the stems and the leaves from the raspberries, and put them into a fireproof dish with half a pint of water. Boil them for ten minutes after they have begun to simmer. Then squeeze out all the juice that can be got quite clear and free from specks. Measure it, allow one pound of sugar to each pint of juice, and a pound over if there are more than four pints, half a pound if under that quantity.

Put it on the fire, and stir till the sugar is all melted; then bring it to the boil, and allow it to bubble for ten minutes. Skim it, if necessary, and pot it.

It should be kept in a cool, dry place after being fastened down so as to be air-tight.

CRANBERRY PRESERVE

1 quart cranberries
1 pint (2 cups) water

$\frac{1}{2}$ teaspoonful carbonate of
soda
Sugar

Pick over the berries, put them into an earthenware pot with the water, and cook slowly for one hour, stirring occasionally. Draw the pan to the side of the stove, and add the soda. Stir well, and carefully remove all scum as it rises. Then rub through a sieve, and to every cupful of the purée add one cupful of sugar. Return to the pan and cook gently for half an hour.

Put into jars and seal.

CURRENT BAR-LE-DUC

Red or white currants Sugar

Secure the largest sized currants, red or white, and stem them without breaking. To each pound allow three pounds of sugar. Take some currants and bruise them while warm until a pint of juice is obtained. Put half a cupful of this into an earthenware dish and add the sugar. Bring slowly to boiling point and skim carefully.

After it has been boiling for five minutes drop in one pound of the currants and simmer for four minutes. Lift them out without breaking them, and boil the syrup down for five minutes, or longer if it is not very thick. Skim well and strain over the fruit. Put into little jelly glasses and when cold cover with hot paraffin.

FIG AND RHUBARB JAM

| | |
|----------------|---|
| 4 lbs. rhubarb | 1 lb. figs |
| 3 lbs. sugar | $\frac{1}{4}$ pint ($\frac{1}{2}$ cup) water |
| 2 lemons | |

Wash and dry the rhubarb and figs and cut them into small pieces; put them into an earthenware jar or casserole, add the sugar, the strained lemon juice, and the water. Simmer for forty minutes. Seal in jars.

This excellent preserve keeps well.

GINGER PEARS

| | |
|---------------------------|-----------|
| 10 lbs. pears | 4 lemons |
| 1 lb. crystallized ginger | 6 oranges |
| 7 lbs. sugar | |

Peel the pears, cut them into small pieces, put them into an earthenware pan with the sugar, and simmer for one hour. Add the strained orange and lemon juice and the ginger cut into small pieces, and allow to simmer for two and a half hours.

Divide into glasses and cover.

GRAPE CONSERVE

| | |
|---------------|-----------------------|
| 5 lbs. grapes | 1 lb. shelled walnuts |
| 5 lbs. sugar | 3 juicy oranges |
| 1 lb. raisins | |

Remove the stems, skins, and seeds from the grapes, then cook the pulp in a casserole till tender and press it through a sieve. Boil the yellow skins of the oranges until tender, then chop fine.

Put them into an earthenware pan with the grape pulp, add the strained orange juice, sugar, raisins, and walnuts. Boil until quite thick; put into glasses and seal.

GREEN-GAGE JAM

| | |
|-------------|-------|
| Green-gages | Water |
| Lump sugar | |

Stone the green-gages, and add some of the kernels

to the fruit. Allow six pounds of lump sugar and one quart of water to every six pounds of green-gages, weighed after stoning. Heat the sugar on a baking sheet in the oven, then add it to the water and allow to boil for eight minutes, then add the fruit, and boil gently in a casserole for three-quarters of an hour.

Pour into glass jars and seal.

LEMON MARMALADE

| | |
|-------------------------|-----------|
| 3 lbs. lemons | 2 oranges |
| 2 quarts (8 cups) water | Sugar |

Wipe the lemons and the oranges carefully. Pare the skin very thinly from the lemons and the oranges, and cut them up into slender chips. Put the chips on to boil in a saucepan, with three cupfuls of the water, allow to cook for forty minutes. Now take all the white part from the lemons and the oranges and cut up all the pulp roughly; put this into a large casserole or earthenware dish with the remainder of the water to cook slowly for one and a quarter hours. Stir it frequently; then strain it through a hot jelly bag without pressure. Add the chips and the liquid to the strained juice. Now measure this liquid, and for each cupful allow one pound of sugar. Return to the casserole, and boil slowly for half an hour.

Put into jars and seal for use.

PRESERVED HUCKLEBERRIES

Huckleberries

Lemons

Sugar

Wash and drain the huckleberries, then weigh, and to each pound allow three-quarters of a pound of sugar and the strained juice of half a lemon. Sprinkle one-half of the sugar over the berries and stand aside overnight. In the morning drain off the juice into a casserole, add the remaining sugar and the lemon juice, add half a pint of water, stir over the fire till the sugar is dissolved, bring quickly to boiling point, skim, add the berries, and simmer gently until they are tender.

Put into glasses and seal.

PRESERVED CARROTS

5 lbs. carrots

Lemons

Sugar

Almond extract

Almonds

Wash, but do not scrape, five pounds of young carrots, boil them till tender in boiling salted water, then drain, peel, and mash to a fine pulp. To every pound of the pulp allow one and a half pounds of sugar, six blanched and shredded almonds, the grated rind and strained juice of two lemons, and half a teaspoonful of almond extract. Put the pulp and sugar into an earthenware pan and cook together for a quarter of an hour; remove from the fire and add the almonds,

the lemon juice, and rind. Return to the fire, add the almond extract, and cook for five minutes longer.

When cool, put in jars and seal.

PRUNE MARMALADE

| | |
|----------------------|-------------------------|
| 2½ lbs. large prunes | 1 lemon |
| 6 large apples | 2 tablespoonfuls orange |
| ½ lb. (1 cup) sugar | flower water |

Wash the prunes and soak them over night in cold water. Steam or stew gently until tender. Set aside until cool enough to handle; then remove the stones. Return to the fire, add the apples, pared, cored, and sliced, sugar, strained lemon juice, and orange flower water.

Cook slowly to a marmalade in a casserole, stirring occasionally that the mixture may be smooth.

Can at once.

PUMPKIN PRESERVE

| | |
|----------------------|------------------------|
| Pumpkin | 1 teaspoonful powdered |
| 1 lb. (2 cups) sugar | ginger |
| 2 lemons | Water |

Peel, slice, and remove the seeds from the pumpkin, then weigh it. For each pound take one pound of sugar. Lay the pumpkin in a large earthenware dish, and sprinkle the sugar between the layers. Moisten the sugar with the strained lemon juice, cover with a cloth, and leave for three days. Place

in an earthenware pan, adding half a pint of water for each three pounds of sugar, the ginger, and the grated rind of one lemon. Simmer till quite tender, and turn into a large bowl.

Cover and leave for six days. Lay the slices of pumpkin in dry jars, boil the syrup until it thickens, pour into the jars, and tie down immediately.

QUINCE MARMALADE

Quinces
Sugar

Cold water

Wipe the quinces with a damp cloth, but do not peel them; cut them in slices and put them into an earthenware pan with enough cold water to float them. Boil them till quite tender and the fruit is reduced to a pulp, then rub through a sieve. Weigh the pulp, and allow three-quarters of a pound of lump sugar to every pound.

Place the whole on the fire and keep it well stirred from the bottom of the pan with a wooden spoon until reduced to a marmalade. Drop a little on a cold plate; if it jellies, you will know that it is ready. Divide into glass jars while hot; let it stand till cold, then seal.

RASPBERRY JAM

Raspberries

Sugar

Take equal quantities of raspberries and sugar. The raspberries must be ripe and dry. Put them into

a casserole and then place them in a hot oven; put the sugar on a baking sheet and put it also in a hot oven.

When quite hot and beginning to run, take it out and stir it among the raspberries until all the sugar is dissolved; let the preserve remain in the oven for fifteen minutes, then take it out and pour into jars.

This preserve is excellent both in flavor and color, and will keep for one year.

TOMATO PRESERVE

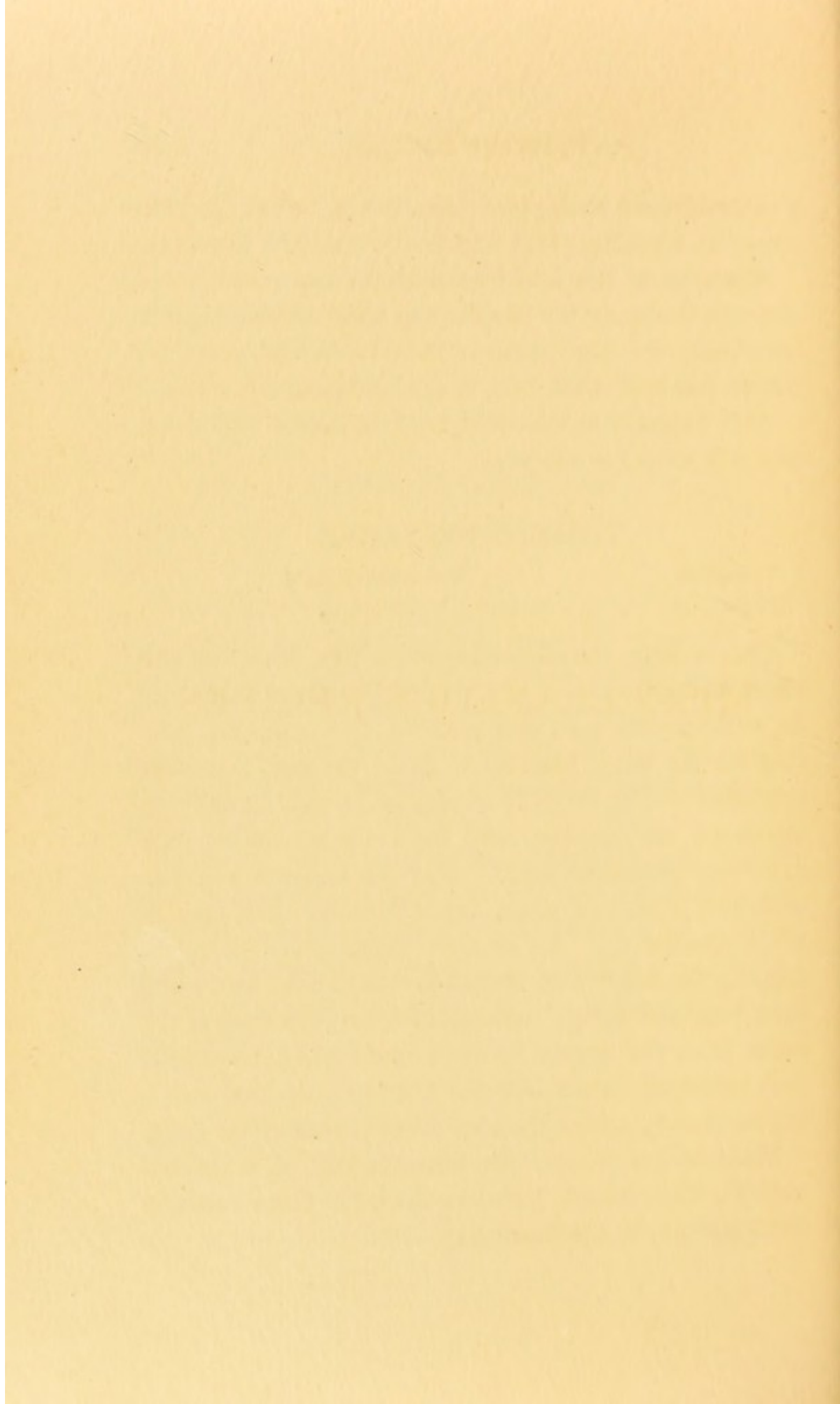
Tomatoes

Red currant juice

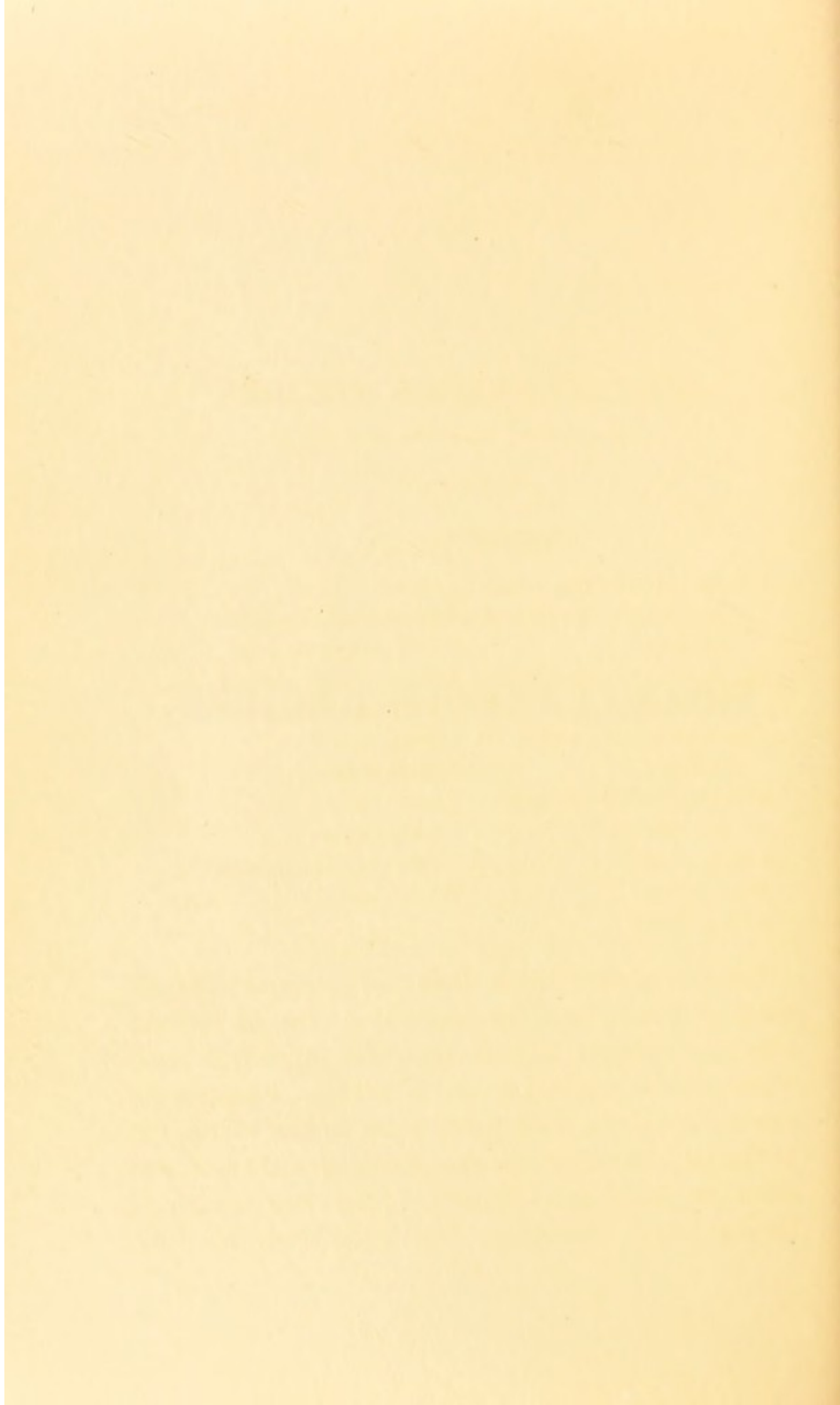
Sugar

Choose ripe, sound, well-colored tomatoes and rub them through a sieve; put the juice and the purée into an earthenware pan and boil for five minutes, stirring all the time, then let it drain through a napkin stretched out as for jelly straining; weigh all that remains on the napkin, and for each pound of pulp allow one pound of sugar. Put the sugar into a pan with half a pint of water, let it dissolve, and cook it till it reaches 236° F., or the "small ball" (*i. e.*, on dipping the finger and thumb first into cold water and then into the syrup, and again into cold water, the sugar from the fingers forms a small ball), keeping it well skimmed; then add the tomato pulp and half a cupful of red currant juice for every pound of the pulp.

Place on the fire and stir continuously till it reaches 220° F.; then let the preserve cook for three minutes more and pot in the usual way.



MISCELLANEOUS RECIPES



MISCELLANEOUS RECIPES

"Cheerful looks make every dish a feast"

ASPIC JELLY

| | |
|--|---|
| 1½ ozs. (3 heaping table- spoonfuls) powdered gelatine | 4 cloves 12 whole white peppers 1 inch cinnamon stick |
| 1¾ pints (3½ cups) water or stock | Rind and juice 1 lemon 1 level teaspoonful salt |
| 4 tablespoonfuls white vinegar | 1 small carrot 1 small onion |
| 4 tablespoonfuls tarragon vinegar | 1 small turnip 1 stalk celery |
| 1 sprig parsley | 6 drops kitchen bouquet |
| 2 bay leaves | Whites and shells of 2 eggs |
| 1 blade mace | |

Put the gelatine into a clean cold saucepan, add the water or stock, then the vegetables, cleaned and cut into small pieces; add all the other ingredients, and whisk over a gentle heat until boiling. Remove the beater, allow the thick white scum to rise to the top of the pan, draw to one side of the stove, cover, and allow to stand ten minutes. Pour two quarts of boiling water through a jelly bag, then the jelly.

Turn the jelly into a wet earthenware mold and use as required when set.

Aspic jelly lends itself to a great variety of useful dishes. It is used in cold entrées where the materials are molded in the jelly, which means that the aspic must be beautifully clear and of firm consistence.

BOILED HOMINY

| | |
|-----------------------------------|--------------------------------|
| $\frac{1}{2}$ pint (1 cup) hominy | 2 pints (4 cups) boiling water |
| grits | Salt to taste |

Have the water boiling in a fireproof dish, stir into it the hominy, adding salt to taste. Cook slowly for three hours or longer, stirring frequently. If the hominy is soaked overnight, one and a half hours' boiling in the morning will suffice.

Cook in the same manner.

CANDIED CRANBERRIES

| | |
|----------------------|-------|
| Cape Cod cranberries | Water |
| Sugar | |

For this recipe use the Cape Cod cranberries, half as much sugar as berries, and half as much water as sugar. Wash and pick over the berries and lay them in a deep casserole; put the sugar on the top like a crust, and the water on the top of that.

Cook very slowly.

When they just come to boiling point, cover for just a few moments—not long or the skins will burst

—then uncover and simmer until tender. Take up carefully and spread on oiled plates to dry.

These candied cranberries may be used in place of cherries for decorating cakes or candies.

CHOUX PASTRY

| | |
|---|---------------------------------|
| 2 ozs. (2 heaping table- spoonfuls) butter | 4 large eggs |
| $\frac{1}{2}$ pint (1 cup) water | $\frac{1}{4}$ teaspoonful salt |
| | $\frac{1}{4}$ lb. (1 cup) flour |

Put the butter into a fireproof dish, add the water, bring to the boiling point, quickly add the flour and salt, stir well with a wooden spoon until the mixture leaves the sides of the pan, remove from the fire, allow to cool, but not become cold; add the eggs, beating each one in thoroughly.

Set away in a cool place for one hour.

Put into a forcing bag with a plain tube and force on to a greased baking tin into small rounds; brush over with beaten egg, and bake in a hot oven for half an hour.

When cold, split them open at one side and fill them with whipped cream sweetened and flavored to taste.

The mixture may be forced in small pieces into a pan of smoking hot fat and fried like doughnuts. They should then be sprinkled over with sugar.

CORN-MEAL SOUFFLÉ

| | |
|--------------------------------------|--------------------------------|
| $\frac{1}{2}$ pint (1 cup) corn meal | $\frac{1}{4}$ teaspoonful salt |
| 1 pint (2 cups) hot milk | 5 eggs |

Cook the corn meal, either yellow or white, in the hot milk in a casserole until well thickened, stirring frequently; remove from the fire, add the salt, then beat in the yolks of the eggs one at a time, add the stiffly beaten whites of the eggs. Bake in a moderate oven until light and nicely browned—it takes about forty-five minutes.

Serve at once from the baking dish, either with butter or meat gravy.

MINCE MEAT FOR PIES

| | |
|---|--|
| 1½ lbs. seeded raisins | 3 lemons, grated rind and strained juice |
| 2 lbs. chopped apples | |
| 1 lb. Sultana raisins | 1 tablespoonful powdered cinnamon |
| 1½ lbs. currants | |
| ½ lb. chopped citron peel | 1 tablespoonful grated nutmeg |
| ½ lb. chopped candied lemon peel | 1 tablespoonful powdered mace |
| ½ lb. chopped candied orange peel | 1 tablespoonful ground cloves |
| 1½ lbs. (3 cups) sugar | 1 tablespoonful powdered allspice |
| ½ lb. blanched chopped almonds | 1 tablespoonful powdered ginger |
| 1 teaspoonful salt | |
| 1 lb. finely chopped suet | ½ pint (1 cup) sherry wine |
| 3 oranges, grated rind and strained juice | ½ pint (1 cup) best brandy |

Put all these ingredients into a large earthenware jar, mix well, and stir up before using. Keep well

covered. The mince meat ought to be made at least one month before required.

The fruit should all be cleaned very carefully.

OATMEAL PORRIDGE

Oatmeal

Salt

Water

Put an earthenware dish on the stove, allow one cupful of water to each person. When the water boils, sprinkle in the oatmeal with the left hand, stirring briskly all the time. Use one handful of meal to each cup of water; stir free from lumps. Let the oatmeal boil for a quarter of an hour before adding salt to taste; cook the oatmeal for at least one hour, stirring occasionally. If poured in plates, these should be previously warmed. Serve with milk.

Any stewed fruit is also a nice accompaniment, and good for the health.

Another method is to mix the meal with cold water, stir steadily until it boils, add salt as in former recipe, and cook also for one hour.

Serve in the same way.

Still another way. The night before it is wanted mix up the oatmeal with milk, one handful of oatmeal to one cupful of cold milk, add a little salt, pour into an earthenware jar, and let it soak all night. In the morning set the jar in a pan of boiling water, and let it steam for three hours, or longer if time permits.

When cooked this way serve with stewed figs.

PASTRY

| | |
|----------------------------------|---------------------------------------|
| $\frac{3}{4}$ lb. (3 cups) flour | $\frac{1}{4}$ teaspoonful salt |
| $\frac{1}{2}$ lb. (1 cup) lard | 1 gill ($\frac{1}{2}$ cup) ice-water |

Mix the flour and salt together in an earthenware bowl, then mix in the lard by cutting it in with a knife. Add the ice-water, and mix as little as possible. Roll the pastry out on a floured baking board.

It should be handled as little as possible.

PUFF PASTRY

| | |
|-----------------------|-----------------------------|
| 1 lb. (4 cups) flour | 1 tablespoonful lemon juice |
| 1 lb. (2 cups) butter | Cold water |
| 1 egg yolk | |

Wash the butter in cold water and squeeze it in a floured towel into a flat cake. Sift the flour into an earthenware basin, rub two heaping tablespoonfuls of the butter finely into it. Beat up the yolk of the egg with the lemon juice and a little cold water, add them gradually to the flour and butter, making them into a firm paste. Roll out the paste into a long strip, lay the butter on one end of it, wet the edge slightly, and fold the paste over. Fasten the edges well together, turn round, press with the rolling pin, and roll out lengthways; have the paste so that the two open edges are parallel with yourself after folding it in three. Roll from you and never from side to side, using gentle pressure. Then fold in three. Now put the

paste to cool for twenty minutes—the friction will have heated it somewhat. Then arrange the paste with the open ends in front of you and again roll out lengthways and fold in three as before. This completes the second rolling.

Repeat for the third and fourth time, then put to cool for another twenty minutes. After this, in like manner, give the fifth, sixth, and seventh rollings, and again cool for twenty minutes. The paste is now ready for the final rolling out.

Before giving the last two rollings sprinkle over it a few drops of lemon juice; each time when rolling the pastry keep all the edges as square as possible.

SUET PASTRY

| | |
|--|--|
| $\frac{1}{2}$ lb. (2 cups) flour | 1 teaspoonful baking powder |
| 4 heaping tablespoonfuls chopped suet | Cold water $\frac{1}{4}$ teaspoonful salt |

Sift the flour, salt, and baking powder into an earthenware bowl, rub the suet well into them, then make into a stiff paste with cold water, adding it gradually.

This paste may be boiled for two hours in a cloth or mold, or rolled out and used for fruit, sweet or savory puddings, or roly-polys.

TOAD IN THE HOLE

| | |
|----------------------------------|------------------------------------|
| $\frac{1}{2}$ lb. (2 cups) flour | 2 eggs |
| $\frac{1}{2}$ teaspoonful salt | $1\frac{1}{2}$ pints (3 cups) milk |
| 1 lb. link sausages | |

Sift the flour and salt into a basin; beat up the eggs well, and after mixing them with the milk, pour gradually on the flour, beating it well with a wooden spoon. When quite smooth, pour it into a well-buttered fireproof dish; skin the sausages and lay them in the batter, and bake in a moderate oven for three-quarters of an hour.

Pieces of apples, rhubarb, prunes, or pieces of cold meat or fish may be substituted for the sausages.

The fruit requires a little sugar, and sugar must also be served along with the pudding.

TO PEEL AND GRATE A LEMON

To peel a lemon for flavoring just remove the yellow skin with a sharp knife, taking care to take none of the white pith.

To grate a lemon take a grater, and grate off the yellow part only, the white being of no use for flavoring, besides being very indigestible.

A small brush is excellent for removing the rind from the grater.

TO BLANCH ALMONDS

Drop the almonds into hot water; allow it just to boil, then strain, and remove the brown skins, drop the almonds into cold water until required, so as to keep their color.

TO BLANCH PISTACHIO NUTS

Drop the nuts into hot water containing a little baking soda; allow the water just to boil, strain, and remove the skins.

TO MAKE BROWN BREAD CRUMBS

Take the crusty part of some stale bread, put it into a moderate oven to dry, and bake a golden brown shade; crush with a rolling pin or in a mortar, pass through a fine sieve. These may be kept for a long time if put into a jar or bottle and well covered.

WHEAT AU GRATIN

| | |
|---|---|
| $\frac{1}{2}$ pint (1 cup) wheat | 2 heaping tablespoonfuls |
| 1 pint (2 cups) milk | (2 ozs.) flour |
| 4 heaping tablespoonfuls grated cheese | 2 heaping tablespoonfuls (2 ozs.) butter |
| | Salt and pepper to taste |

Pick over the wheat and wash it well; then soak it overnight in cold water to cover. In the morning put it in a casserole and cook it till tender, salting it during the last ten minutes of cooking. Drain it well. Blend the butter and flour together in a saucepan over the fire, add the milk gradually, and season nicely with salt and pepper; stir till it boils for four minutes.

Put a layer of the sauce into a buttered fireproof

dish, then put in half of the wheat, another layer of sauce, half of the cheese, the remaining wheat, sauce, and finally the cheese on the top.

Bake for ten minutes in a hot oven.

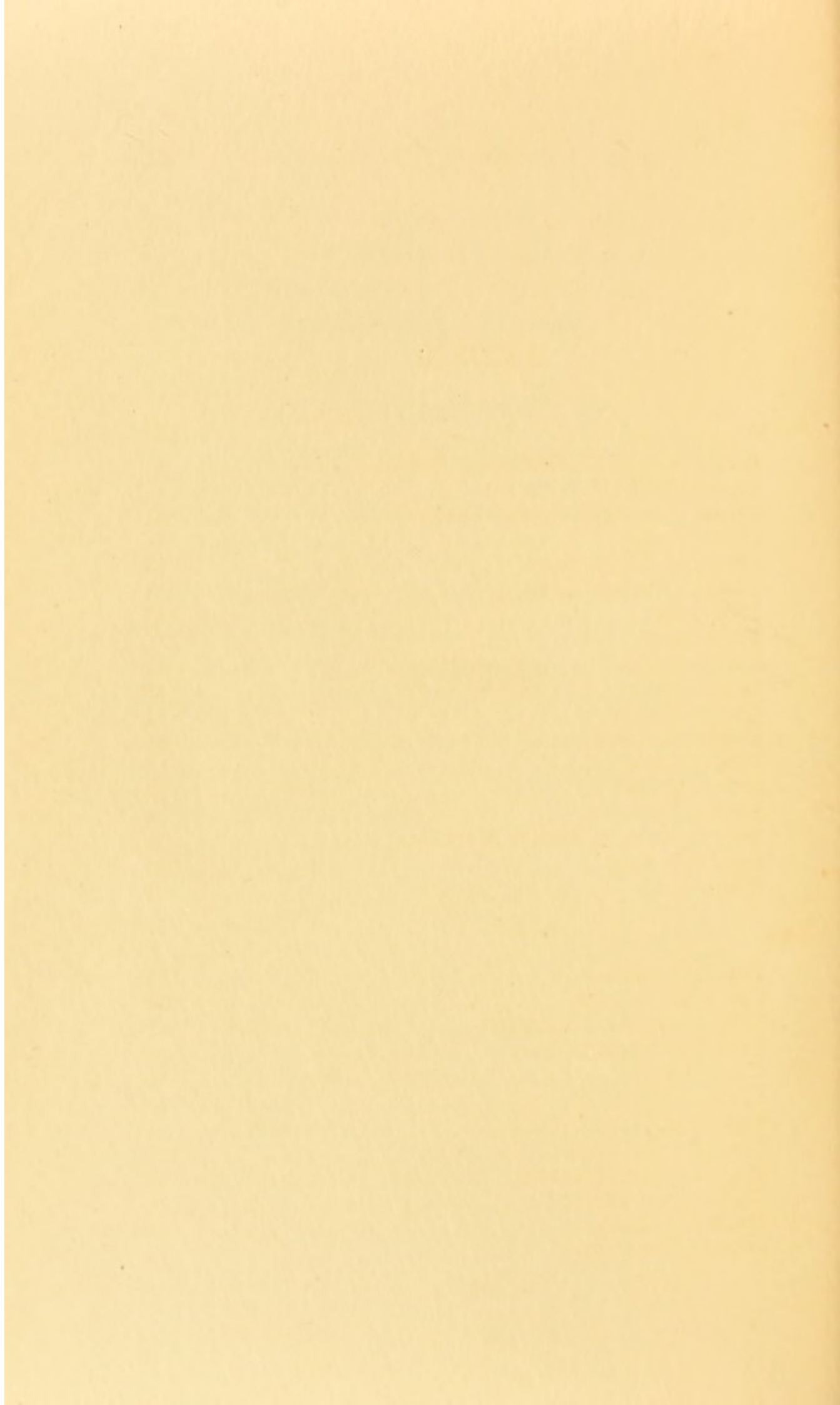
YORKSHIRE PUDDING

| | |
|--|---|
| 1 pint (2 cups) milk | 3 tablespoonfuls of dripping |
| 3 eggs | $\frac{1}{2}$ teaspoonful salt |
| 6 ozs. (6 heaping table- spoonfuls) flour | $\frac{1}{2}$ teaspoonful baking powder |

Sift the flour into an earthenware basin with the baking powder and the salt, stir in the milk gradually, beat up the eggs, and add to the batter when quite smooth; allow this to stand in a cool place for two hours; melt the dripping in a casserole, pour in the batter, and bake in a hot oven for half an hour.

Serve with roast beef.

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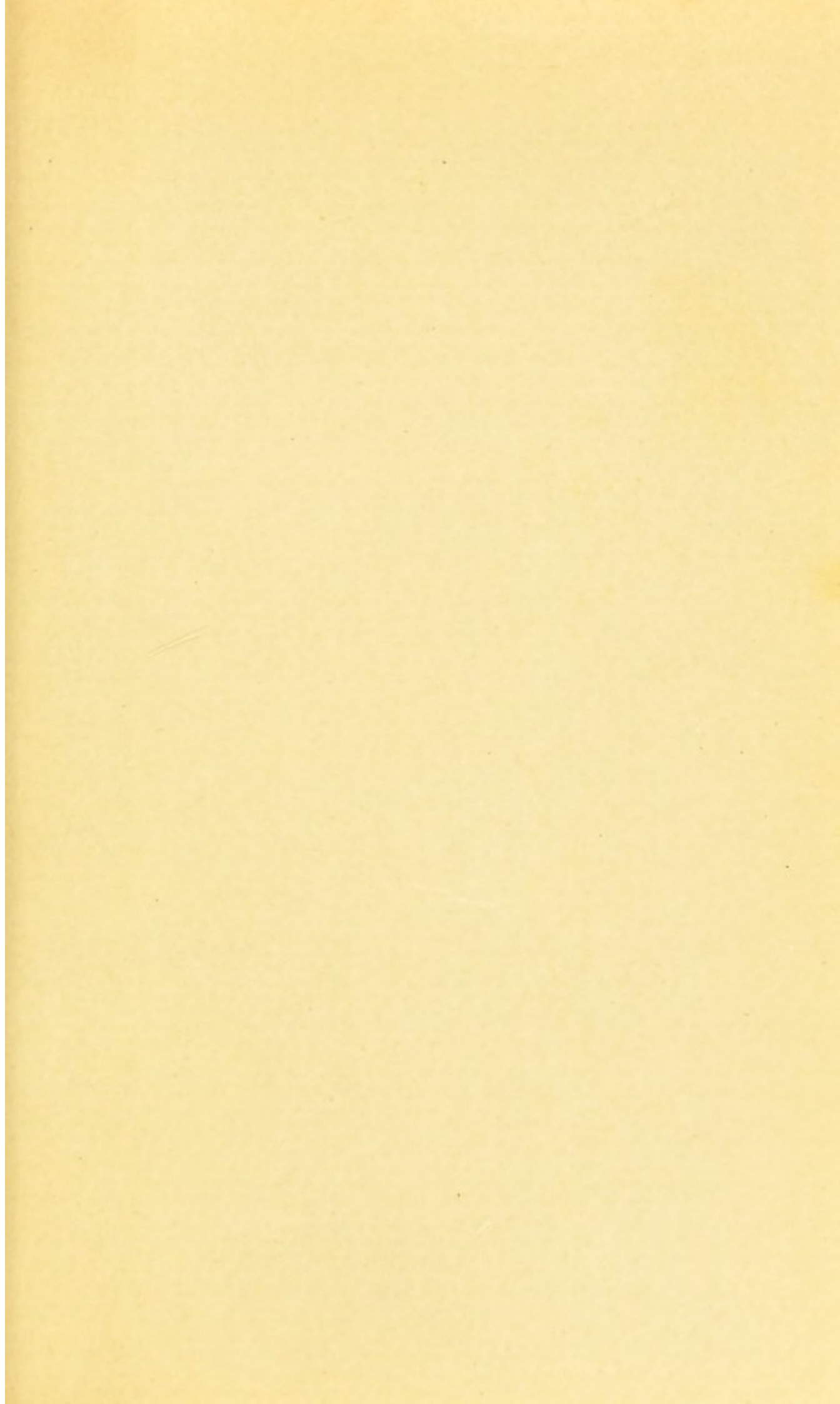
PRESERVES

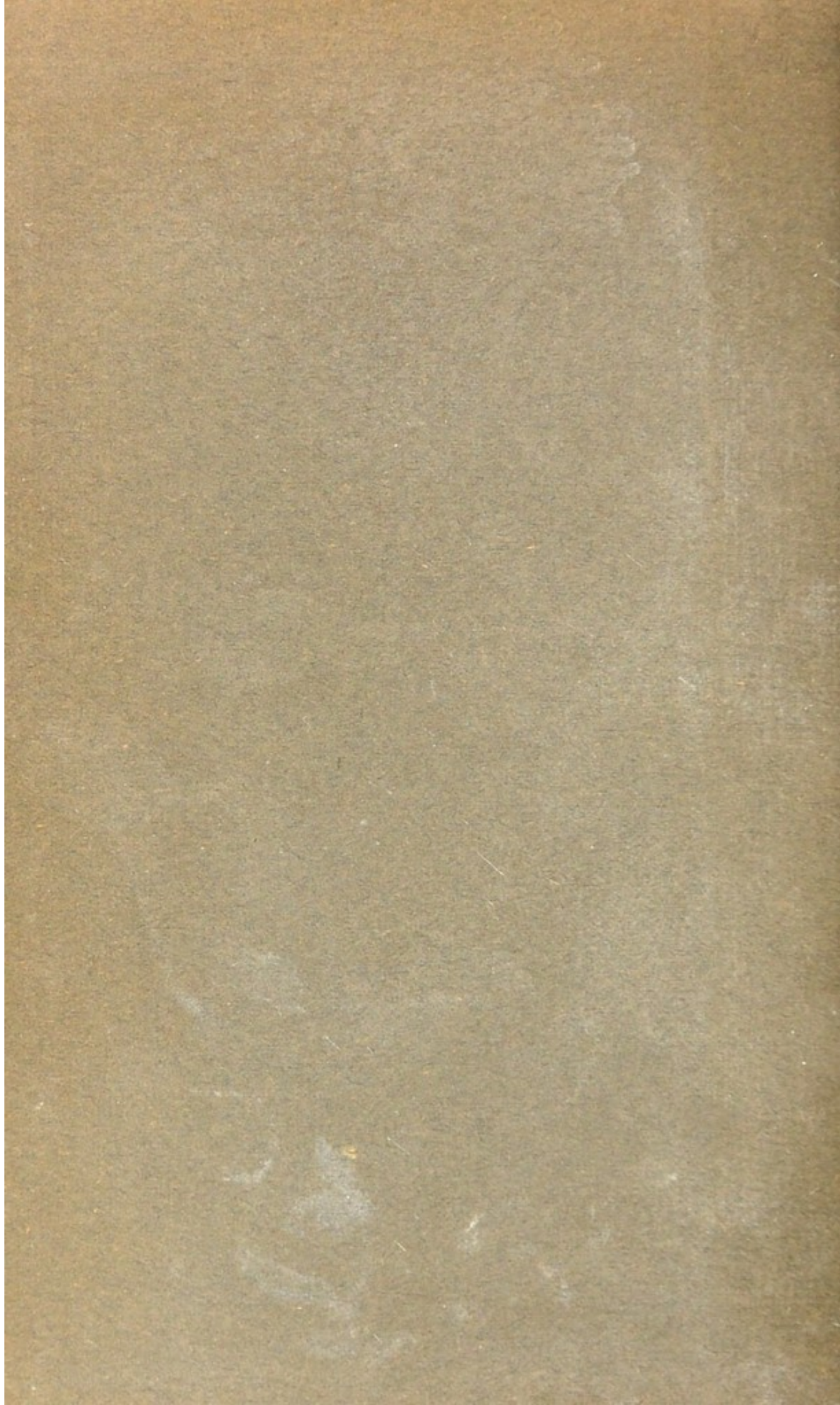
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RECORD OF TREATMENT, EXTRACTION, REPAIR, etc.

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