

Reasons, rules, and recipes for using the Cow and Gate Milk Powder, with a few suggestive menus for flesh-eaters and non-flesh-eaters, and an introduction / by a practical housekeeper ; revised by Eustace Miles.

Contributors

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REASONS, RULES,
AND RECIPES

FOR USING

The Cow and Gate Milk Powder

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REASONS, RULES, AND RECIPES

FOR USING

The Cow and Gate Milk Powder

WITH A FEW SUGGESTIVE MENUS FOR
FLESH-EATERS AND NON-FLESH-EATERS

BY

A PRACTICAL HOUSEKEEPER

AND AN INTRODUCTION

REVISED BY

MR. EUSTACE MILES

PRINTED FOR THE AUTHOR BY
HAZELL, WATSON & VINEY, LD.
LONDON AND AYLESBURY

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TABLE OF CONTENTS

	PAGE
INTRODUCTION	3
RULES FOR USE OF MILK POWDERS	19
HINTS " " " " 	21
RECIPES (PREFACE TO)	23
GENERAL (EASY AND ECONOMICAL)	25
BREAD AND CAKES	35
SOUPS	52
FISH	65
SAUCES	80
MEAT, POULTRY, AND GAME	91
VEGETABLE ENTRÉES	106
SWEETS	117
SAVOURIES	137
SUGGESTIVE MENUS	149
GENERAL INDEX	155
INDEX TO VEGETARIAN RECIPES	161

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INTRODUCTION *

MANY books and booklets already exist on the theory of food-values, but the theory is not put into workable form for the benefit of those who wish to apply it in daily meals. There are hundreds of books, also, which tell people how to prepare foods, but few of these books say anything about nourishment and the right balance of the food-elements, and many of them suggest recipes that are too expensive. The object of this book, by a practical housekeeper, is to combine the theory and the actual recipes. It will introduce the readers to a food which is certainly easily prepared, easily added to other foods, is not harmful, not unpalatable, not indigestible (it has rather acted as an aid to digestion), and, last but not least, has an exceedingly high nutritive value.

The public has very vague ideas as to what *nutritive value* means. People confuse nourishment with bulk, which may largely consist of water. They offer others what they call "a good plateful" of food. To their minds it is good, not because it is scientific nor because it is pleasant, but because it is large. And even when they do consider nourishment, they confuse the two departments of it. Some elements build the body and repair its waste ; these are called *the proteids or albumens*. Other elements supply fat, heat, and

* This Introduction has been revised by Mr. Eustace Miles. His personal report on the Cow and Gate Milk Powders will be sent on application.

energy ; these are called *the fats and carbo-hydrates*. We find abundance of proteid in beef, which has comparatively little fat and no carbo-hydrate. The reverse is true of suet, sugar, and arrowroot : these contain little or no proteid ; they cannot build the body or repair its waste ; they contain a great deal of material to produce fat, heat, and energy. In the eyes of the public, however, it makes little difference whether the plate holds beef or suet or arrowroot, so long as there is lots of stuff. In these recipes the aim is to educate the public, not only by theory, but also by a large number of concrete instances—both recipes and menus.

The verdict of Science is practically unanimous as to the importance of proteid. The following is quoted from a recent work. Beginning with a list of high authorities, the writer then tells us what it is that proteid actually does in the body. The reader will see that sufficiency of proteid is of the very greatest importance, and that we must not neglect it in our food-supply, whatever else we care to neglect. We may occasionally neglect fat or starchy or sugary food or much bulk or much water, but we must not neglect proteid.

“ It is generally agreed that proteid or albumen should be our first consideration. Professor Sir Michael Foster says of proteid that we might manage to live on it alone with the help of a few ‘salts.’ The importance of proteid is recognised by a long list of authorities, including the following : Atwater, F. G. Benedict, A. Broadbent, Brown-Sequard, Bunge, Carpenter, Church, A. Davies, de Chaumont, M. Foster, Forster, Gamgee, Gautier, Haig, Haughton, Hutchison, Klein, Landois, Letheby, Lippe, Marcuse, Micko, Moleschott, Muller, Parkes, Pavy, Payen, Pettenkofer, Playfair, Poda, Prausnitz, Ranke, F. Schmidt, E. Smith, Sterling, Virchow, and Voit.

“ Why is it that we need proteid ? Because proteid with its

'salts' help to form the skin, the muscles, the nerves, the tendons, the cartilages, the bones, the blood, the cells, the digestive juices, the fat, and some of the energy. Knowing this, we see at once why it is that many 'vegetarians' will naturally fail if they neglect proteid."

In another book the same writer, Mr. Eustace Miles, quotes a few words from some of the above scientific experts as to the pre-eminent and essential need for proteid in human food:

"Nothing can be stronger than the words of Professor Sir Michael Foster, in his *Primer of Physiology* (p. 115).

"*'Proteid matter we must have always. We might indeed manage to live on proteid matter alone, for it contains not only nitrogen, but also carbon and hydrogen, and out of it, with the help of a few minerals, we might renew our whole blood, and build up any and every part of the body.'*

"He goes on to say that it would be uneconomical and unwise to do so, but his statement as to the importance of proteid is admitted by every authority. Thus Professor Gamgee says:

"*'We may be deprived of starches, and yet live; of sugars, and yet live; we may go without fats: but unless we have proteid, we die.'*

"Professor Bunge considers proteids as the most important food-stuffs, being 'the only organic food-substances of which it can with certainty be affirmed that they are indispensable, and that they cannot be replaced by any other nutrient material.'

"Dr. Hutchison's words are no less absolute and clear. I give a few quotations from his work on *Foods and Dietetics*:

"*'A food may be defined as anything which, when taken into the body, is capable of either repairing its waste or of furnishing it with material from which to produce heat or nervous and muscular work'* (p. 1).

"*'It will be observed that proteids alone are able to fulfil both the functions of a food. This justifies the proud title of pre-eminent (πρῶτος), which the name implies. Without proteid life is impossible, for the daily wear and tear of tissue must somehow be made good. With proteid place water, and some mineral salts, and life can be healthily maintained for a practically indefinite time'* (p. 3).

“ ‘Not only, I think, does a diet rich in proteid make for physical and mental energy. It seems to increase one’s power of resisting disease. An abundant supply of proteid seems to be necessary if the blood and muscles are to be kept in good condition, and by promoting oxidation it increases vigour, and diminishes the tendency to an undue accumulation of fat. The nervous system, too, seems to require a plentiful supply of proteid. . . .’ (p. 169).

“ ‘To growing children a deficiency of proteid in the diet is especially disastrous, for the lack of building material which it entails may result in impaired growth and development, the consequences of which may last throughout life.’ ”

Now, proteid abounds in the Milk Powders which are here introduced to the reader’s notice. Each of the Milk Powders contains upwards of 40 per cent of proteid—that is to say, nearly twice as much as the most nourishing kinds of beef. We can best realise what this means if we contrast the Milk Powders with other foods: with beef, which may contain 20 per cent. of proteid; with ordinary white or brown bread, which may contain less than 10 per cent.; with butter, which may contain scarcely any; with Cheddar cheese, which may contain over 30 per cent.; with milk or skim milk, which may contain over 3 per cent.; and with egg, which may contain less than 14 per cent. It will be seen, then, that by chemical analysis the Milk Powders are very valuable foods.

Exactly how much proteid an ordinary person needs daily no one can say. So much depends on his constitution, on the amount that he will absorb, on the ease with which he does his day’s work, and also on the amount of fattening and heating and energy-producing elements which are in his food, as well as the proteid. For it is now agreed that these elements serve as spacers of proteid. If we lived on proteid alone, we should have to get from it not only

the body-building and repairing elements, but also the fat and heat and energy. Proteid can provide these, but it does not provide them so well or so cheaply as the fats, starches, etc. ; so that, if we add them, we need less proteid. They, on the other hand, cannot possibly take the place of proteid, as proteid can take their place ; they are not substitutes, they are only supplementers and relievers.

In the Milk Powders the fattening and heating and energy-producing elements abound. In the Separated Milk Powder they are found in the form of sugar milk, which is probably one of the least irritating of sugars. The Separated Milk Powder contains nearly 40 per cent. of this sugar of milk, which may be among the best of all sugars for infants and children. The two other grades, the Dried Half Cream Milk and Dried Full Cream Milk, contain not only this sugar, but also an abundance of fat, corresponding to the butter of milk. The fattening and heating and energy-producing elements are important ; but by the ignorant public they are too often obtained from white starch or irritating sugar, which are not harmful to some people, but to others are—in their usual forms—excessively injurious.

Suppose that an ordinary person takes a reasonable amount of these fattening and heating and energy-producing elements, which are easy to get from most of the foods offered at most meals (from bread, butter, cake, and so forth), how much proteid is he likely to need daily? It used to be generally held that he needed daily at least four ounces of it.

How could he get these four ounces from various foods, or from any one source alone? For that makes food-values clearest. Work it out for beef, and you find that if beef contains 20 per cent., or one-fifth part of proteid, then 5 oz. of beef will

give 1 oz. of proteid. In other words, for the 4 oz. of proteid from beef alone we should need 20 oz., or $1\frac{1}{4}$ lb., of beef, which would cost over 1s. We should need far larger quantities of white or brown bread, far smaller quantities of cheese; of egg we should need $1\frac{3}{4}$ lb.; of milk we should need 4×33 oz., or 132 oz.; of butter we should need an enormous quantity; of the Milk Powders, which contain upwards of 40 per cent. of proteid, we should need rather more than $2\frac{1}{2} \times 4$ oz., or 10 oz. This would cost quite a small sum, according to the grade of powder used. If you bought a 10 lb. tin of the Separated Milk Powder for 4s. 6d., your 4 oz. of proteid would cost you about $3\frac{1}{2}$ d.

Our bodies need other elements besides proteid and fats and carbo-hydrates; they need also what are called "salts." Such authorities as Wolff and Lahmann and Bunge insist that the body shall have the right "salts," as well as the right proteids and fattening and heating and energy-producing elements. Now, these "salts" are present in well-chosen foods, when these foods are either in their natural form or else well cooked. The "salts" are not only in the other foods, especially in the vegetables when properly prepared, but are also in the Milk Powders, and are in them apparently unchanged. It is well known that they abound in milk; and they are to be found in this powder, which is made from milk.

We cannot too strongly insist on the bad effects when the right "salts" are omitted. The effects are worse in the case of children, but are bad enough in the case of adults. In the case of children, rickets is a common result; in the case of adults, scurvy. Every one knows how sailors and others may get scurvy if they do not have a sufficient amount of

vegetable or fruit (such as lemon) with their meat. One reason is, that certain essential "salts" have been left out of their diet; but no one knows the exact amount of this or that "salt" which the average human system requires.

The proteid, and fat or starch or sugar, and "salts," should be as pure as possible, and not over-acid. Now, meat has plenty of proteid and "salts," and with bread and butter will provide us with the fat and carbo-hydrates as well; but meat is over-acid for many. Dr. Haig and Dr. Walker Hall and others call this acid "uric acid," or "purins." It does not matter what name we use. It is sufficient to remember that in many cases the acids of meat, and flesh-foods generally, are injurious. Perhaps abundant exercise may counteract and remove them; but those who lead a sedentary life, or who have a constitution weakened in certain ways, may suffer from excess of flesh-foods. Now, milk, according to analysis, does not contain any of these acids, and the Milk Powder does not either. So it would be a particularly good form of diet, when it is combined with vegetable and other foods, as in the recipes; for it will give a most excellent basis of body-building and fattening and heatening and energy-producing elements, and of "salts" as well, without the disadvantage of flesh-foods, namely, over-acidity and consequent high blood-pressure and clogging.

There is another requisite in diet. Foods to-day must be cheap. We must not buy foods merely because they are cheap (the same applies to books or anything else), but we must consider economy. Dr. Robert Hutchison and Professor Atwater, who are among the leading authorities on diet in England and America respectively, insist on economy, just as

all authorities insist on the importance of proteid, and Wolff and Lahmann insist on the importance of "salts." Now, proteid is the most expensive element in our food-supply. The other elements we can get cheaply—for instance, wheat cost less than a penny a pound, and we can get most of the elements of food from it. But when we seek the 4 oz. of proteid from most other cheap foods, and calculate the cost of articles which contain it, we find that this is the crux. Think, once again, of the 4 oz. of proteid in the form of beef—they would cost over 1s. and we must remember that much beef is wasted, because meat turns bad quickly. We have seen that in less than fourpennyworth of separated Milk Powder we have 4 oz. of proteid, and we have also a food-supply that will not easily perish—a tin will last, without appreciable alteration, week after week, month after month.

Another authority insists on a further requisite in our food-supply. What we eat should be palatable. Now, most authorities have ignored this principle; but Professor Pawlow has made researches which go to prove the importance of good taste as a help to digestion. If people tried the Milk Powder by itself, they might tire of it. To guard against this, a large number of varied recipes are offered here. Every individual has some foods that he or she likes especially. It does not in the least follow that these foods are nourishing, but with the Milk Powder and the recipes, any one can choose a favourite taste, and be perfectly certain that it is giving him pleasure together with nourishment. Suppose, for instance, you like the taste of Jerusalem artichokes or potatoes—these things are poor in body-building elements; but add a sauce made with Milk Powder, and you have

your favourite taste and also your necessary nourishment : you combine pleasure and duty.

Closely connected with pleasant taste is variety. There are few tastes that do not pall. Milk, bread and butter, and one or two other articles of food, one can eat with relish day after day ; but of other foods one tires, and those foods of which one does not like the taste, or of which one has ceased to like the taste, become less nourishing. But, thanks to these recipes, one can vary the tastes of foods almost indefinitely.

Now, examine various foods in the light of these requirements—namely, abundance of proteid, of fats or carbo-hydrates, of “salts,” freedom from over-acidity and other injurious elements, cheapness, taste, variety.

Meat will have an abundance of proteid, though its extracts, whether in soups or gravies, will have scarcely any proteid at all ; and meat will also have most of the “salts” we need. Fat meat will have some fattening and heating and energy-producing elements. But most meat will have over-acidity as well. It may or may not taste nice ; it is unlikely in itself to give us varied tastes ; and it is not cheap. Very much the same will apply to eggs. In the case of meat and eggs we must remember how seldom our supply is fresh. Vegetables may be divided into three classes—green vegetables and roots (which for the most part are cheap enough and rich in “salts” and in carbo-hydrates, but contain very little proteid), and the pulses (peas, beans, and lentils), which contain all the elements, but are found by many to be over-acid, and therefore unsuitable as a basis for a sedentary liver. Ordinary fruits contain very little proteid ; dried fruits, such as figs, do not contain very much more ; nuts, which contain a good deal, are indigestible to many, partly because they are eaten

too fast. The same applies to cheese, nuts and cheese being admirable foods in theory, but disagreeing with many because many will take them under the wrong conditions. Butter has scarcely any proteid at all. Milk, whether ordinary or skim milk or butter-milk, has only about 3 per cent. None of these foods, therefore, are altogether satisfactory.

Consider milk in contrast with the Milk Powders. It is valuable up to a certain point, especially if it be of a good quality and kept fresh and pure; but even then it seems to be not suitable for all, not even for all children. After comparing the values of milk and of the Milk Powders, we shall probably decide in favour of the Milk Powders, and against milk as it is usually provided, let us say, in London shops, or even against milk as most of us get it and drink it in the country. It will be as well to take the different points one by one, considering milk first.

1. Milk is bulky, owing to the large amount of water that it contains. It is not convenient to carry about in large quantities, inside us or outside us. In many cases it is too fattening to be the main staple in our food.

2. Milk is not easily adjusted to the needs of individuals, and especially children. We all require food-elements in different proportions. Milk contains food-elements usually in about the same proportions, though of course different kinds vary slightly. Still, we cannot possibly get a milk that is a balanced food for every one.

3. Milk is perishable, even when there are added to it boric and other injurious chemicals, and even when it has been boiled, which boiling may alter the taste and perhaps the nutritive value. We need not

enlarge on this here. Every one knows the unsatisfactory nature of London milk in particular. It often goes bad in the summer within a day or two, sometimes even within a few hours.

4. The same applies to impurity. The cows may have been milked by people with dirty hands. Germs, also, which milk naturally absorbs, multiply very quickly in such a wet medium. These considerations apply especially to the 77 per cent. of us who live in cities, and they hold good particularly during the hot summer.

5. Milk is often indigestible, forming tough curds within the stomach. This is likely to be the case when it is gulped down as most people swallow it. It is well enough to say to people, "Sip your milk and get the full taste out of it," but few will do this. We have to take people as they are and as they act, and most of them swill their milk, and do not sip it.

6. In many cases, also, milk is a constipating diet.

7. Once again, it is too fattening for many, partly owing to its water and bulk, partly owing to its natural fat.

Now for the Milk Powders.

1. They are not bulky, but compact. They are easy to carry about. Probably they would be the best food-basis for armies in the field, for ships in time of war or at other times, for travellers, and for all, in fact, who require a food-staple in an easily portable form.

2. The Milk Powders are adjustable to the needs of individuals. There are three grades, which differ according to the amount of fat which they contain, so that we can regulate the amount of fat by choosing this or that powder. We can also regulate the amount of water, which we cannot do with milk. Thirdly, we can adjust the Powder to various recipes.

There are very few foods with which the Milk Powder does not combine nicely.

3. The Powders are durable. You can keep them, to all intents and purposes unchanged, for weeks or even months. It is possible that the Separated Milk Powder is the most durable, because it contains less fat, and therefore is less liable to get a rancid taste. But the others Powders last far longer than was anticipated by theorists when the Just-Hatmaker process was invented.

4. The Powders are pure, partly owing to the very careful process by which they are formed, and partly owing to the original freshness of the milk which is used. The process has been described in *The World's Work* and elsewhere; there is no need to enlarge on it here, except to say that the heat apparently does not alter the properties of the food at all: it merely removes the water, and renders precisely the same elements dry, and therefore easily carried and preserved. Instead of the original water of the milk, which may abound in dirt and germs, you can now add, if you like, distilled water, and so ensure perfect purity. We recommend this, as it was the way adopted with such success when the 850 children were fed for six months in New York without a single death.

5. Beyond any doubt the Milk Powders are digestible. This is partly because the elements are subdivided finely, and partly because it can be added to foods that are themselves easily digestible. These foods help, as it were, to subdivide the elements still further, so that you can get your nourishing element spread out over as large amount of food as suits you.

6. Practically no one has found this Milk Powder

constipating. The same cannot be said of other well-known milk powders on the market. A common complaint is that they need to be used with very great care.

7. Neither are the Milk Powders over-fattening. They tend to form healthy flesh and muscle, rather than flabby and pulpy fat.

Besides, we must note the ease of preparation. This is especially important for caterers for small or large households or classes of people, as well as for individuals who wish to prepare their own foods. In fact, any one who looks through the recipes will find some which are adapted to his own age, occupation, and pocket.

In a word, in the Milk Powders we have not only abundant nourishment (proteid, fat, sugar, "salts") without excessive acidity, but also taste, cheapness, palatableness, and adaptability.

We have also control of the nourishing solids, and control of the taste. With beef, we can alter the nourishing solids by adding water or by taking water away. Uncooked beef contains 20 per cent. of proteid; cooked beef perhaps 34 per cent. But with the Milk Powders we may, by adding water or other foods, vary the proteid-value between about 40 in the dry form and 5 or less in the wet form. Some natures are better suited by concentrated foods; others by what we may call diffuse foods, plenty of bulk with the nourishment well distributed through it.

Contrast also with our Milk Powders other foods, as well as the above.

The cereals or grain foods are good, but they often give us starch in a form which does not suit us. This is especially the case when the grain foods are served as porridges or puddings, which we are apt to swallow

without mastication. Mastication is necessary for the satisfactory digestion of starch. It arouses the saliva, without which the starch is undigested till near the end of the digestive process. Now, if we take the Milk Powders in a liquid form, and swallow them as we swallow porridge, we are not doing the best thing, but at any rate we are doing less harm than if we swallowed starchy porridge unchewed.

Besides this, in the cereals, as we get them in shops and in houses, many of the elements have been lost. In white bread some valuable phosphates and other "salts" and cellulose are scarcely found at all.

Then there is sugar, which, as we get it in shops and homes, is irritating to many. The sugar of milk is not likely to be irritating.

Among the above requisites of our food-supply we have seen that palatability and digestibility are important. Let us enlarge on these two points.

As we have said, Pawlow shows that food should be palatable. This should apply, not only to the taste, and perhaps to the variety, but also to the consistency. The recipes offered here will give varied tastes and consistences. Consistency has a great deal to do, not only with the pleasure of eating, but also with the profit of it.

The word *digestibility* must include the idea of absorbability. It is not enough that the food should give us no discomfort, it must be assimilated; and it seems that in milk there is a certain element which does help the digestion and assimilation. This element, we believe, is not found in eggs, and we do not know exactly what it is, but the researches of Pawlow seem to show that milk is to some extent a self-digesting food.

With all the above theories and inducements, we

must always judge anything by its actual effects when fairly tried; and a food expert has accordingly written a pamphlet, giving his own experiences with the food. But the most striking experience is, perhaps, the following:

“With the aid of officers of the New York Department of Health and of various charitable societies, 850 children from five days to two years old were selected and fed, under competent medical supervision, for a period of four months, exclusively upon liquid milk reconstituted from this new dry milk. The children were chosen for the most part from the poorer tenement-house districts of New York, and the test was made during the four hottest summer months, when infant mortality in New York was at its highest. The most sanguine expectations that the laboratory studies had raised were completely realised—*not one of the 850 children died*. The death-rate in New York at the time among similar children fed upon ordinary milk was perhaps 40 in 100, and among similar children fed upon pasteurised and sterilised milk perhaps 20 in 100.

“The general manner of administering this new milk may be interesting. It was reconstituted into liquid milk, just before it was to be fed, by adding hot water that had previously been boiled. This ensured the feeding of fresh milk and warm milk. Milk sugar was added according to the ideas of the physician in immediate charge. In many cases the quantity of dry milk and milk sugar necessary for one feeding of the child was put in a sealed envelope and given to the mother, who, when the time of feeding arrived, had only to tear off the corner of the envelope and pour its contents into the feeding-bottle, and add the desired quantity of hot water and then feed it to the child. To prevent any but freshly made milk being fed, it was ordered that all the milk reconstituted that was not taken by the child at the time it was made up should be thrown away.

“One clinical observation of great practical importance was made—namely, that the casein in the milk reconstituted from this dry milk forms in the human stomach in fine particles like mother’s milk, and not in large clots like ordinary cow’s milk. This undoubtedly makes this milk more digestible, and there was evidence, in the firm flesh and fine bodily development of

the babies fed upon it, that this essential nitrogenous element was well assimilated.

“To meet the views of the physicians in charge of the different groups of children in the test referred to, the Just-Hatmaker milk was made from milk containing various proportions of cream. Some physicians followed the theory that a large percentage of fat is desirable in infant food. Such were supplied with dry milk which had been obtained by drying ordinary full-cream milk to which 50 per cent. of cream had been added—dry milk containing 40 per cent. of fat. Others, acting on the theory that of the two carbo-hydrates in milk (fat and milk sugar) the milk sugar is the simpler and the more easily assimilated, went to the other extreme, and used dry milk obtained by drying separated or skim milk, and which contained not over 1 per cent. of fat.

“The general consensus of opinion was that dry milk containing about 15 per cent. of fat was perhaps the best for infant feeding, although some physicians preferred dry milk containing 28 per cent. of fat, and others dry milk containing 23 per cent. of fat.

“*May 1st, 1904.*”

RULES

For Cooks using the Cow and Gate Dried Milk

1. Keep the powder in a covered tin in a cool place.
2. Use a dry spoon to measure it.
3. When you mix the powder into milk, rinse the pan in which it is to be heated in cold water.
4. Separated milk can be mixed with cold water (for batter, light cakes, and so on). It can be warmed to tepid heat for bread, or heated further for other purposes. It will not be a stable drinking fluid until it has been raised above $168\frac{1}{2}$ degrees. If there is *any sediment*, you may know that this has not happened. Sediments often mean waste.
5. Full-cream milk is best mixed with hot water always (nearly boiling). It must be allowed to cool if necessary, as for making junket, etc.
6. In sauces and soups, where seasoned stock or water is used, always cool the pan a little before pouring the contents on the dry milk. If you are hurried, dip it in cold water.
7. Be careful to follow the order of mixing given in the recipes. All the recipes are tried, and the order given is that which has produced the best results.
8. Ordinary milk can be used instead of water for mixing the powder, if richness is desired.
9. If milk is to be used for several dishes in one day, a quantity can be mixed and allowed to stand.

It will keep for some days under favourable conditions ; but it is better to keep it in dry form, shut away from germs.

10. For bilious subjects and when required for staying purposes, separated milk will generally be found superior ; but full-cream milk is a delicious food for all who need fat, and can digest it—usually thin, nervy folk.

Half-cream milk has been found excellent for young children (*see* Introduction).

11. In mixing the milk, the strength can be varied to suit individuals. When you mix slowly and thoroughly, you will find that great strength can be obtained in a sufficiently liquid form.

12. Do not expect either of the creams in Recipes III and IV to whip. They are more like clotted cream than fresh double cream in their properties.

13. When you use the mixed dried milk instead of water or ordinary milk in cooking (fowls, fish, vegetables, etc.), you must never allow it to boil fast. It will simmer gently for a long time without curdling ; but too great a degree of heat ruins it at once.

14. Stir always from left to right.

15. Be quite sure that you get the *Cow and Gate brand* of dried milk. Many powders are prepared from milk, some of which have lost valuable constituents in the process. This powder can always be had direct from the makers, The West Surrey Central Dairy Supply Company, Guildford. It has also agents at home and abroad. You can always inquire for them, and insist on getting what you want,

HINTS

Miscellaneous Ways of using the Powder

1. You can mix it with breadcrumbs in frying fish or cutlets, and in making any kind of force-meat. Equal weights of fine breadcrumbs and dried separated milk give the best result.

2. The full-cream powder may be used to enrich any thick creamy dish, and it improves all fruit juices, softening the flavour and making less sugar necessary. It can also be eaten dry, like sugar, with juicy fresh fruits.

3. Tablets can be obtained, and these may be eaten like biscuits. For travelling, these tablets are most convenient. With a little fruit they form an absolutely perfect food that can be put into a very small compass, and does not grow stale rapidly.

4. The full-cream powder may always be used to enrich *milk dishes*, and add to their nutritive value. Milk puddings are greatly improved by the addition of it, always provided that it is not allowed to boil fast and long.

5. Cream (III) may be served at any meal. It can then be eaten with grape-nuts, fruit, or any other article of food that goes well with clotted or double cream.

6. The full-cream powder makes an excellent addition to pastry if it is sprinkled in as recommended (LXXVII). In the same way it may be used with advantage in rough-puff pastry and short crust, a little

less butter being needed, and considerable nourishment added.

7. Most of the soups given are of the purée order, but clear soups (*see* "Consommé au Ravioli,") may have the powder added to the little soup-balls or quenelles now commonly served in them, remembering Hint 1.

8. Maggi soups will be found most convenient for use by busy cooks who have not an unlimited supply of fresh vegetables. Use the milk with them instead of stock or ordinary milk (*see* "General Recipes") for cold meat and easy cookery.

NOTE.—In calculating the proteid values, those given by Mr. Eustace Miles, M.A., in *Some of my Recipes* (Routledge), are used as a basis.

RECIPES

THESE recipes have been collected and arranged by a practical housekeeper with a view to helping the busy housewife to lessen the meat consumption of her household without endangering health and without taxing her brain with calculations. By adding pure milk powder to the ordinary or extraordinary dishes served, she can secure perfect nourishment without sacrificing individual taste. The perfectly nourished frame does not crave either meat or stimulant—such cravings are due to malnutrition. The recipes are arranged in a simple natural order—many contain only fleshless foods. (*See Index to Vegetarian Dishes.*)

INDEX TO SECTIONS

	PAGE
A. General Recipes (Easy and Economical).	25
B. Bread and Cakes	35
C. Soups	52
D. Fish	65
E. Sauces	80
F. Meat, Poultry, and Game	91
G. Vegetable Entrées	106
H. Sweets.	117
I. Savouries	137

Section A

GENERAL RECIPES

I. Milk for Cooking

$2\frac{1}{2}$ oz. dried separated Milk Powder ; or
 $2\frac{3}{4}$ oz. full-cream dried Milk Powder (Cow and Gate Brand).
 1 pint hot Water (about 160° , not more).

Put the powder into a lipped bowl ; smooth out all lumps, and make a hole in the middle of the powder. Into this hole pour the water very slowly, stirring all the time. When it is quite smooth, this milk can be used in the same way as ordinary milk, for custards, sauces, puddings, cakes, batter (in fact, almost any of the dishes in which ordinary milk is an ingredient). When required for batter, it is as well to mix the separated milk with cold water ; when for bread, it can mixed in cold water and stood on the stove to warm until it is of the right temperature to mix with the yeast. This milk will keep for days in a cool larder.

Proteid = $\frac{5}{8}$ oz., or .86. Proteid in 1 pint of ordinary milk = $\frac{33}{50}$, or .66.

II. Milk for Drinking

1 oz. dried separated Milk Powder ; or
 $1\frac{1}{2}$ oz. full-cream Milk Powder.
 $\frac{1}{2}$ pint hot Water.
 A few grains powdered Ginger or Nutmeg.

Put the powder into a large cup, and smooth out the lumps with a teaspoon ; make a hole in the

centre of the powder, and add the hot water, gradually stirring in the powder—stir always from left to right. When it is quite smooth, add a few grains of ginger or nutmeg. This milk should be sipped slowly, and is a most refreshing tonic.

Proteid = $\frac{1}{2}$ oz., or '5. Proteid in $\frac{1}{2}$ pint of whole milk = '33; cost about the same.

III. Cream for Use with Fruit, etc.

3 oz. full-cream dried Milk.

$\frac{1}{2}$ pint hot Water (nearly boiling).

Put the powder in a bowl, make a hole in the middle of the powder, and add the water, very gradually, stirring from left to right, until all the dry powder has been mixed in. A drop of vanilla or lemon essence may be used, if liked, or a bay leaf may be boiled in the water with which the cream is made; but the cream does not need any flavouring at all. Stand the bowl, with the cream in it, in a cool place for 12 hours, if possible. Less powder may be used, if this is too rich. Ordinary milk can be used for mixing the cream instead of water, but it does not keep so long if this is done.

Proteid = 1 oz. Proteid in $\frac{1}{2}$ pint of whole milk = '33.

IV. Double Cream for Use in Cooking

6 oz. full-cream dried Milk.

1 pint nearly boiling Water.

$\frac{1}{8}$ oz. Gelatine (according to weather).

$\frac{1}{4}$ pint cold Water.

Dissolve the gelatine in the cold water, setting it on the stove to warm; bring it to the boil. Meanwhile mix the cream (III.) When the gelatine has cooled to the same temperature as the cream, strain it, and mix them together, stirring until they are

quite cool. Lemon-rind, bay leaf, or vanilla pod may be used to flavour the water with which this cream is made.

Proteid = about 2 oz. Proteid in 1 pint whole milk = .66.

V. Cream Wheatmeal Porridge

4 oz. Wheatmeal.
1 pinch Salt.
 $\frac{1}{2}$ oz. Butter.
 $1\frac{1}{4}$ pint Water.
2 oz. dried separated Milk.

In an earthenware, aluminium, or enamelled pan put a pint of water with the salt. Warm the wheat meal in the oven for a few minutes before the sprinkling begins. Bring to the boil; and as the pan boils, briskly sprinkle in the wheatmeal. When it is mixed, stand the pan containing the porridge in boiling water to cook for about 10 minutes or $\frac{1}{4}$ hour; then add the butter, stirring it well in. Put the separated milk into a lipped bowl, and mix it with warm water; add this to the porridge, and stir until it is on the point of boiling. Then serve in a hot tureen with hot plates.

Enough for 4 persons. Proteid = $1\frac{7}{25}$ oz. Cost of proteid per oz. = $1\frac{47}{328}d.$ Cost of proteid per oz. in raw beef = $3\frac{1}{8}d.$

VI. Cream Oatmeal Porridge

$1\frac{1}{4}$ pint Water.
4 oz. Oatmeal (best Scotch).
2 oz. full-cream dried Milk (or separated Milk, if preferred).
1 pinch Salt.

Put the water into an earthenware, aluminium, or enamelled pan, with a little salt; bring it to the boil. When it boils quickly, throw in a handful of the dry

meal, and stir with a wooden spoon. Sprinkle in the rest of the meal in the same way, taking care not to put it in too quickly and so get lumps. Never allow the pan to cease boiling. When the mixing is done, stand the pan aside, or put it in another pan containing boiling water, to boil gently for about $\frac{1}{2}$ hour; coarse meal will take much longer. Make a tureen hot, and put the dried milk into it; mix with just a little hot water; stir it smooth. Add the porridge, and stir well before serving. Serve with hot porridge-plates.

Enough for 4 persons. Proteid = $1\frac{1}{3}$ oz. Cost of proteid per oz. = $1\frac{7}{8}d.$ Cost of proteid per oz. in raw beef at $10d.$ a pound = $3\frac{1}{8}d.$

This is of the consistency liked in Scotland. If too thick for individual tastes, add more water or less meal.

VII. Cream Lentil Porridge

3 oz. Lentil Flour.

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

1 pinch Salt.

2 oz. dried separated Milk (Cow and Gate Brand).

Put the flour and salt into a bowl with enough cold water to make them into a liquid. Put the rest of the water in a pan to boil; when it boils fast, pour the water into the bowl, and return the whole to the pan for about 20 minutes; it is better cooked over a strong fire in a double pan. Add the butter, and stand the pan aside for a minute or so. Put the dried milk into a bowl, and pour the porridge slowly on it, stirring carefully all the time; return the creamed porridge to the pan until it is nearly boiling. Then serve in a hot dish with hot plates.

Enough for 4 persons. Proteid = $1\frac{5}{12}$ oz. Cost

of proteid per oz. = $1\frac{1}{7}d.$ Cost of proteid per oz.
in raw beef = $3\frac{1}{8}d.$

VIII. Invalid's Porridge (Very Nourishing)

3 oz. Lentil Flour.

3 oz. Barley Malt Meal.

1 quart Water.

Salt to taste.

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

4 oz. dried separated Milk (Cow and Gate Brand).

Mix flour, meal, and salt together in a bowl, and, after smoothing out all the lumps, add some of the water; stir well, and allow it to stand. Boil the rest of the water in the inner portion of a double pan; when the water boils briskly, pour it into the bowl, stirring well all the time. Now fill your outer pan with boiling water, pour the porridge into the inner one, and put it over a strong fire for about 20 minutes, with an occasional stir; then add the butter. Mix the milk (V), and stir it into the porridge as it stands on the stove. Serve in a hot tureen with hot plates.

Enough for 6 or 8 persons. Proteid = $2\frac{5}{8}d.$
Cost of proteid per oz. = $1\frac{1}{7}d.$ Cost of proteid per
oz. in raw beef = $3\frac{1}{8}d.$

IX. Tea

1 heaping teaspoonful for each person of *good* Tea is sufficient.

$\frac{1}{2}$ pint Water for each person, if ordinary teacups are used.

1 oz. dried separated (or full-cream) Milk.

Warm the teapot (after being sure that the inside is scrupulously clean) by dry heat. Put the tea in a muslin bag, with plenty of room to swell, and put it into the teapot to get hot. Mix the milk in the usual way, and bring it to boiling-point. Pour it, boiling, into the teapot, allow it to stand for 3 or

4 minutes, according to the kind of tea used, and serve, removing the muslin bag before sending the tea to table.

Proteid = $\frac{2}{3}$ oz. for each person.

X. Chocolate

1 oz. Chocolate.

1 pint Water.

$2\frac{1}{2}$ oz. full-cream dried Milk (or separated, if preferred).

Mix the milk 12 hours before the chocolate is wanted; when it is cold, break into it the chocolate, and cover the vessel in which it stands. When it has stood twelve hours, put it on the fire (an earthenware vessel is best), bring it gently to the boil, and let it boil for about a minute. Serve with sugar; cream will not be needed. Many prefer half the quantity of milk mixed with water.

Proteid = $\frac{4}{5}$ oz. Enough for 3 persons or more according to the occasion. A chocolate cup should hold $\frac{1}{4}$ pint.

XI. Café au Lait

Mix $1\frac{1}{2}$ oz. dried separated milk in a pint of cold water in a saucepan; when it is quite smooth bring it to the boil and at boiling point add $1\frac{1}{2}$ oz. coffee previously prepared. Let it boil for about half a minute and then pour in a tablespoonful of ice-cold water and allow it to stand for 3 minutes. Then pour into a hot coffee-pot, and serve. If you are hurried, strain the liquid.

To prepare the coffee: Put the freshly ground coffee into an earthenware covered pot on the stove for 5 minutes with a small piece of butter. Shake the pot occasionally to send the butter over the separate grains of coffee. This should draw out the aroma.

Enough for 3 or 4 small coffee-cups. Proteid = $\frac{1}{2}$ oz.

XII. Glaze

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

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

$1\frac{1}{2}$ oz. dried separated Milk (Cow and Gate Brand).

Carminé colour, or a teaspoonful of Liebig's extract, according to taste. The jelly will be white if no colouring matter is used.

Break up the gelatine, and put it into cold water to dissolve; bring it to the boil gently, stirring occasionally. When it has cooled to a temperature below 160° , pour it into a bowl containing the dried milk; stir the mixture as little as possible, and allow it to set.

To glaze *any* substance with this is a simple process. Proteid = about $\frac{1}{3}$ oz.

XIII. Béchamel

(For use with boiled Fowls, etc. After Mrs. Beeton, adapted)

$3\frac{1}{2}$ oz. full-cream dried Milk (Cow and Gate Brand),

2 Onions.

1 blade Mace.

Some Mushroom trimmings.

A small bunch Parsley.

1 oz. Butter.

1 oz. Flour or Crème de Riz.

A little Salt.

The juice of $\frac{1}{2}$ Lemon and 2 Eggs.

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

Put in a stewpan $1\frac{1}{2}$ pint of water with the onions, mace, mushrooms, parsley, and salt; let them simmer gently for 20 minutes. Then strain the liquor into a bowl in which you have put $2\frac{1}{2}$ oz. of full-cream dried milk; pour gently, stirring all the time. Rinse your pan with cold water. Put in first the butter, and when it is melted, the flour or crème de riz. When the mixture is smooth, add the milk gradually, stirring until the sauce has boiled for a

minute. Then put it in a cooler place, and continue stirring for a minute or two until it is perfectly smooth. Add the lemon juice ; beat up the yolks of the eggs with 4 dessertspoonfuls of water, and strain them to the sauce. Stir it once more over the fire, but do not allow it to curdle, as it will do if it boils.

Proteid = about $2\frac{3}{4}$ oz. Cost with dried milk = $4\frac{1}{2}d$.
Cost with ordinary milk = $5d$.

This quickly made and nourishing sauce, if seasoned slices of cold, white meat or poultry be added to it, makes a nice dish. Flavouring of vegetables, etc., can be varied according to the season and as convenient.

XIV. Brown Gravy

2 oz. Butter } or a teaspoonful of brown roux if this is kept
2 oz. Flour } ready made.

2 oz. dried separated Milk (Cow and Gate Brand).

1 pint Water or thin Stock.

Tomatoes, Onions, Carrots, and Seasoning, as convenient.

A few drops burnt Onion, if needed, for colouring, and $\frac{1}{2}$ teaspoonful Bovril or Marmite.

Put the butter into a small pan over a quick fire ; let it brown a little ; then add the flour and mix it well in ; keep stirring it so that it does not burn. Let the flour cook for about 5 minutes. Have ready the water (the vegetables and seasoning should be boiled previously until the water is nicely flavoured, and has been reduced to $\frac{3}{4}$ pint). Let this cool a little and strain it. Mix it with the Milk Powder, and stir into it the flour and butter ; add the Bovril, the burnt onion, and additional seasoning *if necessary*, and bring the gravy to near boiling point. It is then ready for use.

This gravy does not depend on stock, and is therefore convenient for use in very small households where stock is not always available. If preferred,

ketchup can be added instead of meat essence. The proteid-value will not be lowered by the substitution.

Proteid in $\frac{3}{4}$ pint of gravy = $\frac{1}{2}$ oz. Cost of proteid per oz. = $2\frac{3}{4}d.$ Cost of proteid per oz. in raw beef = $3\frac{1}{8}d.$

If some seasoned slices of cold brown meat or game are warmed, not boiled, in this gravy, a wholesome ragout will be made at a trifling cost, in very little time and with hardly any trouble.

XV. Jelly

*(Convenient for making savoury dishes for a cold service,
Keeps well)*

$\frac{1}{4}$ oz. Gelatine.

$1\frac{1}{2}$ oz. dried separated Milk (Cow and Gate Brand).

$\frac{1}{2}$ pint White Stock or Flavoured Water.

Dissolve the gelatine in the water or stock, and heat it over the fire; when it is hot, rather less than 160° , strain it slowly into the dried milk. Stir until it is smooth and leave it to set; do *not* stir while it is cooling. When required for use, melt the jelly, add any colouring matter (carmine, apple-green, or yellow), and set it in the way described in savoury jelly or cold vegetable entrée.

Proteid = $\frac{1}{2}$ oz. Cost of proteid per oz. = $1\frac{1}{4}d.$
Cost of proteid in raw beef = $3\frac{1}{8}d.$

XVI. Curry

Curry Powder to taste.

3 oz. Butter.

2 oz. Flour.

A few Onions and Apples.

Boiled Rice (a pound for this quantity).

2 oz. dried separated Milk (Cow and Gate Brand)

From $\frac{1}{2}$ to $\frac{3}{4}$ pint Water.

Put the curry powder you are going to use in a cup with cold water to steep for an hour or so. Melt the butter in a stewpan, and when it is very hot

throw in the vegetables, cut very small, to make them crisp; do not brown them. Dust in the flour gradually, and when the whole is well cooked, add the milk, previously mixed with the water, which should be seasoned with herbs and vegetables boiled in it. When the mixture is near boiling-point, add the steeped curry powder, and bring to the boil. Stand the pan aside in a hot place, and add the prepared meat. Meat may be fresh or previously cooked; in either case it is nice fried in very hot butter, with a seasoning of pepper and salt, before it is added to the curry. For this reason curries should be made as a rule of *fresh* meat; cold meat is better disposed of in one of the quite digestible ways already given. Serve very hot with thin lemon rings as a garnish. Rice may be served in a bank round the dish or handed separately.

Proteid = about 2 oz. Cost of proteid per oz. = 2*d.* Cost of proteid per oz. in raw beef = $3\frac{1}{8}$ *d.*

Section B

BREAD AND CAKES

General Notes on Baking

The objects of baking are :

- (1) To rupture the starch granules in the flour, and thus assist one process at least of digestion.
- (2) To convert the starch.
- (3) To incorporate air, fat, and other food-stuffs in such a way as to make the cooked mass eatable, digestible, and pleasant to look at.
- (4) To dry the food and compel mastication.

Loaves and cakes when well cooked should be of a golden brown colour, crisp and firm, especially as to bottom crust. A brick oven is said to be more satisfactory for baking than an iron one, because bricks retain heat longer than iron ; but an ordinary gas oven bakes well if the pressure be even. If a thick sheath is used, or an additional sheath of non-conducting material be placed on the iron one, the danger of burning is lessened, and the loaves and cakes will be evenly and thoroughly cooked. To economise gas, always turn it on full at first, lowering, when less heat, is required until the flame is quite blue. Then the consumption of gas is *really* lessened ; but there is no appreciable difference between "three quarter" flame, say, and full power.

Cake and bread tins should not be washed more

than necessary, but cleaned with greased paper.* After washing, the tins should be carefully dried.

XVII. Bread (with Yeast)

In using the powder with yeast, results will always be satisfactory if only as much powder is used as will make the milk thoroughly liquid when it is mixed with the yeast. It may be thick, but not so thick as to be solid. Cooks must use judgment as to the amount of nourishment to be supplied.

2 lb. best Vienna Flour.

1 teaspoonful Salt.

2 teaspoonfuls dried Yeast.

8 oz. dried separated Milk (Cow and Gate Brand).

2 $\frac{1}{4}$ pints (about) hot Water (nearly boiling).

If less Water is taken up by the Flour, take away Milk in the proportion of 2 oz. to $\frac{1}{2}$ a pint.

Put the yeast into a cup with a teaspoonful of fine white sugar ; stir briskly until the mixture is a thin cream ; add a tablespoonful of water at blood heat, and put the cup to stand in a warm place (not too hot, or it may kill the yeast) ; then mix the dried separated milk with the hot water, stirring it in gradually, and taking care to make the liquid smooth. Set the bowl in cold water until it is reduced to blood heat (*see*, however, Rule 4). Sift the flour and salt into a dry bowl, make a hole in the middle of the flour, and, if the yeast shows signs of life—*i.e.* if the surface is covered with tiny bubbles—pour it in and about half of the cooled milk with it ; stir some flour into the liquid, and, when it has thickened, add some more milk, being careful not to add too much. The

* Rub the grease well off with a coarse cloth so that the dust may not stick to the tins when they are put away. Tins with non-conducting material at the bottom are now made, which are most useful for baking cakes and bread in a gas oven. Small bread-making machines may be bought for less than half a sovereign. These make the work of baking at home very easy.

dough should be soft and firm. Knead it well with the hands, working it always towards the centre; when it is perfectly smooth, cover it with a warm cloth, and set the bowl in a warm place. When it has risen (in about 1 hour), take it out on a board; knead it again a little and divide it into four equal parts. These can be baked in small, well-greased tins as loaves, or each can be divided into 6 parts, and made into rolls, baked on a floured tin. The tins or rolls should stand in a warm place to rise once more before they are baked. The oven should be very hot, and reduced when the rolls have been in for 10 minutes, when they should be brown. Brush them over with a little warm milk to give them a nice glaze. Rolls and loaves, when well baked, give a hollow sound when tapped with the knuckle. They should be allowed to cool bottom upwards, and gradually. Time for rolls, about 20 minutes; for loaves, about 1 hour. These rolls will keep fresh and moist for some days.

Cost of proteid per oz. in rolls = $\frac{33}{40}d$. Cost of proteid per oz. in raw beef = $3\frac{1}{8}d$.

In making these calculations, average retail or store prices are charged for flour and dried milk. Beef is reckoned at 10d. a pound, and is assumed to be without bone or fat, so that its value may not be *underrated*.

XVIII. Rusks

2 oz. dried separated Milk (Cow and Gate Brand).

$\frac{1}{2}$ pint hot Water.

2 oz. fresh Butter.

3 Eggs.

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

1 teaspoonful fine white Sugar.

1 lb. sifted Flour.

Sift the flour into a dry bowl. Cream the yeast with

sugar. Mix the dried separated milk, and when it has cooled to blood heat, mix it with the yeast. Next, beat the eggs well and add them to the yeast and milk; then pour the liquid into the middle of the flour and mix with a fork or wooden spoon. When the dough is smooth and firm, turn it out on a board and divide into 6 equal parts; shape these into rolls; bake them in a quick oven for 20 minutes, then take them out and let them cool; cut them $\frac{1}{2}$ in. thick, and brown these slices for a few minutes in a very hot oven.*

Cost of proteid in rusks per oz. = $1\frac{1}{8}d$. Cost of proteid per oz. in raw beef = 3 d.

XIX. Bread (without Yeast)

8 oz. dried separated Milk (Cow and Gate Brand).

About $2\frac{1}{4}$ pints hot Water.

2 oz. fresh Butter.

1 teaspoonful of Salt.

1 teaspoonful Carbonate of Soda.

2 teaspoonfuls Cream of Tartar.

2 lb. best Vienna Flour.

Mix the dried separated milk with hot water, and let it get quite cold, dissolving in it the carbonate of soda and the butter. Mix the cream of tartar and flour in a bowl with the salt; make a hole in the middle of the flour and pour the liquid in, stirring it as quickly as possible with a cold knife. When it is smooth and firm, divide it into portions as in the last recipe, baking it in a quick oven as soon after mixing as possible. As variety in the shape of rolls is very desirable, these should be made some

* Or the dough can be baked in small round loaves, and each of these can be split into 2 and dried in the oven.

times round, sometimes long, sometimes twisted, and sometimes plaited or rolled into horseshoe form. The secret of success is quickness. Special tins can be had for baking breakfast rolls.

Cost of proteid in rolls per oz. = $\frac{33}{40}d.$ Cost of proteid per oz. in raw beef = $3\frac{1}{8}d.$

XX. Milk Bread

(Very nourishing and quickly made)

$\frac{1}{2}$ lb. dried separated Milk (Cow and Gate Brand),
1 lb. Flour.
1 oz. Paisley Flour.
Cold Water.

Mix the dry ingredients well together with a little salt, if liked; add the cold water gradually and mix as quickly as possible until quite smooth; then bake in well-greased tins for 40 minutes or 1 hour. This bread has a spongy texture and dark appearance; it is better for keeping a few days, and is then very digestible.

Cost of proteid in bread per oz. = $1\frac{5}{8}d.$ Cost of proteid in raw beef per oz. = $3\frac{1}{8}d.$

XXI. Unfermented Wholemeal Bread

*(Adapted from Kuhne's recipe in "Some of my Recipes,"
by Eustace Miles, M.A.)*

1 lb. Wholemeal.
6 oz. dried separated Milk (Cow and Gate Brand),
1 pint cold Water.

Sift the wholemeal into a bowl, and mix the dried separated milk with it, then add the water, stirring it in gradually. Be careful not to make the dough too

moist. Knead it well towards the centre, and, when quite smooth, divide it into 2 long loaves. Bake it in a hot oven until the bottom crust is firm and gives a hollow sound when tapped. Many persons who suffer from indigestion find this bread valuable, and it is highly nourishing.

Cost of proteid per oz. = $2d$. Cost of proteid per oz. in raw beef = $3\frac{1}{8}d$.

XXII. Sultana Cake

- 2 oz. Butter.
- 2 oz. Castor Sugar.
- 1 dessertspoonful Lemon-juice.
- 2 oz. dried separated Milk (Cow and Gate Brand).
- 1 oz. Flour (sifted).
- $\frac{1}{2}$ teaspoonful Baking-powder.
- 2 yolks and 1 white of Egg.
- 2 oz. Sultanas.
- 1 oz. finely chopped candied Lemon-peel.

Cream butter and sugar together with a little grated lemon-rind. Mix the dried separated milk and the flour together, and sift them into the bowl alternately with the well-beaten yolks. Wash the egg-basin out with a little water (a dessertspoonful), and the lemon-juice. When all is mixed smoothly, add the white of 1 egg stiffly whipped. Last of all, stir in the sultanas and peel, with which the baking-powder has been previously mixed. Bake about $\frac{3}{4}$ hour in a lined and buttered tin. This cake can be covered when cool with a lemon icing, and decorated with angelica and crystallised cherries.

Cost of proteid per oz. = $1\frac{1}{3}\frac{3}{4}d$. Cost of proteid per oz. in raw beef = $3\frac{1}{8}d$.

XXIII. Tea Biscuits (to be eaten hot))

(An American recipe)

$1\frac{1}{2}$ lb. Flour.
 4 oz. Butter.
 6 teaspoonfuls Baking-powder.
 1 pinch Salt.
 4 oz. dried separated Milk (Cow and Gate Brand).
 Not quite 1 pint Water.

Mix the dried separated milk with hot water, and allow it to cool. Rub the butter into the flour and add the salt and baking-powder. Add the milk when quite cold; use enough to make a stiff paste. Roll out 1 inch thick; cut into rounds with a small cutter. Bake in the lower part of a gas oven. The biscuits should rise, but not brown. When they are done, cut each into 2 slices, put a little bit of butter in the middle, and serve hot.

Cost of proteid per oz. = $1\frac{10}{11}d.$ Cost of proteid in raw beef = $3\frac{1}{8}d.$

XXIV. Hovis Scones

$2\frac{1}{2}$ lb. Hovis Flour.
 5 oz. Butter.
 5 oz. Sugar.
 1 Egg.
 $\frac{1}{2}$ oz. Cream of Tartar.
 $\frac{1}{4}$ oz. Carbonate of Soda.
 $1\frac{1}{4}$ pint of Water.
 3 oz. dried separated Milk (Cow and Gate Brand).
 2 oz. full-cream Milk may be used in addition to the other.

Rub the butter into the flour into which the cream of tartar has been well mixed. Beat the egg with the sugar. Mix the dried separated milk with hot water, and dissolve the carbonate of soda in it.

When the milk is cold add it to the egg, mix thoroughly, and stir it briskly into the flour. The paste should be stiff. Roll it out to about $\frac{3}{4}$ inch thickness; cut into small round scones, and bake for about 20 minutes.

Cost proteid per oz. = 1*d*. Cost of proteid per oz. in raw beef = $3\frac{1}{8}$ *d*.

XXV. Pine-apple Cake

2 oz. Butter.

1 oz. Sugar.

2 yolks and 1 white of Egg.

2 oz. dried separated Milk (Cow and Gate Brand).

1 oz. Flour.

As much Baking-powder as will stand on a shilling.

2 oz. Crystallised Pine-apple.

Cut up the fruit into small dice, and mix it thoroughly with the baking-powder by tossing them together on a piece of kitchen paper. Cream the butter with the sugar, and add the beaten yolks of the eggs with a little lemon-juice or essence according to taste. Mix the flour with the dried separated milk and add it gradually, beating the mixture all the time. When all the lumps are beaten out, add the white of egg whipped to a stiff froth. Stir in the fruit briskly, and put the cake in a well-buttered, lined tin. Bake in a quick oven, lessening the heat after 20 minutes. This small cake will take nearly 1 hour to bake. If quantities are doubled, time must increase proportionately. To find out when the cake is done, insert a bright skewer into the thickest part; if the skewer comes out as clean as it went in, the cake is done.

Cost of proteid in cake per oz. = $1\frac{1}{4}$ *d*. Cost of proteid per oz. in raw beef = $3\frac{1}{8}$ *d*.

XXVI. Almond Cake

- 2 oz. Butter.
- 2 oz. Sugar.
- 2 Eggs.
- 2 oz. dried separated Milk (Cow and Gate Brand).
- 1 oz. Flour.
- 2 oz. ground Almonds.
- $\frac{1}{2}$ teaspoonful Baking-powder.
- $\frac{1}{4}$ teaspoonful Vanilla.

Beat the butter and sugar to a cream ; whisk the eggs until they are quite thick and frothy ; mix together almonds, flour, and dried separated milk ; add the egg and flour alternately to the creamed butter, beating steadily all the time and keeping the cake of even consistency. Wash the egg-basin out with a tablespoonful of warm water to which the vanilla has been added. Last of all, add the baking-powder, stirring quickly. Put the mixture into a well-buttered sandwich-tin and bake in a fairly hot oven for about 1 hour.

Cost of proteid in cake per oz. = $1\frac{1}{4}d$. Cost of proteid per oz. in raw beef = $3\frac{1}{8}$.

XXVII. Chocolate Walnut Cake

- 2 oz. dried separated Milk (Cow and Gate Brand).
- 1 oz. Sugar.
- 1 oz. Flour.
- About a dozen Walnut halves.
- As much Baking-powder as will stand on a sixpence.
- 2 oz. Butter.
- 1 Egg.
- $\frac{1}{4}$ oz. grated Chocolate.
- $\frac{1}{4}$ oz. Icing Sugar.

Cream the butter and sugar together, add the yolk of the egg previously well beaten, then add the flour and dried separated milk thoroughly mixed

together; beat all the time until the mixture is quite smooth. Put half the walnuts (blanched) through a nut-mill, and mix the milled nuts with the baking-powder; stir these into the cake. Add the white of egg, stiffly whipped. Bake in a well-buttered and lined tin. When the cake is cool, pour over it a chocolate icing, made as follows, and decorate with the half-walnuts remaining. Mix the chocolate (ground) with the icing sugar, add a little cold water, a teaspoonful at a time, being very careful not to add too much. The mixing is best done in a small enamelled saucepan which should be exposed to a very slow heat until the chocolate is smooth and shiny. Pour it over the cake and allow it to harden after decoration.

Cost of proteid per oz. = 1*d*. Cost of proteid per oz. in raw beef = 3½*d*.

XXVIII. Sandwich Cake

2 oz. Castor Sugar.

1 large Egg.

1 small Orange.

1 oz. Flour.

1 oz. dried separated Milk (Cow and Gate Brand).

As much Baking-powder as will lie on a shilling.

Beat the yolk with the sugar and grated orange rind. Add 1 tablespoonful of the orange-juice; then stir in the flour and dried milk gradually. When the mixture is quite smooth, add the white of the egg, beaten stiffly, and, last of all, the baking-powder. Bake in a moderate oven for about 20 minutes. The oven should be hot at first, and the cake should rise in the sandwich tin evenly. When it is done, turn the cake out on a cake grid to cool, and prepare icing for it. Mix 2 oz. icing sugar with 2 oz. grated chocolate and add 1 tablespoonful of orange juice; put it over the

fire where it will melt but not burn; add a little water, but be very careful not to add too much, as the chocolate gets thin when it melts. When the cake is cool, cut in 3 slices. Spread the icing rapidly over each in turn and replace them; make the top layer rather thick, and sprinkle desiccated cocoanut or finely chopped blanched almonds on the top to give a snowy effect. Whipped cream may be used for inner layers, if it is liked.

Cost of proteid per oz. = $1\frac{2}{3}d.$ Cost of proteid per oz. in raw beef = $3\frac{1}{8}d.$

XXIX. Gingerbread

- 1 lb. Golden Syrup.
- $\frac{1}{4}$ lb. Butter.
- $\frac{1}{4}$ lb. Demerara Sugar.
- $\frac{1}{2}$ lb. dried separated Milk.
- 1 lb. Flour.
- 1 oz. Ginger.
- $\frac{1}{2}$ oz. ground Allspice.
- 1 teaspoonful Carbonate of Soda.
- $\frac{1}{2}$ oz. full-cream dried Milk (Cow and Gate Brand),
mixed with $\frac{1}{4}$ pint hot Water.

Mix the flour and other dry ingredients, except the carbonate of soda, together in a basin. Put the carbonate of soda into the hot milk to dissolve; stir it well, and set it aside to cool. In another bowl warm, but do not melt, the butter; pour the syrup into it and mix well together; stir the butter and syrup into the dry ingredients, whisk the eggs thoroughly and add them, beating the whole until it is a nice soft dough. Last of all, add the milk, which should be just warm when added. Pour the mixture into a well-buttered tin and bake it from $\frac{3}{4}$ hour to 1 hour—or longer, if the cake be very thick. Just before the cake is done it should be taken out and

brushed over with egg, or egg and milk, and put back to glaze.

Cost of proteid per oz. = $3d$. Cost of proteid per oz. in raw beef = $3\frac{1}{8}d$.

XXX. Sweet Biscuits

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

$\frac{1}{2}$ lb. dried separated Milk (Cow and Gate Brand).

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

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

4 yolks of Eggs.

A little Vanilla or Lemon Essence to taste.

Mix the dry ingredients together, and add the yolks lightly beaten. Knead the paste until it is quite stiff and firm; roll out very thin; cut, and bake in a quick oven for about 5 minutes.

Cost of proteid per oz. = $1d$. Cost of proteid per oz. in raw beef = $3\frac{1}{8}d$.

These may be variously flavoured with essence, milled nuts, or cheese, or they may be eaten quite plain.

XXXI. Indian Corn Cakes

(Delicious when fresh)

3 oz. Indian Cornflour.

2 oz. dried separated Milk (Cow and Gate Brand).

3 oz. Butter.

$\frac{1}{2}$ oz. candied Lemon-peel (very finely chopped).

$\frac{1}{2}$ teaspoonful of Baking-powder.

1 oz. Castor Sugar.

1 Egg.

Butter 1 dozen small patty-pans, and get your oven fairly hot. Cream the butter and sugar together; well beat the egg and add it to the cream. Mix the peel and baking-powder together by tossing them in paper. Sift in the flour and dried separated milk, well mixed, gradually beating all the time. Last of

all, when the cake is quite smooth, add the peel and baking-powder. Put 1 teaspoonful of the mixture into each patty-pan and bake for about 5 minutes.

Cost of proteid per oz. = $2\frac{1}{8}d$. Cost of proteid per oz. in raw beef = $3\frac{1}{8}d$.

XXXII. Dough Nuts

$\frac{1}{4}$ lb. fine Flour.
1 oz. dried separated Milk (Cow and Gate Brand).
1 oz. Paisley Flour.
A little cold Water.
Castor Sugar to taste.
A deep frying-bath full of fat at fritter heat.

Mix the flour, dried milk, Paisley flour, and sugar well together, and with a knife stir in enough cold water to make a very light, stiff dough; add the water in very small quantities and mix quickly. Make the dough into tiny balls the size of a pea, roll it lightly and coat with dry flour; fry in the boiling fat, and drain on kitchen paper. When the nuts are drained, roll them in fine sugar and serve cold.

Proteid = $1\frac{1}{8}$ oz. Cost of proteid per oz. = $1\frac{2}{7}d$.
Cost of proteid per oz. in raw beef = $3\frac{1}{8}d$.

XXXIII. Queen Cakes

$\frac{1}{4}$ lb. Flour.
 $\frac{1}{4}$ lb. dried separated Milk.
 $\frac{1}{4}$ lb. Butter.
 $\frac{1}{4}$ lb. Loaf Sugar.
1 small Lemon.
1 Egg.
1 oz. full-cream dried Milk (Cow and Gate Brand).
 $\frac{1}{4}$ lb. Sultanas.
 $\frac{1}{2}$ teaspoonful Baking-powder.

Cream the butter, dredge in the flour, rub the loaf sugar over the rind of the lemon, and then pound the sugar in a mortar; when it is quite fine, sift into

a bowl with the butter and flour, and stir well. Whisk the egg, a large one; thoroughly mix it with the full-cream milk dissolved in a teacupful of boiling water and allowed to cool; add these to the dry ingredients, and beat the mixture for 10 minutes; add the baking-powder, stir quickly, and put into well-buttered tins with room to rise. The tins should be about two-thirds full. Bake about $\frac{1}{2}$ hour or rather less.

Cost of proteid per oz. = $2\frac{1}{4}d$. Cost of proteid per oz. in raw beef = $3\frac{1}{8}d$.

A double oven sheet should be used for these in a gas oven, as the cakes are very liable to catch at the bottom.

XXXIV. Luncheon Cake

- $\frac{1}{2}$ lb. Butter.
- $\frac{3}{4}$ lb. Flour.
- $\frac{1}{4}$ lb. dried separated Milk.
- $\frac{1}{2}$ oz. Caraway Seeds.
- $\frac{1}{4}$ lb. Sultanas.
- 6 oz. white Sugar.
- 1 oz. candied Lemon-peel.
- 3 Eggs.
- $1\frac{1}{2}$ oz. full-cream dried Milk (Cow and Gate Brand),
mixed with $\frac{1}{2}$ pint boiling Water.
- 1 small teaspoonful Carbonate of Soda.

Put $1\frac{1}{2}$ oz. of full-cream dried milk into a cup, and pour on it $\frac{1}{2}$ pint of boiling water; stir into this 1 small teaspoonful of carbonate of soda, and stand it in cold water to cool. Rub the butter into the flour. Cut the candied-peel into thin slices, and add it with the other dry ingredients to the flour. Beat the eggs well and stir them into the cake; then add the milk with the soda dissolved in it; pour the mixture into a well-buttered tin and bake it in a

moderate oven from $\frac{3}{4}$ hour to 1 hour. 1 oz. of ground almonds may be substituted for the caraway seeds, if liked, and the top may be sprinkled with chopped blanched almonds.

Cost of proteid per oz. = $5\frac{3}{8}d.$ Cost of proteid per oz. in raw beef = $3\frac{1}{8}d.$

XXXV. Cream Honey Cakes

- $\frac{3}{4}$ lb. fine sifted Flour.
- 2 oz. Crème de Riz.
- $\frac{1}{4}$ lb. fresh Butter.
- 2 oz. Castor Sugar or Honey.
- 1 pinch Salt.
- 2 raw yolks of Eggs.
- $1\frac{1}{2}$ oz. Baking-powder.
- $\frac{1}{2}$ pint Milk (I).

Work the flour and crème de riz into the butter till it is smooth, then add the sugar or honey, salt, yolks, baking-powder, and milk; roll lightly, and cut with a fancy cutter. Brush with milk, and bake in a moderate oven for 20 minutes.

Proteid = $1\frac{2}{3}$ oz. Proteid in same cakes made with ordinary milk = $1\frac{1}{3}$ oz. Cost of proteid per oz. = $5\frac{2}{5}d.$ Cost of proteid per oz. in raw beef = $3\frac{1}{8}d.$

XXXVI. Green Fig Gems

- 2 oz. best Vienna Flour.
- 1 oz. dried separated Milk (Cow and Gate Brand).
- 2 oz. Butter.
- 2 oz. Castor Sugar.
- $\frac{1}{4}$ teaspoonful Baking-powder.
- 1 Egg.
- 1 crystallised green Fig cut up small.
- Lemon-juice to taste.

Cream the butter and sugar. Beat the yolk of the egg and mix it in with the lemon-juice; add the dried milk and flour well blended. Roll the cut-up

fig in the baking-powder. Beat the white of the egg up stiffly and stir in first the fruit and baking-powder, then white of egg. Bake for 10 minutes or so in "gem" pans in a moderate oven.

Proteid = $\frac{4}{5}$ oz. Cost of proteid per oz. = $5\frac{5}{8}d.$
 Cost of proteid per oz. in raw beef = $3\frac{1}{8}d.$

XXXVII. Maize Flour Bread

(Very nourishing)

- 2 pints best Vienna Flour.
- 1 pint of dried separated Milk (Cow and Gate Brand).
- 2 pints Maize Flour Meal.
- 6 oz. full-cream dried Milk mixed with 3 pints hot Water.
- 3 Eggs.
- 7 oz. Castor Sugar.
- 6 oz. Butter.
- 3 oz. Baking-powder.

Cream the butter and sugar thoroughly; beat the eggs well and add them to the cream. Mix the full-cream milk with boiling water and set it aside until it is quite cold. Mix all the dry ingredients together, sifting each in separately; make a hole in the middle and pour in the liquid; mix up quickly, and bake. This makes 5 dozen cakes. The baking must be slow and thorough.

Cost of proteid per oz. = $2\frac{1}{5}d.$ Cost of proteid per oz. in raw beef = $3\frac{1}{8}d.$

XXXVIII. Swiss Roll

- 2 oz. Butter.
- 2 oz. Castor Sugar.
- 2 Eggs.
- $\frac{1}{4}$ lb. Flour.
- $2\frac{1}{2}$ teaspoonfuls Milk (I).
- 1 teaspoonful Baking-powder.
- Grated rind of $\frac{1}{2}$ Lemon.

Cream the butter and sugar together. Beat the eggs with the milk and add them to the butter

alternately with the flour, beating all the time. Mix the baking-powder and lemon rind together, and stir them in just before baking. Bake in a long tin in a moderately hot oven. Turn out on sugared paper. Spread the jam on and roll quickly.

Proteid inconsiderable, but more than the same recipe would have with ordinary milk. Cost of proteid per oz. = about 6*d*. Cost of proteid per oz. in raw beef = $3\frac{1}{8}$ *d*.

XXXIX. Genoa Cake

6 oz. Butter.
4 Eggs.
 $\frac{1}{2}$ lb. Sugar.
8 oz. Flour.
4 oz. dried separated Milk (Cow and Gate Brand).
3 oz. candied Peel.
3 oz. Almonds.
2 teaspoonfuls Baking-powder.
Grated rind of 1 Lemon.
8 oz. Sultanas.
1 tablespoonful Milk.

Cream the butter and sugar, add the eggs, well beaten with the milk, and the flour (mixed with the dried milk) alternately, beating all the time. Mix the baking-powder with the fruit, lemon-rind, and chopped peel; stir them in when the beating is done. Blanch the almonds, and cut them in halves, and sprinkle them over the cakes before baking. Bake for about $1\frac{1}{2}$ hour.

Proteid 1 oz. greater than if the cake had been made in the ordinary way. Cost about the same. Cost of proteid per oz. = $5\frac{1}{2}$ *d*. Cost of proteid per oz. in raw beef = $3\frac{1}{8}$ *d*.

NOTE.—Cakes made from these recipes and other similar ones may be ordered through the West Surrey Central Dairy Supply Co., Guildford. Home-made and of best materials only.

Section C

SOUPS

In these soups vegetable foundations are used instead of stock to a great extent. They are therefore rich in vegetable salts, the Milk Powder adding proteid, etc. Meat stock can be used instead of vegetable stock in all of them, if preferred.

XL. Rice Soup (Vegetable)

(Excellent for the nursery)

1 lb. small white Haricots, soaked for 24 hours, in 3 quarts water with 1 doz. Cloves.

$\frac{1}{2}$ lb. Rice (unpolished preferable).

1 lb. chopped Onions.

Some sprigs Parsley.

White Pepper and Salt to taste.

3 oz. dried separated Milk (Cow and Gate Brand).

Cornflour thickening, if liked.

Boil the beans in the water used for soaking them until they are quite tender and ready to crumble, put them through a sieve and then back into the pan; now add the onion, rice, and a bunch of parsley; boil them well, but slowly, for 1 hour or more. Mix the dried milk with 1 pint of hot water very smoothly and slowly, pour it gradually into the pan, and if the soup should seem thin, add some thickening, made from cornflour and cold water. Serve with croûtons.

Proteid = 6 oz. Cost with dried milk = $7\frac{1}{2}d$. Cost with ordinary milk = $8d$. Enough for 8 persons.

XLI. Potato Soup (Vegetable)

2 lb. Potatoes washed, scrubbed, and cut up into small pieces.
 $\frac{1}{2}$ lb. chopped Onion, washed, peeled, and cut up into small pieces.
2 oz. or more of Butter.
2 quarts boiling Water.
Celery Salt, and White Pepper to taste.
4 oz. full-cream dried Milk (Cow and Gate Brand).
1 bunch Savoury Herbs.
Parsley.

Put the potatoes, onions, and seasoning into a stewpan with the butter; shake the pan over a clear fire, but do not allow it to brown. When the butter has thoroughly penetrated the vegetables (in about 10 minutes), pour the water on and boil gently for about 1 hour or more. Tammy. Scald the parsley for 1 or 2 minutes and chop it very fine. Mix the dried milk with rather more than 1 pint of hot water (nearly boiling), and add it with additional celery salt and white pepper, if necessary, to the soup. Put the parsley into a hot tureen; pour the soup on it, and put little specks of butter over the top. Serve with fried croûtons or dinner biscuits.

Proteid = about 3 oz. Cost with dried milk = 8*d*.
Cost with ordinary milk and cream = 10*d*.

XLII. Cream Soup (Vegetable)

6 heads Celery (well washed).
2 quarts water or White Haricot Stock.
2 Spanish Onions.
1 or 2 Cloves, if liked.
Salt and white Pepper to taste.
4 oz. full-cream dried Milk (Cow and Gate Brand).
1 tablespoonful Cornflour.
2 oz. Butter.

Boil the celery with the onion and seasoning very gently until reduced to a pulp, which rub through

a sieve (about a quart of liquor or rather less should be left). Put the dried milk in a bowl and stir into it very gradually, stirring all the time, about $1\frac{1}{2}$ pint of this liquor. Put into a stewpan the butter, and when it is melted, add to it a tablespoonful of cornflour; stir these well together and add very slowly, stirring all the time, the remaining $\frac{1}{2}$ pint of soup. Next stir in, still slowly, the cream just made, and add more seasoning, if desired. Serve hot with croûtons.

Proteid = about 3 oz. Cost with dried milk = 1s. 1d. Cost with ordinary milk and cream = 1s. 3d.

XLIII. Cucumber Soup (Vegetable)

- 2 oz. German Lentils.
- 1 fairly large Cucumber.
- 1 bunch Savoury Herbs.
- 2 doz. black Peppers and 2 blades Mace.
- 2 quarts Water (salted).
- 2 oz. Semolina.
- 4 oz. dried separated Milk (Cow and Gate Brand).
- Celery, Salt, and Cayenne to taste.
- A little Butter.
- 1 or 2 Tomatoes.

Pare the cucumber, removing all the green outer rind; cut into slices, and boil them with the lentils and seasoning until the liquid has reduced one half; then add the semolina and simmer gently until it has reduced to a quarter; then take out the seasoning (which should be in a bag tied to the handle of the saucepan), and add the dried separated milk with additional seasoning and a little white roux if required. Meanwhile, put the tomatoes, blanched and sliced, into a stewpan with the butter and a little seasoning; stir the pan continually until the tomatoes are

cooked, but not browned; pour them into a tureen and add the soup. Serve with croûtons.

Proteid = $2\frac{1}{3}$ oz. Cost of proteid per oz. = $1\frac{1}{2}d$.

XLIV. Lettuce Soup (Vegetable)

3 large Lettuces.

3 pints Water.

1 dessertspoonful Salt.

12 black Peppers.

2 oz. German Lentils.

2 Tomatoes.

A little burnt Onion.

2 oz. dried separated Milk (Cow and Gate Brand).

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

A little Flour.

Wash the lettuces and take out their hearts. Put the outside leaves into a good-sized pan with the salt and pepper; let them boil until they are reduced to about a half; then strain through a sieve, rubbing as much pulp as possible through with the liquid; mix the dried milk with the latter. Then cut up the tomatoes, after blanching them in boiling water; put them into a pan with the butter and brown over a hot fire. Take care that the butter browns without burning, and sprinkle some white pepper and celery salt over the tomatoes. When the latter are cooked, turn them into the soup and put the flour into the pan with the butter; stir well, and when quite brown add a few spoonfuls of the soup, and allow it to boil. When it is quite smooth, add to the soup with a teaspoonful of burnt onion. Throw the hearts of the lettuces into boiling, salted water for a few minutes; shred them across quickly with a fruit knife; put them into a tureen and pour the soup over them. Serve with croûtons.

Proteid = $\frac{2}{3}$ oz. Cost of proteid per oz. = $3d$.

XLV. Barley Soup

- $\frac{1}{4}$ lb. Scotch Barley.
- 1 large bunch Parsley.
- 4 Onions.
- 6 Potatoes.
- Salt and Pepper to taste.
- 4 quarts Stock or Water.
- A little Butter.
- 6 oz. dried separated Milk (Cow and Gate Brand).

Cut up the vegetables, after washing them thoroughly; toss them in a large stewpan with a little butter, pepper, and salt; pour in the water in which the barley should have been previously boiled, and let the pan boil gently for about 2 hours or longer (until the vegetables are all soft); then pour the soup through a colander. After you have got a quart of liquid, pour it into a large bowl containing the dried milk, and stir until quite smooth, then rub through all the solid you can; mix it with the milk slowly, stirring all the time. Season again to taste, and serve hot with croûtons.

Proteid = about 8 oz. Sufficient for 8 persons. Cost = two-thirds of cost with ordinary milk.

XLVI. Vegetable Marrow Soup (Vegetable)

- 1 lb. white Haricots, white Turnips, Onions, etc.
- 4 young Vegetable Marrows.
- Salt and white Pepper for seasoning.
- A little Butter.
- 1 oz. Crème de Riz.
- 6 oz. full-cream dried Milk (Cow and Gate Brand).

Boil the haricots with chopped onions and white turnips (1 lb. of each), with a little butter, white pepper, celery salt, and savoury herbs, in 3 quarts of water; add a little cold water from time to time and skim very carefully. Use an enamelled or earthenware pan. Strain the liquor and return it to the pan. When

boiling, add the marrows, pared and sliced; boil them until they are quite soft; then put them through a sieve; take out a pint of the liquor just before the marrows are done, and pour it into a bowl containing the dried milk. When the milk is quite smooth and thick, stir into it a tablespoonful of *crème de riz*. Then place the bowl in boiling water, giving it an occasional stir while the marrows are being put through the sieve. Add the cream to the marrows gradually, stirring all the time. Serve with light brown *croûtons*.

Proteid = 3 oz. Rich in salts. Cost with cream, about 1s. 5d. a quart. Cost with dried milk cream, 1s. a quart.

XLVII. Oyster Soup

1 tin of tinned Oysters or 2 dozen fresh ones.
Lemon-juice.
Cayenne.
1 pint Fish Stock.
2 oz. dried separated Milk (Cow and Gate Brand).
1 oz. Butter.
1 teaspoonful Flour or *Crème de Riz*.
Celery Salt to taste.

Beard the oysters if fresh, and, after scalding them, put them into a soup-tureen with a tablespoonful of lemon-juice and cayenne and celery salt to taste. As much cayenne as will stand on a sixpence gives moderate flavouring with twice that amount of celery salt. Bring the fish stock, well strained, to the boil in an enamelled or aluminium pan; when it is nearly boiling, pour it gradually into the dried milk; stir very carefully until the whole is free from lumps. Stand aside in the *bain-marie* and take another pan. In it melt the butter, and stir in the *crème de riz* until both are smoothly blended; then pour in the hot

milk gradually, stirring all the time. When it has boiled for a moment or two pour it on the oysters ; return these to the pan for a final warm-up, adding a tablespoonful of cream (III) if greater richness is required. Serve with fried croûtons.

Proteid = about 1 oz.

XLVIII. Onion Soup (Vegetable)

(Adapted from "Some of my Recipes," by Eustace Miles, M.A.)

4 large Spanish Onions.

3 oz. Butter.

3 oz. Parmesan Cheese.

1 quart Water.

1 oz. Flour.

White Pepper and Salt to taste.

6 oz. full-cream dried Milk (Cow and Gate Brand).

Cut the onions in rings, and boil for 5 minutes in boiling water ; strain them. Put 1 oz. of butter into a saucepan to get hot, then put in the onions, which must brown ; add the flour blended with a little water, then the remainder of the quart ; let this simmer for 2 hours. Strain the soup gradually into a bowl containing the dried milk, which must be very carefully stirred ; put this milk back into the pan ; stir well. Put the grated cheese into a tureen and pour the soup on it. Break up the 2 oz. of butter into little bits on the surface.

XLIX. Chicken Soup

1 Chicken.

3 Carrots.

1 pint Tomatoes.

1 teacupful Lima Beans.

Salt and Cayenne seasoning to taste.

Crème de Riz for thickening.

6 oz. dried separated Milk (Cow and Gate Brand).

Cut up a chicken into small pieces, and put it in a saucepan with enough water to cover it. Cut up the

vegetables, and add them with the beans. Simmer for 3 hours. Then pour a pint of boiling water on the dried milk, mixing very carefully and stirring away all lumps; add to this a level tablespoonful of crème de riz and allow it to slake, standing the bowl in a pan of boiling water; stir now and then until it is well mixed in; then pour it slowly into the pan and allow the whole to simmer for nearly a $\frac{1}{4}$ of an hour longer. When the soup is almost ready, add more seasoning to taste.

Proteid = 5 oz. Cost with ordinary milk = 3s. 6d. Cost with dried milk, 1d. less. Proteid with ordinary milk about $3\frac{1}{2}$ oz.

L. Artichoke Soup

2 lb. Jerusalem Artichokes cut into thin slices.
 $\frac{3}{4}$ lb. Spanish Onions sliced.
Trimnings of Celery.
1 bunch Sweet Herbs.
2 oz. Butter.
4 oz. Crème de Riz.
2 quarts Stock.
4 oz. dried separated Milk (Cow and Gate Brand).
1 pint Cream (III).
Seasoning of Salt and white Pepper.

Fry the artichokes, onions, celery, and herbs in the butter; sprinkle in the crème de riz; pour on them a quart of water and boil it gently for about 2 hours; skim carefully. Pass through a tammy or hair-sieve, and mix with the milk made from the other quart of water mixed with the dried separated milk (it should be mixed at a temperature of 160° about, and should be quite free from lumps). Warm the two together and season well; add at the last moment a pint of hot cream (III). Serve with dice-shaped croûtons.

LI. Semolina Soup (Vegetable)

- 4 oz. Semolina.
- 1 quart of Water.
- 3 sprays fresh Parsley and Herbs.
- 1 doz. black Peppercorns.
- 1 dessertspoonful Salt.
- A little Butter.
- 4 oz. dried separated Milk (Cow and Gate Brand).

Wash the semolina, and soak it in the cold water for 1 hour in an earthenware or enamelled pan; then bring it slowly to the boil with the parsley and seasoning, and let it simmer for 2 or 3 hours until it is reduced to about half the quantity; then sift into it, stirring all the time, the dried milk. Take out the parsley and peppercorns (which should be in a little white muslin bag tied to the handle of the pan), and add the butter in tiny specks when the soup is in the tureen. A little fresh parsley, thrown into boiling water for a minute and chopped, should be sprinkled into this soup before it goes to table. Serve with croûtons or dinner biscuits.

Enough for 3 persons. Proteid = $2\frac{1}{2}$ oz. Cost = about $4\frac{1}{2}d$.

LII. Consommé au Ravioli

(Adapted from "*High-class Cookery*," by Mrs. Charles Clarke)

- 3 pints Consommé.
- 2 oz. cooked Chicken Meat.
- $\frac{1}{2}$ oz. cooked Ham.
- $\frac{1}{2}$ oz. Grated Parmesan Cheese.
- 1 yolk Egg.
- 1 dessertspoonful Cream (III).
- 1 tablespoonful cooked Spinach.

Pound the dry ingredients in a mortar, pass them through a wire sieve, season with salt, pepper, and chopped parsley. Take some nouilles paste, roll it

out very thin, cut it in strips about 1 inch wide. Arrange the forcemeat in little heaps in the middle of these strips, wet all round with a brush; lay a second strip over the garnished one; press down between the little heaps, and stamp them out with a small round cutter; boil them gently for 5 minutes or more in slightly salted water. Drain on a cloth, and serve in the consommé.

Proteid = $\frac{1}{8}$ oz.

LIII. Cheap Soup (Vegetable Only)

(Suitable for free school dinners)

	s.	d.
6 lb. Split Peas	0	9
4 $\frac{1}{2}$ lb. Carrot	0	3
4 $\frac{1}{2}$ lb. Onion	0	3
48 quarts of Water		
1 oz. Cloves and a little Mint	0	5
$\frac{1}{2}$ lb. Fat (Nutter).	0	4
1 tin dried separated Milk (Cow and Gate Brand)	4	6
	<hr/>	<hr/>
	6	6

Enough for 96 people = $\frac{3}{4}$ d. a portion of $\frac{1}{2}$ pint.
Proteid = $\frac{5}{8}$ oz. each person.

Same nourishment with ordinary milk would cost exactly twice as much.

LIV. Asparagus Soup

100 heads Asparagus.
2 quarts Water or Stock (white).
2 lb. Spinach.
1 pint White Sauce (LXXXV).
 $\frac{1}{2}$ pint Cream (III).
Seasoning White Pepper and Celery Salt.

Boil the asparagus and spinach together until they are quite tender; then pour in enough water to make up to 2 quarts again. Pass the asparagus and spinach through a hair-sieve; boil it up again; take it off

the fire, add the sauce and the cream, and serve with fried croûtons.

Proteid = nearly 2 oz. Cost, 6*d.* less than with ordinary cream, and is more nourishing.

LV. Cheap and Nourishing Soup ($\frac{1}{2}$ d. the half-pint)

(For free school dinners)

	<i>s.</i>	<i>d.</i>
50 lb. Egyptian Lentils	6	0
50 lb. Bones (if liked)	2	6
20 lb. Turnips	0	9
20 lb. Onions	1	6
Seasoning and Herbs to taste	1	6
200 quarts Water		
2 tins dried separated Milk (Cow and Gate Brand).	9	0
	<u>£1</u>	<u>1 3</u>

Boil the ingredients well together until it is reduced about one half. Take about half the liquid, and, when it has been cooled, mix with the dried milk, adding it afterwards to the soup.

Proteid in each portion = $\frac{1}{2}\frac{6}{5}$ oz. Cost with ordinary milk and of equal nourishing power would be 7*s.* more. Enough for 500.

LVI. Cheap Soup for Large Numbers

	<i>s.</i>	<i>d.</i>
2 cwt. Potatoes	6	0
80 lb. Onions	5	0
Dripping	2	6
Seasoning of Pepper and Salt	0	6
30 lb. Bread (XVII) for dice	3	6
1½ tins dried separated Milk (Cow and Gate Brand)	6	9
280 quarts Water		
	<u>£1</u>	<u>4 3</u>

Mix the dried milk with enough of the water (made hot) to render it liquid. Wash and peel the potatoes

and onions, and cut these into slices ; put them into a pan with some of the dripping and the remainder of the water ; skim it as it boils. Cut the bread into dice and fry these in the rest of the dripping. When the vegetables are soft, rub them through a seive, put them back into the pan ; add milk and seasoning. Make the soup thoroughly hot, and serve it with the sippets of bread.

Proteid = about $\frac{3}{4}$ oz. per portion. Cost with equal nourishment and made with ordinary milk, £1 11s. 6d.

This recipe is adapted from *Cheap and Easy Cookery*, by Mrs. Wilson (National Training School).

LVII. Quickly Made Soup

Some Celery trimmings.

A few Onions to taste.

Any Vegetables that are going of which you like the flavour.

2 yolks of Eggs.

2 tablespoonfuls Cream (III).

Seasoning white Pepper and Salt.

A few Savoury Herbs and a bit of Lemon-rind.

Some Fat.

1 oz. to 1 quart Water, *or*

A little Meat or some Bones.

Boil the vegetables, fat, and water together, until the liquor is reduced one half ; put them through a sieve and back into the pan. Beat the yolks and cream well ; add seasoning to taste. Put some finely chopped parsley into the tureen and pour the soup on it. Serve with fried croûtons, very hot.

Proteid = about 1 oz.

This is a good example of a milk soup. If vegetables are not required, 6 oz. Scotch barley can be used instead of them. This should be prepared like stock beforehand.

LVIII. Maggi Soup

1 tablet Maggi dried Soup.

2 oz. dried separated Milk (Cow and Gate Brand).

1 pint Water.

Break the tablet up and mix it with the water cold ; stir until it boils ; let it boil for 10 or 15 minutes, then cool it and pour it into the dried milk ; pour very slowly, and stir well until the soup is of even consistency. This soup is much more nourishing than if it were made with stock. Serve with croûtons with a little chopped parsley or mint.

Enough for 2 persons. Proteid = $\frac{2}{3}$ oz.

These soups are extremely convenient when vegetables cannot be had, and when time of preparation is an object.

Section D

FISH

LIX. Cold Fish Entrée

Remains of any cold Fish (Tunny Fish is very good).

Chilli Vinegar.

A few Capers and Anchovies, if liked.

Parsley.

Celery.

Salt and white Pepper to taste.

1 pint Jelly (XV).

Garnishing to taste.

Well oil a mould, and garnish the top with lobster coral and finely chopped parsley (or any other suitable garnishing). Set it with a little of the glaze ; then half fill the mould with the other ingredients, arranging them lightly and with an eye to effect when the mould is turned out. Fill up with the jelly, and set.

Proteid = about $\frac{1}{3}$ oz.

LX. Haddock Soufflé

Remains of cold Haddock (about half a fairly large fish).

$2\frac{1}{2}$ oz. Cornflour or 2 oz. fine Flour.

2 oz. Butter.

4 Eggs.

1 pint Milk (I).

White Pepper to season.

Pound the fish in a mortar and rub it through a wire sieve. Melt the butter, and add the cornflour

to it, mixing well until both are smooth and thoroughly blended; stir in the milk, heated to near boiling-point, and stir until the mixture boils and thickens. Take the pan off the fire, and when it is cool, beat into it 3 yolks, 1 at a time, the pounded haddock, and the seasoning. Now beat the 4 whites very stiffly, and stir them lightly in. Pour the soufflé into a buttered soufflé tin, surrounded by 3 inches of buttered paper to protect the pudding as it rises. Bake in a moderate oven for $\frac{1}{2}$ hour. Serve very hot and very quickly.

Proteid = nearly 2 oz. Proteid in same dish made with ordinary milk is $\frac{1}{150}$ oz. less. Cost $1\frac{1}{4}d.$ less if separated milk be used.

LXI. Filleted Fish with Tomatoes

1 Plaice, Sole, or Haddock, cut up into neat fillets.

3 or 4 Tomatoes.

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

1 oz. dried separated Milk (Cow and Gate Brand).

A little Butter, white Pepper and Salt and Flour.

Some finely chopped Parsley.

Blanch the tomatoes and take out the seeds. Season the pulp lightly and lay it on the fillets of haddock; roll these up, tying them to keep them in position. Lay all the fillets in a stewpan and add the water; cover the pan, and put it in a moderate oven for about $\frac{1}{4}$ hour. Melt the butter in a small pan; stir into it a little flour, taking care not to allow it to brown. Stand the pan in a warm, but not hot, place, and weigh your Milk Powder into a bowl; add a very little water, and mix well. Dish the fillets on a very hot covered dish, slipping off the strings without disturbing their shape. Cool the liquor slightly and pour it on the milk, stirring

carefully. When the milk is quite smooth, pour it into the pan containing the butter and flour. Bring to the boil, add the parsley and seasoning, and serve.

Proteid = $\frac{1}{3}$ oz. Proteid in same dish made with milk = $\frac{1}{8}$ oz. Cost $\frac{1}{8}d.$ less in this quantity.

LXII. Filleted Mackerel with Parsley Sauce

2 fresh Mackerel.

Butter, white Pepper, Salt, and Lemon-juice.

Parsley Sauce (XC).

Fillet the mackerel, and divide each of the long fillets into 2 or 3, according to the size. Butter a sauté pan and place the fillets in it, having sprinkled each with lemon-juice, pepper, and salt; cover them with buttered paper, and put a lid on the pan. Place it in a moderate oven for about 10 or 12 minutes. Serve with parsley sauce poured over the fillets.

Proteid from sauce = 1 oz.

LXIII. Fillets of Salmon à la Mornay

(Adapted from Mrs. Marshall's Cookery Book)

Slices of Salmon about 1 inch thick.

2 small Onions sliced.

1 bunch Herbs and 6 Peppercorns.

Enough Fish Stock to cover the Fish in a stewpan.

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

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

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

1 gill Cream (III).

1 tiny dust of Coralline Pepper.

2 oz. freshly grated Parmesan Cheese.

Put the slices of salmon, carefully scaled and evenly cut, into a well-buttered sauté pan with the onions, herbs, and peppercorns; add the stock, and let it boil very gently for about 15 minutes, with a buttered paper over the fish and a cover on the pan.

Then take up the fish and keep it warm between two plates, standing these over a saucepan of boiling water. Fry the butter and flour in a pan, taking care that they do not brown; add about $\frac{1}{2}$ pint of the water in which the salmon was boiled, stir this all together until it boils; then add the lemon-juice, cream, coralline pepper, and cheese; stir this again till it boils; strain it. Dish the salmon on a hot dish and pour the sauce all over it.

Proteid = $\frac{1}{2}$ oz. Proteid in same dish made with cream = $\frac{1}{50}$ oz. Cost $1\frac{1}{2}d.$ less using dried separated milk.

LXIV. Lobster Cutlets with Cream Sauce

(Adapted from Mrs. Marshall's Cookery Book)

$1\frac{1}{2}$ oz. dried separated Milk (Cow and Gate Brand).

1 Shalot or small Onion.

1 blade of Mace.

2 oz. Butter and the same quantity Flour.

Cayenne, Salt, and Carmine.

2 Eggs (yolk only).

1 fresh-boiled Lobster.

1 gill Cream (III).

Take the meat out of the lobster shell and cut it into neat small dice. Take the tiny ends of the claws and put them by for use in making up the cutlets. Put the shalot into a small pan with $\frac{1}{2}$ pint of water and a blade of mace; bring to the boil and cook for about 5 minutes; cool it and strain it into the dried milk, mixing it smoothly. Melt the butter and flour in a pan; do not let them brown, and when they are mixed, add to them the milk, seasoning, carmine, and yolks of eggs stirred in separately. Stir the same over the fire until it thickens, but do not let it boil. Tammy it and mix with it the meat from the lobster. Put the mixture aside to cool. When

it is cool, take a dessertspoonful of the mixture and roll it on a floured slab into a ball, using as little flour as possible. Dip each ball into whole beaten-up egg, and then drop it into freshly made breadcrumbs and roll again. Shape the balls into cutlets, putting a claw in the end of each, or a little stalk of parsley if there are not enough claws. Fry them in clean boiling fat. Put tiny frills on the cutlets, and arrange them on a border of potato. Serve with cream sauce made as follows: Put the bones from the lobster into a stewpan with two sliced onions, a bunch of herbs, thyme, parsley, bayleaf, two peppercorns, salt, the juice of 1 lemon, and $1\frac{1}{2}$ pint of water; bring to the boil and skim; let it cook for 20 minutes. Melt $1\frac{1}{2}$ oz. butter with the same quantity of flour; fry them without discolouring. Strain the liquor, and pour $\frac{3}{4}$ pint of it into the dried separated milk. When this is smooth, add it to the butter and flour, putting in some salt, coralline pepper, and a little carmine. Then add the cream and a few drops of lemon-juice. Tammy, make hot, and serve.

Proteid = $1\frac{1}{4}$ oz. Proteid with ordinary milk and cream = $\frac{1}{20}$ oz. Cost $3\frac{1}{2}$ d. less than with dairy cream.

LXV. Fritter Batter

$3\frac{1}{2}$ oz. fine Flour.

$\frac{1}{2}$ oz. dried separated Milk (Cow and Gate Brand).

2 dessertspoonfuls Salad Oil.

2 whites of Eggs.

A little Salt.

$\frac{1}{4}$ pint nearly boiling Water.

Pour the water on the dried milk, and stand the vessel in which you mix the milk in cold water. When it is quite cold, put the flour (well sifted) into a bowl, and make a hole in the middle of it; pour in the oil and mix briskly; add the milk

gradually and, when it is all used, beat the mixture thoroughly for about 10 minutes; whisk the whites with the salt very stiffly and stir them in last. The batter is then ready for use.

Proteid about = 1 oz.

LXVI. Kedgeree of Fish

Remains of cold cooked Fish.
2 large tablespoonfuls boiled Rice.
4 hard-boiled Eggs cut into dice.
1 gill thick Cream (III).
Celery, Salt, and white Pepper to taste.
 $1\frac{1}{2}$ oz. Butter.

Put the cream into a saucepan with the butter and seasoning; boil up together, and add 6 large tablespoonfuls of fish, the rice, and eggs. Make a dish very hot, put some slices of buttered toast in the centre, and pour the kedgeree on them.

Proteid = about 2 oz.

LXVII. Fish Croquettes

Remains cold Fish (about 1 lb.).
2 oz. Butter.
2 oz Flour.
 $\frac{1}{4}$ pint Cream (III).
Mace, Eschalot, and Seasoning to taste.
2 raw yolks of Eggs.
4 Button Mushrooms.
 $\frac{1}{4}$ lb. fine white Breadcrumbs.

Mix the butter and flour over the fire without browning, add the cream with flavouring and seasoning; when it boils up, add the eggs well beaten; then add the fish and mushrooms cut up into small bits; last of all add enough breadcrumbs to make it solid. When the mixture is cool, shape it into tiny cutlets, and fry in boiling fat.

Proteid = about $2\frac{1}{3}$ oz.

LXVIII. Devilled Crab

- 1 freshly cooked Crab.
- 1½ gill Cream (III).
- 1 dessertspoonful essence of Anchovy.
- 1 dessertspoonful Chutney.
- 1 teaspoonful Chilli Vinegar.
- A few drops Carmine.
- 1 teaspoonful English Mustard.
- 1 teaspoonful French Mustard.
- 2 finely chopped Shalots.
- 1 tablespoonful chopped Parsley.
- 2 chopped Chillis.

Take away the gills and the bag found on the top of the inside of the crab's shell, and collect all the meat from the fish, setting aside the shell to be used as a baking-dish. Mix the other ingredients all together; add the crab's meat and a pinch of salt; put into the shell, cover it with brown breadcrumbs, and bake in a baking-tin in a quick oven for about 20 minutes. Sprinkle with chopped parsley and garnish with sprays of parsley and a few lemon-rings. Serve very hot.

Proteid = $\frac{9}{16}$ oz. Cost 8d. less than if made with ordinary cream, and contains twice as much nourishment.

LXIX. Oyster Fritters

- 1 doz. Oysters.
- Batter (LXV),
- Seasoning and Lemon-juice.

Trim off the beards of the oysters and dip them into the lemon-juice; then sprinkle them with pepper and salt. Have the fat and batter quite ready, not forgetting the papered dish for draining. Dip a spoon into the batter and place an oyster in the spoon; pour more batter on the top until the

oyster is covered ; then lower into the fat. Fry and dish as quickly as possible. Garnish with thin circles of lemon.

Proteid = $\frac{1}{6}$ oz. (chiefly from batter).

LXX. Purée of Dried Haddock

- 1 large smoked Haddock.
- $\frac{1}{4}$ lb. Butter for each lb. of Fish.
- 2 tablespoonfuls Cream (III) for each lb. of Fish.
- 1 dessertspoonful chopped Parsley for each lb. of Fish.
- Croûtons and fried Parsley for garnish.

Take the fish from the bones of the haddock ; season it with celery, salt, and cayenne, and add parsley. Make the butter and cream hot in a stewpan and add the fish, stirring with a wooden spoon until all is well heated ; then dish in a neat pile with a border of croûtons and with a little parsley sprinkled over the purée.

Proteid = about $\frac{1}{12}$ oz. for each pound of fish.

LXXI. Lobster au Gratin

- 1 large freshly cooked Lobster.
- $\frac{1}{4}$ lb. Butter.
- $\frac{1}{4}$ lb. Flour.
- 3 oz. dried separated Milk (Cow and Gate Brand).
- Mace and Eschalot and Seasoning.
- 1 gill Cream (III).
- Brown Breadcrumbs.
- Parsley.

Boil $1\frac{1}{2}$ pint of water with mace and an eschalot in it until it is reduced to 1 pint ; then strain it into the dried milk. Fry the butter and flour together without discolouring them ; add seasoning, anchovy essence if liked, and the cream ; when it boils, put through a tammy. Butter a dish in which the lobster is to be served ; line it with sauce ; then add a layer of sliced lobster (nearly cut) ; continue to add

layers of sauce and lobster until the dish is full. Let the sauce come last. Sprinkle browned breadcrumbs over this, with tiny specks of butter here and there ; stand the dish in a tin of boiling water, and cook in a quick oven 15 or 20 minutes. Serve with finely chopped parsley and lobster coral put through a sieve for garnish.

Proteid = about $3\frac{1}{2}$ oz.

LXXII. Oyster Patty Mixture *

2 tablespoonfuls Cream (III).

1 doz. large Oysters cut into small dice.

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

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

Lemon-juice.

Pounded Mace and Cayenne.

Mix the butter and flour in a stewpan ; add the oyster liquid and the other ingredients in order ; last of all put in the oysters and make all thoroughly hot, but do not let it boil ; season well.

Proteid = $\frac{11}{12}$ oz.

LXXIII. Lobster Curry

1 fairly large, fresh-boiled Lobster.

2 oz. Butter.

2 heaping tablespoonfuls Flour.

$\frac{1}{2}$ oz. full-cream dried Milk (Cow and Gate Brand).

1 oz. dried separated Milk (Cow and Gate Brand).

$\frac{1}{2}$ pint hot Water.

1 dessertspoonful Curry Powder.

Open the lobster and take out the coral. Cut up the flesh into small dice. Put into a saucepan the butter ; when it is melted, stir in the flour, adding white pepper and celery salt for seasoning ; stir for about 5 minutes until the flour is cooked. Then pour the water on the dried milk, mixing slowly and smoothly ; when it is well mixed, pour it on the

* For pastry see LXXVII.

butter and flour, and add the curry powder mixed in a little cold water ; then add the meat of the lobster, and let the whole simmer for 2 or 3 minutes. Arrange the shell and claws prettily on the dish. Cut some lemon rings and a few hearts of lettuce or endive for garnish, and pour the curry into the dish. Rice may be served, if liked, in a separate dish. Put the coral through a sieve and use it for decoration.

Proteid = 1 oz.

LXXIV. Curried Cod

- 2 slices of large Cod or remains of cold Fish.
- 3 oz. Butter.
- 1 Onion (sliced).
- 1 teacupful Water or Fish Stock (in which 1 teaspoonful Curry Powder has been simmered for 1 hour).
- $\frac{1}{4}$ pint Cream (III).
- Salt, Cayenne, and Lemon-juice.
- Thickening Butter and Flour.

Take the fish and fry it golden brown with the butter and onions ; put it in the stewpan, and add the stock with curry powder, a thickening of butter and flour, the cream and seasoning ; bring to the boil, and add the lemon-juice immediately before serving.

Proteid = 1 oz.

LXXV. Salt Fish in Cream

(A nice Lenten dish)

- Salt Fish (about 2 lb.).
- 1 teaspoonful Butter.
- 1 teaspoonful Flour.
- White Pepper and Salt.
- 1 pint Cream (III).

Wash the fish well and tear it in strips. Put it into a pan with 1 quart of cold water ; bring it to the boil, and let it simmer for $\frac{1}{2}$ hour ; then pour away the water and add the cream ; allow this

thoroughly to penetrate the fish, and bring it to the boil. Add seasoning, and put some little bits of butter on the cream to melt and improve the flavour.

Proteid = 4 oz.

LXXVI. Oyster Soufflés

$\frac{1}{2}$ doz. Sauce Oysters.

1 oz. Flour.

1 oz. Butter.

Pepper, Salt.

1 raw Yolk.

$\frac{1}{2}$ oz. dried separated Milk (Cow and Gate Brand).

2 Whites.

Beard the oysters and cut them up into small pieces ; strain their liquor in a bowl containing the dried milk ; stir smooth, and add enough water to make the milk of the right consistency ; stand it aside. In a stewpan melt the butter and flour ; add to these seasoning of white pepper, salt, and cayenne ; stir in the yolk and lastly the milk ; bring to the boil, stirring all the time ; then add the oysters ; whip the whites with a little salt and stir well in. Bake in small soufflé cases in a moderate oven for about 15 minutes. Sprinkle with chopped parsley and serve hot.

Proteid = $\frac{1}{6}$ oz.

LXXVII. Puff Paste (*for Oyster Patties*)*

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

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

Cold Water.

Roll the butter in a fine white cloth, and press and squeeze it until the water is absorbed and the butter is quite dry. In a bowl mix the flour with cold water, adding a little at a time, and kneading well till all the flour is wet ; then turn it out on a slab or board and knead it for about 10 minutes, rolling over and

* For mixture see LXXII.

over until it is as soft as velvet; then pin it out as a long strip about $\frac{1}{2}$ inch thick. Rub the butter into the middle; fold each end over it and stand in a cool place for about 20 minutes; then roll it out carefully with well-floured slab and rolling-pin, fold again, and roll the other way. Stand aside in a cool place again, and repeat this process until the pastry has been rolled out 6 times; then roll it into an even strip about 1 inch thick. Cut it with a sharp round cutter dipped in boiling water and then dried. Cut the centres $\frac{1}{4}$ inch down with a smaller cutter. Put the rounds on a wet baking-tin, brush them over with beaten egg, and set in a fairly hot oven for about $\frac{1}{2}$ hour. Take off the centre bit of each and fill the cavity with Oyster Patty mixture. Replace the little caps before serving.

Proteid = about $1\frac{1}{2}$ oz.

LXXVIII. Curried Prawns

2 doz. Prawns.

2 oz. Butter.

2 tablespoonfuls (or less) Curry Powder. If less is used,
Flour must be substituted.

1 sour Apple or a few green Gooseberries.

1 Onion.

The juice of $\frac{1}{2}$ Lemon.

$1\frac{1}{2}$ oz. dried separated Milk (Cow and Gate Brand).

$\frac{1}{2}$ pint warm Water.

Fry the onion in the butter, cutting it in very thin slices; stir in the curry powder and see that the mixture is made quite smooth. Mix the dried milk with cold water and stir it over the fire until it is hot; then add it to the curry. Next add the apple and seasoning. Have the prawns picked and steeped in the lemon-juice, to which has been added a little cayenne. When the curry mixture is quite ready, add

the prawns, and when they are made hot through, serve without delay. Rice may be served on a separate dish.

Proteid = $\frac{1}{2}$ oz.

LXXIX. Lobster Cream

- 1 Lobster freshly boiled.
- 3 Eggs.
- 2 teaspoonfuls Anchovy Sauce.
- 1 teacupful freshly made Breadcrumbs.
- $\frac{1}{4}$ pint Cream (III).
- $\frac{1}{2}$ pint Milk (I).
- Cayenne to taste.

Boil the milk and pour it over the breadcrumbs. Chop the lobster very fine and beat the eggs. When the breadcrumbs are nearly cold, mix with them the lobster, the sauce, the seasoning, and the cream. Butter a mould and fill it with the mixture, put a buttered paper on the top, and steam for 1 hour. Serve with shrimp sauce (CI).

LXXX. Fish Scallops

- Cold Fish any sort ($\frac{1}{2}$ lb.).
- $\frac{1}{2}$ pint Cream (III).
- $\frac{1}{2}$ tablespoonful Anchovy Sauce.
- $\frac{1}{2}$ teaspoonful English made Mustard.
- $\frac{1}{2}$ teaspoonful Walnut Ketchup.
- Pepper and Salt to taste.

Put the ingredients in the above order into a stew-pan, carefully removing all the bones from the fish; set it on the fire and let it get hot, but do not let it boil. Butter some scallop shells, lay the mixture on them, cover with breadcrumbs, and put little bits of butter on the top; brown with a salamander or under a gas grill.

Proteid = 1 oz.

LXXXI. Filleted Sole with Cream

2 Soles Filleted.

Salt, Cayenne, and Mace for seasoning.

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

$\frac{1}{2}$ pint Cream (III).

Divide each fillet lengthwise into 2 pieces, and lay them in cold salt and water in a stewpan ; bring the pan gradually to the boil. When it boils, take out the fish and lay it in a clean pan, covering it with the cream (III). Simmer very gently for 10 minutes after seasoning. Just before serving add the lemon-juice.

Proteid = 1 oz.

LXXXII. Fish Patties

The remains of cold Turbot or Salmon.

Patty Cases, as for Oyster Patties (LXXVII).

2 oz. Butter.

4 tablespoonfuls Cream (III).

Salt, Cayenne, and pounded Mace to taste.

Cut the fish into neat pieces of as nearly as possible equal size. Melt the butter and add the cream (III), and seasoning ; let it simmer for a minute, but not boil. Lay the fish in the sauce and fill the cases.

Proteid = $\frac{1}{8}$ oz.

LXXXIII. Soles with Mushrooms

$1\frac{1}{2}$ oz. dried separated Milk (Cow and Gate Brand).

2 fairly large Soles.

1 oz. Butter.

Salt and White Pepper.

A little Lemon-juice.

Mushroom Sauce (LXXXIX).

Clean the soles and lay them, unskinned, in a buttered dish ; sprinkle over them the salt and lemon-

juice; add $\frac{1}{2}$ pint of water, and put them into a sharp oven for nearly 10 minutes, covering the dish with buttered paper. Have ready in a bowl the dried separated milk; pour into it the liquor from the soles; stir the milk until it is quite smooth, and then pour it over the soles, returning them to the oven for a minute or two longer; then put them on a hot dish, and pour over them a rich mushroom sauce (LXXXIX).

Proteid = $\frac{1}{2}$ oz.

LXXXIV. Beetroot dressed with Anchovy

- 1 Beetroot (well boiled).
- 2 hard-boiled Eggs (yolks only).
- 2 tablespoonfuls shredded Anchovy.
- 2 dessertspoonfuls Capers.
- 4 Chives.
- Chilli Vinegar.
- Mustard and Cress (finely chopped).
- 1 tablespoonful dried separated Milk (Cow and Gate Brand).
- Croûtes of Brown Bread (XXI), 1 for each person.
- Cayenne and Celery Salt for seasoning.

Cut the beetroot and brown bread into slices about $\frac{1}{8}$ inch thick. Stamp out some small rounds with a fancy cutter about 1 inch in diameter. Put a layer of the anchovy with mustard and cress and cream on each—very little cream is required; sprinkle this with a little cayenne and put the beetroot on the bread. On each round lay a mixture of capers, gherkins, and chives, finely chopped and moistened with chilli vinegar. On the top put tiny heaps of very finely chopped cress and yolk of egg, put on with a forcing bag. Cayenne and celery salt should be used to season the egg. Serve on little hors d'œuvre dishes.

Proteid = about $\frac{1}{2}$ oz.

Section E

SAUCES

There are, so say the masters of the art of cookery, three points of perfection in a sauce—colour, consistency, and taste ; but by means of the dried separated milk (Cow and Gate Brand) a fourth can be added, and a sauce, hitherto supposed to be intended as a spur to the appetite, becomes also nutritious, as will be seen from the proteid values given at the end of each recipe.

By a study of these typical sauces it will be found that the dried milk is as adaptable as it is convenient for this branch of cookery. An excellently flavoured and nourishing gravy can be made to suit any dish in a very few moments from comparatively imperishable stores.

LXXXV. Cream White Sauce

(Sweet or savoury according to flavour given)

$\frac{1}{2}$ oz. Flour or Crème de Riz.*

1 oz. Butter.

1 oz. full-cream dried Milk (Cow and Gate Brand).

Sugar to taste, if for a sweet sauce.

Lemon-rind.

Bay leaves, or any flavour liked, with suitable seasoning for a savoury.

Boil the lemon-rind and sugar in about $\frac{3}{4}$ pint of water, until it is reduced to $\frac{1}{2}$ pint ; the rind

* The quantity of flour can be increased if sauce is to be thick.

should be cut thin and the pan should boil very slowly. When the liquid is sufficiently reduced, pour it into the full-cream dried milk, through a strainer, taking care to pour slowly, stirring all the time. Rinse the pan with cold water and melt the butter in it without allowing it to brown. Dredge in the flour or *crème de riz*, and, when the mixture is quite smooth, add the milk, gradually stirring the sauce until it has boiled for a minute or two. Serve in a hot tureen.

Proteid = about $\frac{1}{3}$ oz. Cost with ordinary milk and cream = $3\frac{1}{2}d$. Cost with dried milk = $2d$.

LXXXVI. Cream Bread Sauce

(To serve with roast turkey, fowl, etc.)

2 oz. full-cream dried Milk (Cow and Gate Brand).

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

1 Onion.

Cayenne and Salt to taste.

1 oz. Butter.

A few Peppercorns.

1 pint Water.

Put the breadcrumbs into a bowl, carefully taking away all hard outside pieces. In a saucepan put 1 pint of water, the onion, and a few peppercorns; when it has simmered for 20 minutes strain it into another pan into which has been weighed 2 oz. of full-cream dried milk; stir carefully until smooth, and boil up for a minute or two; then pour this on the bread and let it soak for 1 hour; beat it up well with a fork; add 1 oz. butter and seasoning of cayenne and salt to taste. Boil it up once before serving. Send to table very hot.

Proteid = $1\frac{2}{3}$ oz. Cost $2d$. less than it would be if dairy cream were used.

LXXXVII. Cream Caper Sauce

- 2 oz. Butter.
- 1 dessertspoonful Flour or Crème de Riz.
- $\frac{1}{2}$ pint Water.
- $1\frac{1}{4}$ oz. full-cream dried Milk (Cow and Gate Brand)
- Salt and White Pepper to taste.
- 3 teaspoonfuls Capers.
- 1 teaspoonful their Liquor.

Make the butter, flour, dried milk, and water into a white sauce (LXXXV). Cut the capers into quarters, and add them to the sauce with the liquor and seasoning. Serve hot as soon as it begins to boil. Do not boil the sauce when capers have been added.

Proteid = $\frac{5}{12}$ oz. Cost about $2\frac{1}{4}d.$ less with dried milk than with the ordinary milk and cream.

LXXXVIII. Orange Sauce

- 1 Orange.
- 2 oz. full-cream dried Milk (Cow and Gate Brand).
- 1 oz. Butter.
- 1 dessertspoonful Flour or Crème de Riz.
- $\frac{1}{2}$ pint Water.

Peel the orange very thin, and cut the peel into small irregular pieces; put the slices on to boil for about 5 minutes in $\frac{1}{2}$ pint of water. Strain this water, after cooling it, into the dried milk, putting the orange-peel on one side for later use. Rinse the pan in which the orange peel has been boiled with cold water; melt in it the butter and stir in the flour or crème de riz. Cook the flour and butter together, but do not brown them; add the milk as in LXXXV, and bring to the boil. Put the orange-peel, finely chopped, with a tablespoonful of orange-juice, into the sauce, and heat once more before serving.

Proteid = 1 oz. Cost about the same as with ordinary milk, much less than with cream.

LXXXIX. Mushroom Sauce

- 1 tin well-preserved button Mushrooms.
- 1 tablespoonful Mushroom Ketchup.
- 2 oz. Butter.
- 1 dessertspoonful Flour.
- 2 oz. dried separated Milk (Cow and Gate Brand).
- 1 tablespoonful Lemon-juice.
- A little Cayenne and Salt to taste.

Put the mushrooms into a bowl, and their liquor into a saucepan; on the mushrooms sprinkle cayenne or white pepper and salt to taste; add the lemon-juice, and allow them to stand. Put the dried milk into a basin, and when the pan of mushroom liquor boils, cool it, and pour it into the dried milk, carefully stirring it in; then put the butter in the pan and brown it; add the flour, and brown it also, but do not allow it to burn; last of all, add the milk and ketchup. When this gravy is quite smooth, and has boiled for a minute or two, pour it over the mushrooms, and put them back into the pan to warm through. Do not allow them to boil. Serve hot.

Proteid = 1 oz. Cost about the same with dried milk as with brown gravy, but much more nourishing.

XC. Cream Parsley Sauce.

- 2 teaspoonfuls minced Parsley.
- 2 oz. full-cream dried Milk (Cow and Gate Brand).
- $\frac{1}{2}$ teaspoonful Sweet Herbs.
- 1 oz. Butter.
- 1 dessertspoonful Flour or Crème de Riz.

Into a pan of slightly salted water, boiling briskly, throw 2 or 3 sprays of parsley, tied together; boil it very quietly for about 5 minutes; then strain $\frac{1}{2}$ pint of the water into the full-cream dried milk, and chop the parsley very fine. Make a sauce with the milk,

butter, and flour, as in LXXXV, and pour this, when boiled, into the tureen over the chopped parsley and the sweet herbs.

Proteid = 1 oz. Cost 2*d.* less than a similar sauce made with dairy cream.

XCI. Cream Chestnut Sauce

(*For fowls or turkey. After Mrs. Beeton*)

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

2 strips Lemon-peel.

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

$1\frac{1}{2}$ oz. full-cream dried Milk (Cow and Gate Brand).

$\frac{1}{2}$ pint White Stock or Water.

Peel the chestnuts and throw them into boiling water for a few minutes; take off the thin inside peel, and put them into a saucepan with the lemon-peel and $\frac{1}{2}$ pint of white stock or water; let them simmer for about $1\frac{1}{2}$ hour until the chestnuts are quite tender; rub the whole through a hair-sieve with a wooden spoon. Pour $\frac{1}{4}$ pint of boiling water on the dried milk and, when it has been stirred quite smooth, and has boiled up once, pour it on the chestnuts; if it seems thin, add a little butter and cr  me de riz to thicken it.

Proteid = $1\frac{2}{15}$ oz. Cost 2*d.* less than a similar sauce made with dairy cream.

XCII. Cream Chocolate Sauce

2 oz. Cadbury's Vanilla Chocolate.

3 oz. full-cream dried Milk (Cow and Gate Brand).

4 Eggs.

Sugar to taste.

Put the dried milk into a pan, and pour on it 1 pint of boiling water; stir carefully, and, when it is smooth, add loaf sugar to taste, and the chocolate broken into bits. When the sugar and chocolate have

melted (they should be stirred all the time they are over the fire) and the mixture has boiled, whisk into it the yolks of the eggs until it is quite frothy ; then take it off the fire and stir in the whites, whisked separately with 1 teaspoonful of castor sugar ; stir this in without breaking up the frothy appearance.

Proteid = $2\frac{1}{4}$ oz. Cost with dried milk = 10d.
Cost with cream = 1s. 8d.

XCIH. Vanilla Custard Sauce

2 oz. full-cream dried Milk (Cow and Gate Brand).
2 Eggs.
2 oz. Sugar.
10 drops, or less, Vanilla.

Pour $\frac{1}{2}$ pint of boiling water on the dried milk, and add the sugar. Beat the eggs well and flavour them with the vanilla. Pour the milk on the beaten eggs, and set the mixture in a jug of water, which place in a pan of boiling water. Stir the sauce always from left to the right until it thickens ; do not allow it to boil.

Proteid = $1\frac{1}{2}$ oz. Cost with dried milk = $4\frac{1}{2}$ d.
Cost with dairy cream and milk = 6d.

XCIV. Cheese Sauce

(For use with haricot beans or macaroni)

2 oz. dried separated Milk (Cow and Gate Brand).
2 oz. Cheese.
 $\frac{1}{2}$ oz. Flour or Crème de Riz.
1 oz. Butter.
Celery Salt and Cayenne, or white Pepper to taste.
1 pint Water in which Beans (or Macaroni) have been boiled.

Pour the water gradually into the dried milk ; stir well all the time until it is perfectly smooth. Grate the cheese or put it through a nut-mill (a much quicker process) ; sprinkle the seasoning over it.

Then melt the butter in a pan over the fire (the pan should be previously rinsed with cold water); when it is melted, stir in the flour, and, after it has boiled for 1 or 2 minutes, add the milk; stir until it is quite smooth; then add the cheese and stir again. If the sauce is for delicate digestions, add a few grains of bi-carbonate of potash.

Proteid = rather more than 2 oz. This sauce is rich enough for any ordinary purpose, and costs about half what it would cost if made from milk in the usual way.

XCV. Horse-radish Sauce

2 oz. Horse-radish.

1½ oz. to 2 oz. dried separated Milk (Cow and Gate Brand).

½ pint boiling Water.

Seasoning to taste.

Grate the horse-radish; add to it a little salt and a squeeze of lemon-juice. Stir the water into the dried milk, bring to the boil, and allow the liquid to simmer for 1 or 2 minutes; then add the horse-radish. Take the pan off the fire; stir it well, and serve hot. Care must be taken not to make the milk too thick.

Proteid = $\frac{2}{3}$ oz. Cost = three-quarters of cost of similar sauce with dairy milk and cream.

XCVI. Mayonnaise Sauce

2 Eggs (yolks only).

6 tablespoonfuls Salad Oil.

4 tablespoonfuls Tarragon Vinegar.

Salt and white Pepper to taste.

2 tablespoonfuls double Cream (III).

1 tablespoonful liquid dried separated Milk (I).

Stand the basin in which you are going to mix the mayonnaise on ice. Break the eggs into separate cups and put the yolks in the basin, carefully removing spots. Place the vinegar and oil in separate vessels conveniently near the bowl; add them to

the eggs a little at a time, stirring vigorously and unceasingly until the mixture is a smooth cream of uniform consistency ; then add the cream, seasoning, and any colouring matter that is appropriate, according to the dish that is to accompany the sauce.

Proteid = $\frac{3}{4}$ oz. Cost 2*d.* less than if made with ordinary cream.

There is a machine for mixing this sauce perfectly, and with small trouble.

XCVII. Soubise Sauce

- 3 blanchd and sliced Onions.
- 2 oz. dried separated Milk (Cow and Gate Brand).
- $\frac{3}{4}$ pint (rather more) Water.
- 1 oz. Butter.
- 1 oz. Flour.
- Herbs and Seasoning.
- 2 tablespoonfuls Cream (III).

Boil the onions gently in the water until there is rather less than $\frac{1}{2}$ pint left ; strain this into the dried milk, and mix smooth ; put the onions through a wire-sieve and season well. Now melt the butter in another pan, and add the flour ; pour the milk in slowly ; stir well, adding cream last with final cayenne seasoning.

XCVIII. Green Sauce

(To be served with salmon or cheese dishes)

- 1 pint Sorrel.
- $\frac{1}{2}$ teaspoonful pounded Sugar.
- 1 oz. Butter.
- $\frac{1}{2}$ oz. full-cream dried Milk (Cow and Gate Brand).
- $\frac{1}{4}$ pint boiling Water.

Put the sorrel into the inside pan of a double vegetable cooker (the "Eustace Miles, registered" is one of the best*) ; keep the water in the

* It may be ordered direct from Mr. Eustace Miles, 10, St. Paul's Road, Cambridge. Price 4/2, carriage paid.

outer pan boiling fast until the sorrel is quite soft; then chop it and put it through a sieve; then add the butter, sugar, and milk (made in the usual way), and simmer for 3 or 4 minutes.

Proteid = $\frac{1}{6}$ oz. Cost = $\frac{2}{3}$ of cost made with cream.

XCIX. Tomato Sauce

(Nice with mutton cutlets or macaroni)

2 lb. fresh Tomatoes.

1 bouquet savoury Herbs.

1 oz. Butter.

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

$1\frac{1}{2}$ oz. to 2 oz. dried separated Milk (Cow and Gate Brand).

About $\frac{3}{4}$ pint Water.

Put a tiny piece of the butter into a stewpan and let it run all over the bottom of the pan; add the tomatoes, herbs, seasoning of pepper and salt to taste, and the water; boil up briskly and allow to simmer for nearly 1 hour; then strain through a hair-sieve into the dried milk, previously mixed quite smooth. In the saucepan in which the tomatoes have been boiled put the butter, and, when this is melted, add the flour. Allow the roux to take rather a deep brown colour, but do not burn it; pour in the milk and tomatoes, bring to the boil, and let it simmer for 10 minutes or so. If the colour needs deepening, add a little browning or meat extract just before serving.

Proteid = $\frac{1}{2}$ oz. Cost about the same as if made with stock, but this sauce is much more nourishing.

Tinned tomatoes should not be cooked quite so long as fresh ones. If liked, the sauce may be made white instead of brown by simply melting, not browning, the butter.

C. Cream Lemon Sauce

(For fowls, etc.)

- 4½ oz. full-cream dried Milk (Cow and Gate Brand).
- 1 pint Water.
- Rind and juice of 1 Lemon.
- ½ teaspoonful whole white Pepper.
- 1 sprig Lemon Thyme
- 3 oz. Butter.
- 2 dessertspoonfuls Flour.

Put the water into a stewpan with the lemon-rind, pepper, and thyme, and let them simmer gently for ½ hour or longer, until the flavour of lemon is sufficiently noticeable in the water; strain this gradually into the dried milk. In another pan melt the butter, stir in the flour, and, when it is smooth, add the cream, stirring very slowly, and taking care that the sauce is perfectly smooth; let it stand at boiling-point to cook the flour, but do not allow it to boil fast; stir all the time; add the lemon-juice last thing.

Proteid = 2 oz. Cost with cream = 1s. 6d. Cost with dried milk = 9d.

CI. Shrimp Sauce

(For use with boiled fish)

- ½ pint unpicked fresh Shrimps.
- 1 dash Anchovy Sauce, if liked.
- 1 oz. Butter.
- ½ oz. Flour or Crème de Riz.
- 1½ oz. dried Milk (Cow and Gate Brand), or rather more if full-cream be used.
- ¾ pint Fish Stock.

Wash the shrimps well and pick them; pound the shells and tails, and boil them in the fish stock for about ½ hour; then drain the liquor into the dried milk, stirring the mixture until quite smooth. Mix

butter and flour in the usual way for a white sauce, and add the flavoured milk with anchovy and any other flavouring that is liked. Cayenne is the most approved. A squeeze of lemon-juice over the shrimps, while they are standing waiting for the sauce to be made, is good. Carmine may be added to deepen the colour of the sauce. When the sauce is ready, pour it on the shrimps, and return the whole to the pan to get thoroughly hot; it must not boil, however.

Proteid = about $\frac{2}{3}$ oz. Cost about the same as the ordinary sauce, but is richer and more nourishing.

Section F

MEAT, POULTRY, AND GAME

CII. Tomatoes with Chicken

6 or 8 Tomatoes.

$\frac{1}{2}$ lb. cooked Chicken (without skin or bone).

1 large tablespoonful Cream (III).

1 large tablespoonful Béchamel (XIII).

Celery Salt and Cayenne.

1 teaspoonful Bovril.

Croûtons or cooked Artichoke bottoms flavoured with Tarragon or Chervil.

Cut the tops off the tomatoes, and take out the pulp ; set them in jelly. Fill the skins very carefully, using a forcing bag and plain pipe, with a purée of chicken, made by mixing the other ingredients very thoroughly and putting them through a hair-sieve.

Proteid chiefly from sauce and cream (*q.v.*).

CIII. Fritot of Calf's Head

Some cooked strips Calf's Head 2 in. long and 1 in. wide.

Seasoning and Lemon-juice.

Chopped Parsley.

Eschalot and Sweet Herbs.

Salad Oil.

Fritter Batter (LXV).

Dip the slices into salad oil and lemon-juice mixed in the proportion of 3 to 2, and flavoured and seasoned with above ingredients ; let the slices soak for at least $\frac{1}{2}$ hour ; then prepare a batter and fry

in deep fat. Dish on a border of potato (CXXXV), with green peas in centre. Pour brown sauce (XIV), made rather thicker than recipe, round.

Proteid chiefly from batter and sauces (*q.v.*).

CIV. Minced Chicken

$\frac{3}{4}$ pint thick creamy Béchamel (XIII).

$\frac{3}{4}$ lb. minced cold Chicken.

Celery Salt and Cayenne to taste.

$\frac{1}{2}$ lb. Tomatoes for garnishing.

Parsley, finely chopped.

Fried Croûtons (dice-shaped).

Heat the sauce in a double pan, and add the chicken and seasoning. Prepare the dish with slices of raw tomato (seasoned) and poached eggs alternating, sprinkled with finely chopped parsley. The croûtons should be distributed in bunches here and there. Pour the hot mixture carefully into the dish, and serve at once.

Proteid chiefly from sauce (*q.v.*).

CV. Irish Stew

$2\frac{1}{2}$ to 3 lb. Neck of Mutton.

Pepper and Salt and Herbs.

6 or 8 large Onions.

Flour.

$2\frac{1}{2}$ or 3 dozen small Potatoes.

Parsley scalded and chopped fine.

1 oz. dried separated Milk (Cow and Gate Brand).

Fleshless-food eaters can substitute one of the nut-meats for mutton.

Cut up the meat in neat pieces, and season with pepper and salt; put it into a greased stewpan with the onion cut up small; fry for 15 or 20 minutes; sprinkle a tablespoonful of flour over the meat, and cover it with cold water; add a bunch of herbs, and simmer for $1\frac{1}{2}$ to 2 hours. Half an hour before the

meat is cooked, add the potatoes, and season again. Take off all fat, and pile the meat in the middle of the dish. Strain off the onions and potatoes and arrange them in a ring round the meat. Pour the liquor into the dried milk; stir carefully and bring to the boil; then pour the gravy on the dish and sprinkle the parsley over the outer ridge. There should not be more than $\frac{1}{2}$ pint of gravy, just sufficient to moisten the contents of the dish.

Proteid apart from meat = $\frac{1}{3}$ oz.

CVI. Fillets of Mutton with Soubise Sauce

2 long fillets from the under part of the Saddle of Mutton.
Celery Salt and white Pepper to taste.
Butter and Breadcrumbs.
Soubise Sauce (XCVII).

Remove all skin and fat from the fillets, and cut them lengthwise into slices about 3 in. long; bat these out with a chopping-knife, and trim them round the edges; season them with pepper and salt, and steep them in warm butter; dip them in white breadcrumbs; bat them lightly to smooth the crumbs, and grill for 7 minutes. Dish straight down the dish with soubise sauce around them.

Proteid chiefly from sauce (*q.v.*).

CVII. Chicken Fritters

Some small slices cooked Chicken.
1 tablespoonful Lemon-juice.
Celery Salt and Cayenne to taste.
1 tablespoonful finely chopped Parsley.
Fritter Batter (LXV).

Soak the pieces of chicken in the liquid for 1 hour; then dip them in the batter and fry in deep fat (for deep fat frying a rather thick stewpan is desirable, and the pan should have a removable wire

lining. When the fat boils, that is when batter dropped into it floats and colours quickly, dip each piece separately in batter and plunge it into the fat until it is the required colour. Flakes of cold fish may be treated in the same way as slices of chicken, if they are sufficiently solid.

Cost about the same as ordinary fritter batter, but has additional proteid to recommend it. Proteid chiefly from batter (*q.v.*).

CVIII. Chicken Fritot

- 1 young Chicken (well picked and cleaned and cut up into neat joints).
- 2 Onions, sliced.
- 1 bunch Savoury Herbs.
- Peppercorns and Salt to taste.
- Salad Oil.
- Chopped Eschalot and Parsley.
- Strained juice of $\frac{1}{2}$ a Lemon.
- Celery Salt and Cayenne.
- A Frying Batter (LXV).
- Tomato Sauce (XCIX).
- Fat for frying.

Put the chicken, onion, and seasoning in a stew-pan, with just enough boiling water to cover them; bring to the boil, skim, and let simmer for 15 or 20 minutes. Leave it to get cold in the stock; then remove outer skin from joints and stand them in a mixture of salad oil, lemon-juice, eschalot, parsley, cayenne, and celery salt. Allow the meat to stand in the seasoning for an hour and a half; then dip into frying batter and drop into clean boiling fat for 5 to 8 minutes, when the batter should be perfectly crisp and brown; drain and serve very hot on a dish-paper, garnished with crisply fried parsley. Serve hot tomato sauce, in a sauceboat, with it.

Proteid from sauce and batter (*q.v.*).

CIX. Fricassee of Chicken

A jointed Chicken (or remains of one that has been cooked).

A few Onions.

Savoury Herbs.

6 or 8 Peppercorns and Salt.

2 oz. full-cream dried Milk (Cow and Gate Brand).

2 oz. Butter.

2 oz. Flour.

1 Lemon.

2 Eggs (yolks only).

Cut the chicken into neat joints and put it in a stewpan with about $\frac{3}{4}$ pint of cold water, herbs, and seasoning; bring it to the boil, skim, and simmer for about $\frac{1}{2}$ hour; then pile the joints in the middle of a hot dish. Mix the butter and flour without browning them. Pour the liquor in which the chicken was boiled on the dried milk (not more than $\frac{1}{2}$ pint should be used); stir smooth and pour into the stewpan containing the butter and flour; bring to the boil; stir in the yolks and lemon-juice well mixed, but do not let the sauce boil again; tammy, and pour over the chicken.

Proteid = 1 oz., exclusive of chicken. Cost with cream = about 3s. 3d. Cost with dried milk = 3s.

CX. Toad-in-the-Hole

6 oz. Flour.

2 oz. full-cream dried Milk (Cow and Gate Brand).

3 Eggs.

A few slices of cold Meat (cut into small neat pieces).

Pepper and Salt to taste.

2 Kidneys or a few Mushrooms.

Mix the dried milk with $\frac{1}{2}$ pint of hot water, and allow it to become quite cold; stand the vessel containing it in cold water; then with it, the egg, and

flour, make a smooth batter as directed (CLXXXI without sugar). Season each slice of meat, and each mushroom or kidney ; also season the batter with white pepper and celery salt to taste. Butter a baking-dish and put layers of batter and meat alternately until the dish is full ; finish with batter, and bake in a fairly quick oven for 1 hour or more.

Proteid = $2\frac{1}{4}$ oz., exclusive of meat.

CXI. Creamed Sweetbread

1 fresh heart Sweetbread.

Salt.

Lemon-juice.

1 gill Milk (I), or more if required.

2 tablespoonfuls Butter.

1 tablespoonful Flour.

Celery Salt and White Pepper to season.

Put the sweetbread in cold water for 1 hour ; boil for 20 minutes in boiling water containing a little salt and lemon-juice ; plunge again into cold water. Melt butter in pan, stir in flour and milk and seasoning. Divide the sweetbread into small pieces, and heat these in the sauce before serving.

Proteid = $\frac{1}{8}$ oz., exclusive of sweetbread.

CXII. Stewed Chicken in Milk

1 young Chicken.

$\frac{1}{2}$ pint Button Onions.

Some Celery trimmings.

Carrots and Turnips cut into small fancy shapes.

1 oz. dried separated Milk (Cow and Gate Brand) to be mixed with $\frac{1}{2}$ pint Water.

$\frac{1}{4}$ lb. Rice or Barley.

Seasoning of white Pepper and Salt.

A little Butter, Flour, etc.

Put the chicken, having filled it with the button onions, lightly seasoned, into a stewpan with a little butter, the rice or barley, the vegetables, and the milk

seasoned ; bring it to the boil and let it stand aside, very gently simmering for about 1 hour, the pan being kept well covered. A little thinly cut fat bacon may be placed over the breast of the fowl, which should not be covered with water. Over the bacon a vine leaf or sheet of buttered paper should be fastened. When the fowl is quite cooked, take it up ; strain the liquor off the vegetables into the Milk Powder ; stir well. Mix the butter and flour in a small pan ; add the milk and some finely chopped parsley. Put all back into the pan once more to get thoroughly hot ; then dish the fowl, removing its coverings, and arranging the rice, vegetables, and sauce round it.

Proteid, apart from fowl = $\frac{1}{2}$ oz. Proteid in same dish made with ordinary milk = $\frac{1}{3}$ oz. Cost of dried milk less than half the cost of ordinary milk sufficient to secure the same nourishment.

CXIII. Chicken Cutlets

Remains of cold Fowl.

Cutlet-shaped Croûtons, fried golden brown.

1 Egg and Breadcrumbs, and a little dressing, if liked.

$\frac{1}{2}$ teaspoonful finely minced Lemon-peel.

Celery Salt and Cayenne to taste.

For Sauce

1 oz. Butter.

2 minced Shalots.

1 small Carrot cut into thin rings or fancy shapes.

1 bunch Parsley and sweet Herbs.

Peppercorns to taste and a little burnt Onion.

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

1 $\frac{1}{2}$ oz. dried separated Milk (Cow and Gate Brand), or

1 $\frac{3}{4}$ oz. dried full-cream milk if richness is desired.

Cut the fowl into nice cutlets, and cut pieces of bread (even thickness) to correspond. Fry the croûtons in boiling fat, and put them in a hot place,

Dip the cutlets first in the dressing (salad oil and lemon-juice is the best), then in the egg, and roll them in breadcrumbs seasoned with lemon-rind, salt, and cayenne, mixed well together; fry them; put each on a croûton, and pile them high on the dish. Serve with the following sauce: Boil the herbs and seasoning in the water, letting it simmer, covered down, all the time you are making the cutlets ready; then let it cool, and strain it into the dried milk. Keep the vegetables in the strainer. Put the butter into a stew-pan, and, when it is melted, add the vegetables; fry them a nice brown colour, but do not let them burn. Pour in the milk, and add a drop of burnt onion, if necessary, to darken it; pour some of this gravy round the cutlets, and garnish the dish with slices of raw tomato and shredded celery in bunches.

Enough for 4 or 5 persons. Proteid = about $1\frac{1}{4}$ oz.

CXIV. Savoury Jelly

2 heaping tablespoonfuls of any white cooked Meat or Poultry, finely shredded.

1 tablespoonful Ham, finely shredded.

1 hard-boiled Egg.

2 small Tomatoes, blanched and pulped.

$\frac{1}{2}$ teaspoonful finely chopped Lemon-rind.

1 tablespoonful finely chopped Parsley.

White Pepper and Celery Salt to season.

1 oz. dried separated Milk (Cow and Gate Brand).

$\frac{1}{4}$ oz. Gelatine.

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

Carmine.

Cut the egg in thin slices, and lay them in the bottom of a well-oiled mould. Sprinkle the parsley all over the mould, then lay in the meat and other ingredients, putting them loosely in, distributing them according to taste, and putting seasoning between each pair of layers. When the mould is about half full, add

a jelly made as follows from the milk, gelatine, and water, coloured with a few drops of carmine. Dissolve the gelatine in the water, stirring it over the fire; bring it to the boil and cool it to under 160° ; then pour it into the dried milk stirring as little as possible (XIII); cool it; put the jelly into the mould with a spoon, so that you can fill up corners without disturbing the contents of the mould. Apple-green or yellow colouring can be used instead of carmine, if preferred.

Proteid = $\frac{1}{2}$ oz.

CXV. Quails on Rice

Quails.

Onions.

1 tablespoonful Tomato Sauce (XCIX).

Cooked Rice (1 tablespoonful to each quail : *see* CXXI).

Pepper, Nutmeg, Saffron (very little).

1 gill Milk (I).

2 oz. Butter.

Put the quails into a stewpan with the butter, and let them cook gently; add a little chopped onion, the cooked rice, salt, pepper, nutmeg, saffron, sauce, and milk; let this all cook gently for $\frac{1}{2}$ hour. Dish the quails up on the rice, and serve very hot.

Proteid very little, but about $\frac{1}{8}$ oz. more for each quail than the same dish would have if made with white stock instead of milk.

CXVI. Jugged Rabbit or Hare

1 Rabbit or Hare.

$\frac{1}{2}$ lb. good (rather fat) Bacon.

1 large Spanish Onion stuck with Cloves.

Flour, Pepper, and Salt.

1 wineglassful Wine or Water.

* Forcemeat Balls (CXX).

Joint the rabbit after preparing it; wash and dry each piece and roll it in flour, pepper, nut-

* *See* Recipe CXX.

meg, and salt, previously mixed together. Cut the bacon into thin slices and arranged them round an earthenware stew-jar; lay the prepared pieces of rabbit on these; cover with bacon and repeat, leaving a space in the middle of the second row for the onion; add the onion and the liquid, and cover the whole with bacon; fasten down the jar and set it in a moderate oven for an hour and a half. Prepare the forcemeat balls, and when the rabbit is served, serve them also. Send to table with this dish some red-currant jelly and baked potatoes.

Proteid chiefly from balls (*q.v.*).

CXVII. Stewed Pigeons

3 oz. dried separated Milk (Cow and Gate Brand).

6 Pigeons.

A few slices Bacon (thinly cut).

3 oz. Butter.

3 tablespoonfuls minced Parsley.

6 small Tomatoes.

6 small Button Onions.

1 tablespoonful Mushroom Ketchup.

1 tablespoonful Port (if liked).

White Pepper and Salt to season.

2 oz. Butter and 2 oz. Flour for sauce.

Cleanse the pigeons thoroughly, and see that they are well dried after washing inside. Mince the livers and add to them the parsley, button onions (finely chopped), and the butter; divide the mixture into 6 equal parts, and put one part into each pigeon. Truss the birds with the legs inward, and put them into an earthenware or enamelled stewpan with a few slices of bacon placed under and over them; add the tomatoes and enough boiling water to just cover the pigeons; let them stew gently for $\frac{1}{2}$ hour, keeping the jar well covered. Have ready the dried

separated milk in a bowl. In a saucepan melt the butter and flour, letting them brown, but not burn. When the pigeons are done, dish them and strain the gravy; cool it a little and pour it on the milk in the bowl; add this to the butter and flour; season to taste; add the ketchup, and the port, if liked, and the gravy is ready for table; pour a little of it over the birds, and serve the rest in a tureen.

Proteid = about 2 oz. Proteid in same dish made with stock = not quite 1 oz. Cost about the same.

CXVIII. Roast Rabbit or Hare with Tomato Sauce

Skin the rabbit, cleanse it thoroughly and stuff it with forcemeat (CXX); truss it for roasting, and lard it with lardons of bacon. Trim the ends of the lardons evenly, rub the rabbit over with butter, and roast it for $\frac{1}{2}$ hour, basting it well; brush it over with cream (III), and put it back in the oven to crisp. Make a good tomato sauce (XCIX), and pour it round the rabbit when dished.

Proteid chiefly from forcemeat (*q.v.*).

CXIX. Compote of Pigeons

Some Pigeons trussed for braising.

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

1 bunch sweet Herbs.

$\frac{1}{4}$ lb. raw Bacon cut into tiny slices.

Pepper and Salt seasoning.

1 pint Button Onions.

$\frac{1}{4}$ lb. Carrots cut into pea-shapes.

$\frac{1}{2}$ lb. Turnips similarly prepared.

1 oz. dried separated Milk (Cow and Gate Brand).

Put the pigeons, with all the ingredients but the dried milk, into a covered stewpan with $\frac{1}{2}$ pint of water, added after the vegetables have been fried a

golden brown ; simmer for $\frac{1}{2}$ hour. Take up the pigeons and dish them ; strain off the gravy and let it stand for a few minutes. Arrange the vegetables prettily round the pigeons. Skim the gravy and pour it on the dried milk ; bring to the boil, and pour into the dish, after seasoning well to taste. The bacon can be arranged alternately with the vegetables in little bunches.

Proteid = $\frac{1}{3}$ oz. apart from pigeons.

CXX. **Forcemeat Balls**

(For serving with ~~stuffed~~ rabbit)

- 1 tablespoonful minced white Meat.
- 1 dessertspoonful minced Ham or Bacon.
- 1 tablespoonful finely chopped Onion.
- 2 tablespoonfuls finely chopped Parsley.
- 2 tablespoonfuls fine Breadcrumbs.
- 2 oz. dried separated Milk (Cow and Gate Brand).
- 1 whole Egg well beaten.
- 1 teaspoonful very finely minced Lemon-peel.
- White Pepper and Celery, Salt to taste.
- Fat for frying.
- Browned Breadcrumbs.

Mix all the dry ingredients together, and season well ; then add the egg, and roll up the meat into balls ; roll these in browned breadcrumbs. Have ready a pan of boiling fat and fry them until they are a decided brown colour ; drain and serve round the rabbit. This mixture makes a nice breakfast dish when cold white meat has to be used a second time. If required for this purpose, make the mixture into sausages and serve them on croûtons of fried bread, with slices of fried tomato to garnish.

Proteid = 1 oz. Cost of proteid per oz = $2\frac{1}{2}d.$ without meat. Cost of proteid per oz. in raw beef = $3\frac{1}{8}d.$

CXXI. **Rissotto***(A Turkish dish)*

- 1 lb. Rice.
- 1 teaspoonful finely chopped Lemon-rind.
- $\frac{1}{2}$ teaspoonful Celery Salt.
- $\frac{1}{8}$ teaspoonful white Pepper.
- 1 tablespoonful finely chopped Parsley.
- 1 quart well-flavoured Stock or Water.
- Remains of any white Meat (Turkey is the best for the purpose).
- 1 pint Milk (I).

Put the rice into the cold stock and let it simmer gently until the liquid is absorbed ; then add the milk and let it simmer still longer. When it is firm and dry, mix with it the meat (chopped with 2 knives, not put through a mincing machine), the lemon-rind, parsley, and seasoning, all mixed well together ; pile the whole neatly in the middle of a dish, and serve very hot.

Usually served as a first course instead of soup.

Proteid = about $6\frac{1}{2}$ oz. Proteid if made with ordinary milk = $5\frac{3}{4}$ oz.

CXXII. **Chicken Croquettes**

- Cold Chicken, finely minced.
- Béchamel Sauce (XIII), about 6 tablespoonfuls.
- Fresh Breadcrumbs.
- Finely chopped Parsley and seasoning as required.
- $\frac{1}{2}$ lb. Rice.
- 3 oz. Butter.
- 3 oz. dried separated Milk (Cow and Gate Brand).
- Fat, Egg, and Breadcrumbs for frying.

Make the chicken, sauce, and seasoned breadcrumbs into a firm mince and roll it into little balls. Put the rice into the cold stock and let it simmer very gently until the moisture is absorbed ; then add the butter and dried milk, stirring both in. Allow the rice to

stand in a cool place ; when cold, coat the mince balls firmly with it ; then dip them in the egg and cover them with breadcrumbs. Fry a golden brown in boiling fat ; drain them ; arrange on a papered hot dish, with little bunches of fried parsley, and slices of beet cut into pretty shapes alternately placed round it.

Enough for 4 or 5 persons. Proteid = about $4\frac{1}{2}$ oz. Made with ordinary milk, proteid = $3\frac{3}{4}$ oz.

CXXIII. Curried Rabbit

(*Captain Tongue's recipe. Adapted from Mrs. Beeton*)

- 1 Rabbit.
- 3 dessertspoonfuls Curry Powder.
- 6 large Onions.
- 5 cloves Garlic.
- $\frac{1}{2}$ Lemon.
- $\frac{1}{2}$ lb. Butter.
- 1 pint Milk (III).
- $\frac{1}{2}$ teaspoonful ground Cloves.
- $\frac{1}{2}$ teaspoonful Salt.

Prepare the rabbit as though for boiling, and cut it up into neat joints, washing and drying each joint separately. Mince the garlic, and cut the onions in fine slices ; fry these in $\frac{1}{4}$ lb. butter until of a light brown colour ; rub the curry powder well into the rabbit and fry it in the other $\frac{1}{4}$ lb. butter until it is of a bright golden colour ; then place all in a stewpan. Have ready the milk brought to the boil ; pour this on the rabbit, cover the stewpan down and leave it over a gentle heat for about $\frac{1}{2}$ hour ; then add the cloves and the juice of $\frac{1}{2}$ lemon, and cover down again for another $\frac{1}{2}$ hour. When served, the liquor should be about $\frac{1}{3}$ pint.

Proteid = $1\frac{1}{2}$ oz. Proteid if made with ordinary milk = $1\frac{1}{6}$ oz.

CXXIV. Tarragon Creams

2 oz. full-cream dried Milk (Cow and Gate Brand).

2 yolks and 1 white of Egg.

White Pepper and Salt.

Chopped Tarragon.

Butter.

Some shreds of Meat or Vegetable. (These may be omitted.)

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

Mix the dried milk with $\frac{1}{4}$ pint of nearly boiling water; when it is quite smooth, add the cornflour, and allow it to slake for $\frac{1}{4}$ hour (the cornflour should be dusted in free from lumps); break the eggs into the bowl and beat with a fork for 10 minutes; then season with tarragon, pepper, and salt. Butter some little hexagonal dariole moulds, sprinkle with the shredded meat mixed with tarragon; pour in the cream; poach for 20 minutes in pan containing boiling water reaching to within a quarter of the top of the mould; turn out when set and serve with cream white sauce (LXXXV).

Proteid = 1 oz.

Section G

VEGETABLE ENTRÉES *

CXXV. Pine Kernels aux Epinards

$\frac{1}{4}$ lb. Pine Kernels (fresh).

A little Sage and finely chopped Onion.

1 oz. dried separated Milk (Cow and Gate Brand).

Seasoning of Celery Salt and white Pepper.

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

1 oz. Butter.

1 Lemon.

A little Flour.

Cook the pine kernels in a moderate oven, sprinkling over them a mixture of dried sage, finely chopped onion (1 teaspoonful of each); and $\frac{1}{2}$ salt-spoonful of grated lemon-rind, white pepper, and celery salt; when they are nicely browned, pile the kernels high in the middle of the entrée dish and arrange the spinach round it. Over it pour a sauce, made with the liquor that came from the spinach as a foundation, and having in it a little spinach green colouring. A few little chunks of lemon and tomato may be used for garnishing this dish.

Proteid = $1\frac{1}{2}$ oz. Very rich in salts. Cannot be compared with meat as to cost of proteid. Cost with ordinary milk = 9d. Cost with dried milk = $8\frac{1}{4}$ d.

* These dishes are suitable for households where some members are flesh-eaters, others not.

CXXVI. Cauliflower au Gratin

1 large Cauliflower boiled till tender in a "Eustace Miles" cooker.
Butter.

1 pint thick Béchamel (XIII).

$\frac{1}{4}$ lb. grated Parmesan cheese.

2 tablespoonfuls grated Gruyère cheese.

2 tablespoonfuls Cream (III).

Cayenne Pepper and Celery Salt.

Butter a large baking-dish that can be decorated to send to table. Make a sauce of the Béchamel, Parmesan, and Gruyère cheese, cream, and seasoning, mixed well together; put two tablespoonfuls of this sauce into the dish. Put the cauliflower on the sauce, and then cover it with the rest of the sauce, spreading it thickly with a palette knife; sprinkle with browned breadcrumbs. Stand the dish in a tin of boiling water, and bake for 15 or 20 minutes in a fairly hot oven.

Proteid chiefly from sauce (*q.v.*).

CXXVII. Macaroni Beet

$\frac{1}{4}$ lb. Naples Macaroni.

2 oz. Cheese put through a nut mill.

1 oz. dried separated Milk (Cow and Gate Brand).

1 oz. Butter.

1 dessertspoonful Flour.

Seasoning.

A little Lemon-rind (grated).

1 or 2 Onions.

Parsley.

1 small Beetroot well cooked, and a good colour.

Put the macaroni, with seasoning to taste, and onions, into the fast-boiling pan of water; let it boil briskly for about $\frac{1}{2}$ hour, until the macaroni is quite soft, but retains its shape; strain and chop carefully, so as still to keep the shape of the macaroni evident; pile high in the middle of a hot entrée dish, and

sprinkle over it a little of the cheese mixed with finely chopped parsley, a very little grated lemon-rind, and a little celery salt and cayenne to taste; then heap the chopped beet round the pyramid of macaroni, and pour over the whole a sauce made as follows: Mix the dried milk carefully* with 1 gill of hot water. Melt the butter and stir in the flour; add the milk; bring to the boil; add the remainder of the milled cheese with seasoning of celery salt and cayenne to taste. This sauce should be rather thick, but not lumpy. It must be stirred ceaselessly or it may curdle.

Proteid = about 4 oz. Cost of proteid per oz. = $1\frac{1}{4}d.$
 Cost of proteid per oz. in raw beef = $3\frac{1}{8}d.$ (at 10d. a lb. without bone).

CXXVIII. Stewed Carrots

7 or 8 large young Carrots.

A little Butter and 1 wineglassful of Water.

Pepper and Salt.

Butter and Flour for Sauce.

$\frac{1}{4}$ pint Cream (III).

Put the carrots into the inner pan of a vegetable cooker,* with butter, pepper, and salt and the water. Cover them down for about $\frac{1}{2}$ hour or longer, until they are soft; then take them up, and cut them in slices, rather thin; be careful not to break them. In a stewpan mix about 1 oz. of butter with the same quantity of flour; when these are incorporated, add the water in which the carrots were boiled; stir it in, a tablespoonful at a time; then stir in the cream, and lay the carrots gently in the sauce thus formed. Let them stand so, just simmering, but not boiling, for 10 minutes or more; then serve.

Proteid = $1\frac{1}{2}$ oz.

* The "Eustace Miles (registered)" is the best.

CXXIX. Soufflé of Cauliflower

- 1 large Cauliflower boiled till tender in a "Eustace Miles" cooker.
- 1 lb. raw sliced Tomatoes.
- 2 oz. Butter.
- 1½ oz. Flour.
- 1 raw Yolk and 3 Whites.
- 1 pint Milk (I).
- Celery Salt and Cayenne to taste.
- 3 oz. grated Parmesan.

Mix the butter, flour, and egg over the fire, and pour in the milk (cold) gradually; when it boils, add 3 oz. grated parmesan and the whites of 3 eggs stiffly whipped with salt. Cut the boiled cauliflower into neat pieces, and place them in a buttered soufflé dish, with alternate layers of raw tomatoes sliced; season, and fill up the dish with the mixture already prepared; sprinkled with browned breadcrumbs, and place little bits of butter on the top. Bake in a moderate oven for 30 minutes, dish with a napkin round, and sprinkle with finely chopped parsley.

Proteid = $\frac{2}{3}$ oz.

CXXX. Savoury Vegetable Marrow

- 1 fairly large Marrow.
- 1 teaspoonful or more raw Mustard (if liked).
- 3 oz. full-cream dried Milk (Cow and Gate Brand).
- Butter, Pepper, and Salt.
- 4 oz. Grated Cheese.
- Toast to fit the dish.
- Browned fried Breadcrumbs.
- Finely chopped Parsley for garnishing.

Peel the marrow, quarter it, and take out the seeds; wash it and cut it up with a fruit knife; put the pieces into an enamelled or aluminium pan with butter, mustard, celery salt, and white pepper; when the marrow is done, strain into the dried milk as directed (I); add seasoning again, if required, with

the cheese and butter at the last moment. Garnish with fried breadcrumbs and freshly chopped parsley in alternate heaps round.

Proteid = 1 oz.

CXXXI. Potato Salad

$\frac{1}{2}$ lb. or more Potatoes cut in dice (they should measure 1 pint when cut.

1 tablespoonful Mayonnaise (XCVI).

1 teaspoonful Tarragon Vinegar.

1 teaspoonful chopped Tarragon and Chervil (that have been pressed after being chopped).

Some fresh Tomatoes.

Cayenne and Celery Salt.

Salad Oil and Lemon-juice, in proportion of 3 to 2.

Boil the potatoes in salted water until tender, but do not let them break; strain and stand to cool. In a bowl mix the mayonnaise and cream with the other ingredients, not including the tomatoes and the seasoning; add the potatoes. Cut the tomatoes in little square pieces, remove the pips, and season them with the oil, etc. Use them as a garnish round the salad.

CXXXII. Peas with Walnut Roast

3 oz. Breadcrumbs.

1 oz. chopped Pine Kernels.

1 dessertspoonful chopped Herbs (Thyme, Parsley, Bayleaf, with a little Basil and Marjoram).

Pepper and Salt.

1 Egg.

1 oz. dried separated Milk (Cow and Gate Brand).

4 oz. Walnuts (shelled).

$\frac{1}{4}$ peck Peas (shelled).

A few Tomatoes.

Butter.

Flour.

Seasoning

Make a forcemeat of the first-named materials, and lay it in a well-greased baking-tin, raising it towards

the centre of the dish by putting a hollow tin pyramid underneath ; arrange the walnuts over it, pressing them down. Sprinkle them with butter and flour. Bake in a moderate oven until the walnuts are a rich brown colour. Boil the peas in a double pan cooker ; * arrange them round the walnuts in an entrée dish. Pour over them a thick white sauce (LXXXV).

Proteid = 3 oz.

CXXXIII. Spinach with Butter

2 lb. fresh Spinach washed well and drained.

2 oz. Butter

2 oz. fine Flour.

$\frac{1}{2}$ gill Cream (III).

White Pepper and Salt.

Croûtons of fried bread for garnishing.

Put the butter and flour into a stewpan, and stir them together without browning them ; add the spinach and cover the pan for 20 minutes ; then rub the spinach through a fine wire-sieve and return it again to the stewpan ; add the cream, reboil, and add seasoning. Dish high in the centre of the dish, with croûtons in pretty shapes round.

Proteid = $\frac{3}{4}$ oz.

CXXXIV. Potato Fritters

$\frac{1}{2}$ lb. raw Potatoes.

$\frac{1}{4}$ lb. finely grated Cheese.

2 oz. dried separated Milk (Cow and Gate Brand).

1 teaspoonful dry Mustard.

2 teaspoonfuls Celery Salt.

2 tablespoonfuls finely chopped Parsley.

A little cold Water.

Batter (LXV).

Cut the potatoes into very thin slices, and mix the other ingredients into a stiff farce ; make little sand-

* The "Eustace Miles (registered)" is a good one.

wiches with slices of the potato containing the farce ; press them tightly together, shape them neatly, and fry in the usual way ; garnish with endive and tomato or watercress.

Enough for 10 or 12 persons. Proteid = 6 oz.

CXXXV. Potatoes à la Béchamel

Some boiled Potatoes.

Béchamel Sauce (XIII).

Milk (I).

Butter and Seasoning.

Garnish of Tarragon or Chervil.

Boil some potatoes and, when seasoned, put them through a wire-sieve ; add enough milk to make them into a light, dry purée ; warm this, and dish in a dome shape, pouring a nice, creamy Béchamel sauce over it, and garnishing with tarragon or chervil.

Proteid chiefly from sauce (*q.v.*).

CXXXVI. Tomato Fritters

1½ lb. Tomatoes (not too ripe).

2 tablespoonfuls Salad Oil.

1 tablespoonful Lemon-juice (strained).

Celery Salt and Cayenne.

Batter (LXV).

Prepare the tomatoes by putting them into oil and vinegar, seasoned ; allow them to stand in the oil mixture for at least 1 hour ; then dip them in the batter and fry, sprinkling with additional seasoning, and garnishing with watercress or endive (well dried).

Enough for 8 or 10 persons. Proteid = about 1½ oz.

CXXXVII. Mashed Potatoes Baked

Boil some peeled potatoes with salt in the water till they are tender ; drain them, and, when dry, put them through a wire-sieve ; season with celery salt

and white pepper, adding a little warmed milk (I) to make them moist. Roll the mixture into a ball, place it on a buttered tin, and draw it up into loaf shape with a fork; sprinkle with browned breadcrumbs, and put little bits of butter over it. Bake in a moderate oven, until it is a golden brown; sprinkle with finely chopped parsley, and serve.

CXXXVIII. Cold Vegetable Entrée

1 freshly boiled Cauliflower, or remains of one.

Grated Cheese to taste.

Tomato Pulp and a chopped Chilli.

A little Parsley.

Salt to taste.

$\frac{1}{2}$ pint Jelly (XV), coloured, if liked, with about a dozen drops of apple-green colouring.

Prepare a mould; decorate the top with tomato and parsley; put bunches of cauliflower in it, head downwards, alternated with cheese, tomato pulp, and parsley, according to taste. When the mould is about half filled, pour in the jelly, and set.

Proteid in a pint mould = $\frac{1}{2}$ oz.

CXXXIX. Vegetable Brawn

Cold Macaroni, previously well cooked, and covered with thick Savoury Cheese Sauce (CXIV).

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

1 oz. dried separated Milk (Cow and Gate Brand).

1 teaspoonful Marmite.

Finely chopped Parsley.

Some flavoured Tomato Pulp.

Seasoning of Cayenne and Celery Salt.

Cut the macaroni into strips about $\frac{1}{8}$ inch long. Well oil a mould of the size required, and sprinkle it with finely chopped parsley, adding some slices of hard-boiled egg, if liked; fill it *two-thirds* full, putting

in the ingredients lightly and with a due regard to their appearance when turned out. Make a stiff glaze (XII), following carefully directions given. Melt a teaspoonful of marmite, stir into the jelly, add a few drops of burnt onion. Allow the jelly to cool a little before putting it into the mould.

Proteid = 1 oz.

CXL. Dressed Beetroot

Slice a parboiled beetroot in round slices of even thickness, and stew it, with a few small onions, in $\frac{1}{4}$ pint of cream (III) with pepper and salt and a squeeze of lemon-juice. When the onions are soft, dish the slices of beetroot with onions round them.

Proteid = $1\frac{1}{2}$ oz.

CXLI. Bordeaux Cutlets

(Vegetables only)

- $\frac{1}{4}$ lb. Butter Beans (soaked for at least 12 hours).
- $\frac{1}{4}$ lb. unpolished Rice.
- 2 oz. dried separated Milk (Cow and Gate Brand).
- 1 blade Mace.
- 6 black Peppers or Cayenne Pods.
- A little Salt.
- 1 small Onion, 1 small Carrot, and 1 small Turnip.
- 1 tablespoonful chopped Parsley.
- 1 tablespoonful minced Lemon-rind.
- 1 Egg and fine Breadcrumbs.
- A little Butter.

Boil the beans, with onion and pepper and salt, until they are quite soft, and have absorbed all the water. Boil the rice in a separate pan with the mace; mix them and put through a sieve; add the milk, lemon-rind, and parsley with the butter; mould into cutlets, and fry. Serve with caper sauce.

Proteid = $1\frac{1}{2}$ oz.

CXLII. Italian Cutlets

$\frac{1}{2}$ lb. Egyptian Lentils.
 2 oz. grated Cheese.
 4 oz. Breadcrumbs.
 1 dessertspoonful Mushroom Powder.
 1 Onion stuck with 6 Cloves.
 2 oz. dried separated Milk (Cow and Gate Brand).
 1 teaspoonful Marmite.
 1 little burnt Onion.
 The juice of half a Lemon.
 Cayenne Pepper and Celery Salt to taste.
 A little Butter.
 Egg and Breadcrumbs.

Boil the lentils and onion together; when they are quite soft, rub through a sieve and add the butter, mushroom-powder, and other dry ingredients. Melt the marmite in a little boiling water, add the lemon-juice and seasoning to it, and mix the liquid into the mass. Mould and fry.

Proteid = $3\frac{3}{4}$ oz.

CXLIII. Boulogne Cutlets

$\frac{1}{2}$ lb. cooked German Lentils, with which have been
 boiled, Vegetables, Herbs, and Seasoning.
 1 dessertspoonful (heaping) Capers.
 1 finely chopped Eschalot.
 Salt, Pepper, etc., to taste.
 $\frac{1}{2}$ lb. Tomatoes, or some Tomato Sauce.
 $\frac{1}{2}$ pint Gravy (XIV).
 $\frac{3}{4}$ oz. Gelatine dissolved in the Gravy.

Pound the lentils and other dry ingredients; add the gravy, and put the mixture through a hair-sieve. When the purée thus formed has been stirred until it is as thick as batter, fill with it some little cutlet tins; when these are set, decorate and mask them in the glaze (XII), arranging them prettily on a purée of chestnuts (CXLIV).

CXLIV. Chestnut Purée for Cutlets

1 lb. shelled Chestnuts.

Butter.

Seasoning.

Enough Gravy (XIV) to cover them.

Shell the nuts ; boil them until tender ; pound them and rub them through a wire-sieve ; when cold, mix in enough cream (III) to make a stiff paste ; put it into a forcing-bag with a large rose-pipe, and spread it over the dish round the cutlets.

Proteid = about 8 oz.

Section H

SWEETS

CXLV. Cambridge Pudding

- 1 lb. Flour.
- $1\frac{1}{2}$ pint Water.
- 3 oz. dried separated Milk (Cow and Gate Brand) (I).
- $\frac{1}{2}$ lb. Apples or other fruit, prepared as usual.
- 2 oz. Sugar.
- 2 Eggs.

Make flour, milk, and eggs into a batter; add fruit and sugar. Pour the whole into a well-greased pudding-mould with an earthenware close-fitting cover; boil for 2 hours without ceasing.

Proteid = $4\frac{1}{2}$ oz. Cost of proteid per oz. = $1\frac{1}{8}d$.
 Cost of proteid per oz. in raw beef = $3\frac{1}{8}d$.

CXLVI. Chocolate Pudding

- $\frac{1}{4}$ lb. Bread or Sponge-cake Crumbs.
- 1 oz. Castor Sugar.
- 1 pint Milk (I).
- 2 Eggs.
- 1 oz. grated Chocolate.*
- Vanilla to flavour.

Heat the milk gradually, stirring the chocolate and sugar into it; when it comes to the boil, pour it on the breadcrumbs; add the yolks of the eggs well beaten and the essence required; put it into a well-buttered dish, and bake in a slow oven until set. Whip the whites to a stiff froth with a little castor

* $1\frac{1}{2}$ oz. "Cow and Gate" Chocolate may be substituted with advantage.

sugar; spread it over the pudding, and brown under the grid on a gas stove or with a salamander.

Proteid = about $3\frac{1}{8}$ oz. Proteid in same pudding made with ordinary milk = about 3 oz. Cost 2*d.* less if separated milk is used.

CXLVII. Queen's Pudding

4 oz. Breadcrumbs.

4 tablespoonfuls Strawberry Jam.

2 Eggs.

Sugar and flavouring to taste.

1 pint Milk (I).

Butter a pie-dish and place the breadcrumbs and jam in it. Pour on them a custard made from the eggs and milk (CLIII); bake for $\frac{1}{2}$ hour in a *moderate* oven.

Proteid = nearly 1 oz. Made from ordinary milk proteid = $\frac{3}{5}\frac{3}{0}$ oz. Cost about the same.

CXLVIII. Lemon Pudding

10 oz. Breadcrumbs.

2 oz. Butter.

4 Eggs.

5 oz. full-cream dried Milk (Cow and Gate Brand).

1 quart Water.

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

Grated Rind of 1 Lemon.

Mix the dried milk with the water; bring the milk to boiling point; stir in the butter; beat the eggs well with the sugar, and add them, removing the pan from the fire to do so. Have ready the breadcrumbs in a bowl mixed with the grated lemon-rind; pour the boiling liquid into them, mixing well. Line a dish with pastry (LXXVII or CLVII), and fill it with the mixture. Bake $\frac{3}{4}$ hour in a moderate oven.

Proteid = 4 oz. Cost of proteid per oz. = 3*d.*
Cost of proteid per oz. in raw beef = $3\frac{1}{8}$ *d.*

CXLIX. Fruit Salad with Cream

- 2 fairly ripe Bananas.
- 1 good eating Apple (ripe and large).
- $\frac{1}{4}$ lb. Grapes.
- 1 crystallised green Fig (sliced).
- Dessicated Cocoanut.
- Castor Sugar to taste.
- $\frac{1}{2}$ pint Cream (III).
- 2 tablespoonfuls Liqueur or Fruit Syrup.

Sprinkle the bottom of your salad bowl lightly with dessicated cocoanut and castor sugar; lay on this, in rings, sliced banana, cut very thin; add a layer of grapes divided in halves, juicy side down; sprinkle cocoanut and sugar; add a row of apples and grapes over them; sprinkle cocoanut and sugar, and add some thin slices of green fig; repeat. Make the layers smaller each time, so that the salad rises high in the middle of the dish; put cocoanut last, rather thick; pour the liqueur or syrup over it, and let the salad stand for about 8 hours; pour the cream over it just before serving, and decorate with green fig in slices.

Proteid = 1 oz. Enough for 4 or 5 persons.

CL. Baroness Pudding

- $\frac{1}{2}$ lb. Suet.
- $\frac{3}{4}$ lb. Raisins.
- $\frac{1}{2}$ lb. Flour.
- $\frac{1}{4}$ lb. Breadcrumbs.
- $\frac{1}{4}$ lb. Sugar.
- $\frac{1}{2}$ pint Milk (I).
- 2 Eggs.

Chop the suet; stone the raisins, and cut them in halves; mix dry ingredients well together, and moisten with eggs beaten in the milk. Boil for 4 hours.

Enough for 6 or 8 persons. Proteid = $3\frac{1}{4}$ oz.
Cost per oz. = $3d$. Cost per oz. of proteid in raw beef = $3\frac{1}{8}d$.

CLI. Harrogate Pudding

1 lb. any juicy red Fruit.

Sugar as required.

Bread (XVII).

1 oz. full-cream dried Milk (Cow and Gate Brand).

$\frac{1}{2}$ pint Cream (III).

Stew the fruit, sweeten it, and add to it the dried Milk Powder, stirring it in carefully and slowly. Line a prepared basin or mould with the bread cut into neat slices about $\frac{1}{2}$ inch thick, removing all crusts, and completely covering the mould. Strain the fruit into the mould and cover it with bread; add the juice until the bread is quite saturated; put a heavy plate on the top and leave it for about 2 hours. Turn out on a dish; pour the remaining juice round it, and serve with cream (III).

CLII. Junket

Make the quantity of milk required with hot water; cool it to blood-heat; add the usual quantity of rennet with any flavouring desired.

A pint junket contains over $\frac{2}{3}$ oz. proteid. A junket made with ordinary milk contains rather less.

CLIII. Caramel Custards

$\frac{1}{2}$ lb. loaf Sugar, }
 $\frac{1}{2}$ pint Water, } for the Caramel.

6 Eggs,
 5 oz. full-cream dried Milk (Cow and Gate Brand),
 1 quart Water,
 1 oz. Castor Sugar,
 $\frac{1}{2}$ teaspoonful Essence of Lemon, } for the Custard.

Boil the sugar and water together until they form a nice brown syrup; with this coat 4 dozen little

moulds. Mix the powder with the water heated to near boiling-point ; bring the milk thus formed to the boil. Beat the eggs well, add sugar and essence ; pour the milk on the eggs and heat once more to boiling-point, stirring all the time. Pour the custard into the coated moulds, steam them gently for $\frac{1}{2}$ hour ; turn out of the moulds, and serve either hot or cold.

Proteid = about 2 oz. Proteid in same dish made with ordinary milk = $\frac{9}{10}$ oz. Cost about the same.

CLIV. Chocolate Custards

2 oz. Cornflour.
2 oz. grated Chocolate.
Castor Sugar and Essence of Vanilla to taste.
3 yolks of Eggs.
4 oz. full-cream dried Milk (Cow and Gate Brand).
 $1\frac{1}{2}$ pint Water.

Mix the cornflour with a little of the cold water, and the chocolate with a little more. Mix the rest of the water, heated to near boiling-point, with the dried milk and bring it to the boil ; add the cornflour, and let the whole cook gently for about 10 minutes, stirring all the time ; then add the chocolate and heat up again. Beat the yolks of the eggs separately and lightly, and add them 1 at a time ; stir for a minute or so longer, but do not allow the pan to boil up again ; flavour, and pour into dariole moulds that have been standing in cold water. Stand until set, and serve cold with a little whipped cream or some sprinkled cocoanut on the top of each.

Proteid = $2\frac{1}{2}$ oz. Proteid with ordinary milk = $1\frac{1}{2}$ oz. If separated milk be used instead of full-cream milk, cost will be greatly lessened.

CLV. Prune Mould

$\frac{1}{2}$ lb. Prunes.
 $\frac{1}{2}$ oz. Gelatine.
 Lemon-rind to flavour.
 Carmine to colour.
 $1\frac{1}{2}$ oz. Castor Sugar.
 Blancmange with Milk (I).

Wash the prunes in warm water and soak them overnight; stew them in the water in which they were soaked with sugar and peel until they are soft; take out the stones, crack them, and arrange the kernels in the prepared mould. Dissolve the gelatine in the boiling syrup in which the prunes were cooked; stir it into the prunes, and pour the whole into the mould. Have ready the blancmange and pour it into the lower half of the mould to set. Take out carefully, dipping the top of the mould into hot water to loosen the jelly.

Proteid (*see* Blancmange, CLXXXII).

CLVI. Cheap and Nourishing Pudding

(*For free school dinners*)

	<i>s.</i>	<i>d.</i>
1 tin dried separated Milk (Cow and Gate Brand)	4	6
56 lb. Flour	6	8
5 lb. Suet or Dripping	2	6
10 lb. Figs or Dates	1	8
5 lb. brown Sugar	0	10
1 small tin Baking-powder	0	$2\frac{1}{2}$
10 lb. Golden Syrup	1	6
1 small tin mixed Spice	0	1
Fat for greasing dishes	0	3
	<u>18</u>	<u>$2\frac{1}{2}$</u>

Enough for 500 at $1\frac{1}{2}$ d. each. It can be made cheaper if larger quantities are required.

Mix all the dry ingredients well together. Dissolve the syrup in water, heating it gently over the fire.

Use enough water mixed with the syrup to make the pudding into a thick batter. It may be steamed or baked. In either case the vessel containing it may only be filled to within a quarter of its depth from the top. The pudding should rise high above the tin, if baked.

Proteid in each portion = $\frac{2}{3}$ oz. The cost of this pudding made *equally nourishing* with ordinary milk would be 3s. greater.

CLVII. Short Crust

- 1 lb. fine Flour.
- 4 oz. dried separated Milk (Cow and Gate Brand).
- 6 oz. Butter.
- 1 heaping teaspoonful Baking-powder.
- 1 teaspoonful Lemon-juice.

Mix the flour, baking-powder, and dried milk together. Rub in the butter with the tips of the fingers until the bowl seems full of fine breadcrumbs ; then add the lemon-juice and the cold water, a table-spoonful at a time, mixing it in with a cold knife very quickly. Be careful not to put too much water. When the flour is well mixed in, turn the paste out on your pastry-board ; roll and cut as required.

Proteid = $2 \frac{2}{12}$ oz.

CLVIII. Apricot Creams

- 3 little dariole moulds.
- 3 halves Apricots, well drained.
- 2 Yolks.
- $\frac{1}{4}$ pint Cream (III).
- 1 large White stiffly whipped with sifted sugar.
- The juice of $\frac{1}{2}$ Lemon.

Butter the moulds and arrange an apricot at the bottom of each. Mix the cream and yolks with a fork ; when they are well mixed, add the lemon-juice and a teaspoonful of sugar or more to taste ;

then whip the white very stiff, stir it in, and fill the moulds about three-quarters full. Poach in a covered pan in boiling water, covering three-quarters of the moulds in a moderately hot oven. They will set in 20 minutes to $\frac{1}{2}$ hour. Turn them out and serve with a sweet sauce or without any.

Enough for 2 persons. Proteid = $2\frac{1}{4}$ oz.

CLIX. Semolina Mould

6 tablespoonfuls Semolina.

1 quart Water.

5 oz. full-cream dried Milk (Cow and Gate Brand).

Let the semolina come to the boil gradually with the water; it should remain in a hot place until it has well swollen. Put the dried milk into a bowl and smooth out all its lumps; make a hole in the middle of the milk, and pour the semolina, slightly cooled, into it gradually, stirring well; when it is thoroughly mixed, flavour and sweeten it; warm it up, put it into a prepared mould for 15 minutes, when it will turn out stiff. If the mould is to be eaten cold, put 4 tablespoonfuls of semolina instead of 6. Serve with any kind of jam or stewed fruit.

Proteid = $2\frac{1}{2}$ oz. Cost of proteid per oz. = $2\frac{1}{2}d$.
Proteid in same dish made with ordinary milk = $\frac{11}{11\frac{1}{2}}$ oz. Cost of proteid per oz. = $2\frac{4}{5}d$.

CLX. Custard Pudding

3 tablespoonfuls Maizena.

5 oz. full-cream dried Milk (Cow and Gate Brand).

3 Eggs.

Sherry, if liked.

Jam.

Sugar to taste.

Pour a little less than 1 quart of nearly boiling water into a bowl containing the dried milk; stand

the bowl in a pan of boiling water, and stir until it comes to the boil. In another bowl mix the maizena with a little cold water (kept out of the quart required), and add to this the nearly boiling milk; beat the eggs briskly and stir them in; stir while it boils for 5 minutes, not on any account stopping for a moment. When it is done, stand the custard aside and prepare a large glass dish. Put a layer of sponge cake (soaked in sherry, if liked), then a layer of jam; then pour the custard over it, and set it to cool.

Enough for 4 or 5 people. Proteid = $2\frac{1}{2}$ oz. Cost about the same as if made with milk, but is richer and more nourishing.

CLXI. Cheap Plum Pudding

(Suitable for large numbers)

	<i>s.</i>	<i>d.</i>
15 lb. Flour	2	3
10 lb. Breadcrumbs	1	8
10 lb. (1 tin) dried separated Milk (Cow and Gate Brand)	4	6
15 lb. chopped Suet	7	6
15 lb. Demerara Sugar	2	6
15 lb. stoned Raisins	5	0
15 lb. cleaned Currants	5	0
15 lb. Treacle	5	0
15 lb. chopped Peel	7	6
1 tin Baking-powder	0	$2\frac{1}{2}$
1 tin Spice	0	1
A little Salt		
	<u>£2</u>	<u>1 2½</u>

About 30 quarts of water will be wanted to mix the pudding.

Mix all the dry ingredients thoroughly. Dissolve the treacle in the water and expose it to a gentle heat; when the two are well incorporated, stir the liquid into the dry mixture, adding more water if necessary to make it of the right consistency. It should be a

thick batter, and basins should be filled three-parts full. This pudding is best steamed for a long time, 6 or 8 hours, or even longer is not too much if the basins are fairly large.

Cost about 1*d.* per portion for 500 people. Proteid per portion = $\frac{1}{3}$ oz. Cost with ordinary milk = 8*s.* 2 $\frac{1}{2}$ *d.* more.

This recipe is adapted from *Cheap and Easy Cooking*, by Mrs. Wilson, of the National Training School.

CLXII. Sweet Fritters

The batter used in frying sweet fritters is the same as that used for savoury ones ; but after straining, the sweet fritters are sprinkled with fine castor sugar, and no oil is used in their preparation. Bananas, peaches, apricots, and similar fruits may be soaked in wine or lemon-juice before they are fried.

CLXIII. Prune Jelly

1 dozen Prunes, or 3 times as many Damsons cooked in the usual way ; Sugar and Lemon to taste.

1 leaf good Gelatine (more in hot weather).

1 tablespoonful Cornflour.

2 $\frac{1}{2}$ tablespoonfuls full-cream dried Milk (Cow and Gate Brand) ;

Sugar and Lemon to taste.

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

Wash the prunes and put them to soak in sufficient cold water to cover them. Break up the gelatine and add it to the prunes ; let them soak all night. In the morning add the sugar and lemon flavouring, and boil until the prunes are quite soft ; pour into a prepared mould. Make a blancmange mixture with the other ingredients, using a little cold water to mix the cornflour, and adding the rest of the water made into milk and brought to boiling point ; stir, while

boiling gently, for about 8 or 10 minutes ; then pour into the mould, which should not be allowed to grow too cold meanwhile, and stand to set.

Proteid = $\frac{3}{4}$ oz. Proteid when made with ordinary milk = $\frac{7}{100}$ oz. less. Cost about the same with full-cream milk, much less with separated.

CLXIV. Orange Fritters

3 or 4 Oranges.

Batter (LXV).

Sifted Sugar.

Divide each of the oranges into 8 segments and remove the pips (Californian seedless oranges are the best for this purpose). Prepare the batter and fry as before. Arrange segments high in the centre of the dish and in groups around.

Proteid chiefly from batter (*q.v.*).

CLXV. Holiday Pudding

(*An excellent nursery dish*).

$\frac{1}{2}$ lb. Veal Suet or Pine Kernels.

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

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

4 Eggs.

Sugar and Flavouring to taste.

$\frac{1}{2}$ lb. full-cream dried Milk (Cow and Gate Brand).

1 quart Water.

Put 1 quart (rather more) of water into an enamelled or porcelain vessel with lemon-rind or vanilla pod ; set it in a warm corner and let it gradually come to the boil ; then strain it, and when it has cooled a little, pour it over the dried milk gradually, stirring all the time. When the milk is mixed, put it back in its pan and add the suet or pine kernels, finely chopped ; do not let these boil, but when the breadcrumb is ready with the sugar and sultanas mixed with them, pour the milk on, and

allow it to stand until cool. Then beat the eggs well, mix them in, and pour the pudding into a well-buttered mould; cover this tightly with a buttered paper (leaving room for the pudding to swell), and place in a pan containing 2 or 3 inches of boiling water to steam for 1 hour, or it can be baked in a well-buttered dish in a rather quick oven for about half that time. It must not, however, be allowed to brown too much. It should have a sharp heat at first, and be put in a cool part of the oven to finish.

Proteid = 6 oz.

CLXVI. **Banana Fritters**

Allow 1 Banana to each person.

6 Bananas.

Lemon-juice.

Sifted Sugar.

Batter (LXV).

Cut the bananas lengthwise into 2, 3, or 4 slices, according to thickness; if large, cut them also across. Take each piece on the end of a clean skewer; dip it first in lemon-juice, then in batter, and fry in the usual way. Arrange these fritters crosswise and sprinkled with sugar on a papered dessert dish. No garnishing is necessary.

CLXVII. **Apple Fritters**

1 lb. Apples.

Batter (LXV).

Sifted Sugar.

Pare the apples and core them; cut them into slices across, each slice being the thickness of a shilling. Take up the apple-rings very gently with the skewer, dip them first into the batter, and then into the boiling fat. Have ready a dish with kitchen paper on which to drain them as you take them

up before transferring them to their final dish. No garnishing is necessary if the fritters are the right colour and prettily arranged around in circles, slightly overlapping.

Proteid chiefly from batter (*q.v.*).

CLXVIII. Sweet German Fritters

Some stale Sponge Cakes or fancy Breads.

1 oz. dried separated Milk.

Cinnamon and Lemon-rind.

Batter (LXV).

Boil a bit of cinnamon with $\frac{1}{2}$ lemon-rind in rather more than $\frac{1}{2}$ pint of water; when it boils, stand aside for $\frac{1}{4}$ hour, and then strain it on to the dried milk. Cut the sponge into fancy shapes, dip them in the milk, and then in the batter before frying. Sprinkle with sifted sugar when serving.

Proteid chiefly from batter (*q.v.*).

CLXIX. French Pancakes

2 Eggs.

2 oz. Butter.

2 oz. Sifted Sugar.

2 oz. Flour.

3 oz. full-cream dried Milk (Cow and Gate Brand).

1 pint hot Water.

Mix the hot water with the milk and allow the mixture to cool. Prepare some buttered plates to receive the pancakes, and be sure that the oven is getting hot. Cream the butter and sugar together. Beat the eggs thoroughly and add them to these. Stir in the flour and heat the whole. Last of all, add the milk and beat again. When the batter is quite smooth, pour it out on the plates, and bake for about 20 minutes. Flavouring may be added, and is best boiled in the water used to make the milk.

Proteid = $2\frac{1}{4}$ oz.

CLXX. West Indian Pudding

- 1 pint Cream (IV).
- $\frac{1}{4}$ lb. Loaf Sugar.
- $\frac{1}{2}$ lb. Savoy or Sponge Cakes.
- 8 Eggs.
- 3 oz. Preserved Green Ginger.

Crumble the cakes and put them into a basin. Bring the cream to the boiling-point and pour it over the crumbs; cover the basin. Well beat the eggs and stir them in as soon as they are ready. Butter a mould and arrange the ginger round it; pour in the pudding carefully, and cover with buttered paper. Steam for $1\frac{1}{2}$ hour, and serve with warmed ginger syrup poured round it.

Proteid = 5 oz.

CLXXI. Coffee Jelly

- 2 oz. good freshly ground Coffee.
- $2\frac{1}{2}$ oz. full-cream dried Milk (Cow and Gate Brand).
- 1 oz. Cornflour.
- $\frac{1}{2}$ oz. Gelatine.
- A little Butter.

Put the coffee into a pan with a tiny piece of butter. Cover the pan and gently shake it over a brisk fire until the butter is all melted; then pour into the pan about a $\frac{1}{4}$ pint of boiling water. Let the mixture boil for 2 or 3 minutes; then add a dessert-spoonful of cold water or a little bit of ice, and strain it off to cool. Melt $\frac{1}{2}$ oz. gelatine (more or less, according to the time of year) in just enough water to dissolve it; heat it to the temperature of the coffee, and then mix them together. Meanwhile, put into a bowl $2\frac{1}{2}$ oz. of full-cream dried milk, and pour on it $\frac{1}{2}$ pint of boiling water, stirring it quite smooth; add 1 oz. of cornflour, and allow it to stand until it is

cool, stirring occasionally to ensure even consistency. Then mix all together, sweeten to taste, boil all up for 1 or 2 minutes, and pour into a mould decorated with half-walnuts. Stand on ice to set.

Proteid = $1\frac{1}{4}$ oz. Cost made with dried milk = 6d. Cost made with cream = 11d.

CLXXII. Victoria Pudding

$\frac{1}{2}$ pod Vanilla.

$\frac{1}{2}$ pint Cream (IV).

2 oz. dried separated Milk (Cow and Gate Brand).

3 oz. fine Sifted Sugar.

Yolks of 8 Eggs.

Boil the vanilla in an enamelled or aluminium pan with 1 pint of water; strain it into the dried separated milk after allowing it to cool to blood heat; stir until smooth. Beat the eggs thoroughly with the sugar; add the cream to the milk and bring them to the boil. Pour them on the eggs and sugar; stir well until nearly cold; then pour into a buttered mould; steam for 1 hour. Serve with melted red-currant or cranberry jelly round it.

Proteid = 8 oz.

CLXXIII. Maizena Pudding

4 oz. full-cream dried Milk (Cow and Gate Brand).

2 tablespoonfuls Maizena.

1 tablespoonful Moist Sugar.

A little Essence of Lemon to taste.

1 Egg.

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

Mix a little of the water with the maizena, and bring the rest to nearly boiling-point; then pour it into a bowl containing the dried milk, mixing carefully as usual; pour it back into the pan, and bring it to the boil. Pour it boiling on to the maizena, stirring very

carefully. Beat the egg, add the sugar to it, and stir both into the pudding. Bake in a deep dish for 20 minutes.

Proteid = about 2 oz. Cost about the same as with ordinary milk, but is richer and more nourishing.

CLXXIV. Apple Custard

2 lb. Apples.
6 oz. Loaf Sugar.
1 pint Milk (I).
6 Eggs.
1 tablespoonful Powdered Sugar.

Stew the apples with 4 oz. loaf sugar until tender. Beat yolks with 2 oz. loaf sugar, and pour over them the milk made boiling hot; put this custard into a double saucepan and cook it until it is as thick as cornflour pudding. Beat whites stiffly with powdered sugar. Put the apples into a dish, pour the custard over them, cover them with the frosting, place in the oven, and brown lightly.

Proteid = about 6 oz. Cost with dried milk (Cow and Gate Brand) = 1s. 3d. Cost with ordinary milk = 1s. 4½d.

CLXXV. Gooseberry Fool

(Any juicy stewed fruit can be substituted for gooseberries, according to the season)

Green Gooseberries.
To every pound of pulp allow 1 pint Cream (III).
Sugar to taste.

Cut the tops and tails off the gooseberries, and rub them well to remove all dirt; if necessary, wash them and dry them briskly with a clean rough towel. Put them into a jar or in the inner enamelled pan of a double saucepan with 2 tablespoonfuls of water and a little good, moist sugar, according to taste. Set the jar

in a moderate oven, or in a boiling saucepan, until the fruit is soft enough to mash into pulp. Put the pulp through a colander and stir in the cream and more sugar, if needed; add the cream very gradually, and stir the mixture well. It should be served in a deep glass dish or in small glasses.

Proteid = nearly 2 oz. Cost with dried milk (Cow and Gate Brand) = 1s. Cost with ordinary cream = 1s. 8d.

CLXXVI. Maisie Pudding

$\frac{1}{2}$ lb. prepared Buckwheat.

$\frac{1}{2}$ lb. dried separated Milk (Cow and Gate Brand)

Salt to taste.

4 large Eggs.

1 quart Water.

Oil or good frying Fat sufficient to stand $\frac{1}{2}$ inch deep in a large dripping-pan.

Mix the dry ingredients thoroughly, and smooth out all lumps; make a hole in the middle. Break the eggs, one at a time, and beat them, straining them into the hole. Mix in the flour gradually and add water, until a moderately thick batter is formed; then beat for about 20 minutes and allow the mixture to stand for a time, if possible. About 1 hour before the pudding is wanted, put the fat into the baking-tin over the fire; when it is heated to fritter heat, and a drop of batter let fall into it becomes crisp at once, pour in the pudding and set it in a hot oven. Turn it from time to time until it is well cooked; then serve it quickly in the same way as a Yorkshire pudding. In a separate tureen serve either a good brown gravy or a sweet sauce.

Proteid = 6 oz. Cost with dried milk (Cow and Gate Brand) = 10d. Cost with ordinary milk = 11d.

CLXXVII. Gingerbread Pudding

(A good nursery dish)

- $\frac{1}{2}$ lb. stale Gingerbread.
- $\frac{1}{2}$ lb. Flour.
- 1 oz. Treacle.
- 1 oz. Sugar.
- 2 oz. Almonds, blanched and pounded.
- 1 Egg.
- $\frac{1}{2}$ pint Milk (I).

Crumble the gingerbread and mix it with the flour in a basin. Melt the treacle in the milk by warming them together in a basin, stirring now and then to assist the process. Beat the egg thoroughly and mix it in with the other liquid, beating all together for a little time; then pour the liquid into the pudding, stirring the whole until it is of a perfect consistency; put it into a mould, and steam it for 2 or 3 hours with a well-buttered paper on the top. Serve with sweet white sauce (LXXXV), flavoured with almond essence.

Proteid = about $1\frac{1}{2}$ oz. Cost with dried milk (Cow and Gate Brand) = 6d. Cost with ordinary milk = $6\frac{5}{8}$ d.

CLXXVIII. Chocolate Jelly with Almonds

- 1 pint Milk (I).
- 2 oz. Chocolate.
- 4 leaves French Gelatine in winter, more in summer.
- Some blanched Almonds (about 1 dozen).

Put the milk into a double pan over a good fire, and into it break the chocolate in pieces. Dissolve the gelatine in a little water. Stir the milk and chocolate constantly until the latter has all melted; boil for about 10 minutes, still stirring, after the boiling begins; add sugar and vanilla to taste, and stand the pan aside to cool. When the milk and the gelatine are about the same temperature, stir them gradually

together. Arrange the almonds in the mould and pour in the liquid very carefully. Set in a cold place for about 24 hours before turning out.

Proteid = 1 oz. Cost with dried milk (Cow and Gate Brand) = 3*d*. Cost with ordinary milk = 4*d*.

CLXXIX. Lemon Custard (for Glasses)

$\frac{1}{2}$ rind of a moderately large Lemon.

2 oz. Loaf Sugar, or according to taste.

$1\frac{1}{2}$ oz. full-cream dried Milk (Cow and Gate Brand).

1 pint Water.

3 large Eggs.

Boil the lemon-rind and the sugar in the water gently for about $\frac{1}{2}$ hour, until it is reduced to about $\frac{3}{4}$ pint. Have the dried milk ready in a lipped bowl; strain the flavoured liquid into it very slowly, stirring all the time most carefully to prevent lumps; when mixed, bring to the boil, stirring constantly. Whisk the eggs thoroughly; stir them into the milk and strain the mixture into the inner pan of a double saucepan (enamelled) or into a jug; stir this until it thickens, but do not allow it to boil. Brandy or sherry may be added, if liked. Pour the custard into glasses and decorate with grated nutmeg, desiccated cocoanut, or pistachio dust.

Proteid = about 1 oz. Cost = three-quarters of the same made with ordinary milk.

CLXXX. Boiled Batter Pudding

$2\frac{1}{2}$ oz. full-cream dried Milk (Cow and Gate Brand).

3 tablespoonfuls Flour.

A little Salt.

2 large Eggs.

1 pint boiling Water.

Mix the dried milk with the hot water; stir well and stand in cold water to cool. Sift the flour into a dry bowl, mix in the salt and a little sugar, if

it is liked ; make a hole in the middle ; beat the eggs, and strain them into this hole ; add the milk gradually, stirring in all the time ; beat when all is mixed for a good 20 minutes ; then put the batter into a well-greased mould, cover with buttered paper, and steam in a pan having a depth of about 2 inches of boiling water in it. Steam for $1\frac{1}{2}$ hour, and serve very hot and very briskly, garnished with any sweet sauce.

Proteid (without sauce) = about 2 oz. Cost per oz. = 2*d.* Cost per oz. in same weight of raw beef = $3\frac{1}{8}$ *d.*

CLXXXI. Rice Blancmange

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

2 oz. Loaf Sugar.

1 oz. Fresh Butter.

1 quart Milk (I).

Flavouring of Lemon-peel or Essence of Almonds or Vanilla or Laurel Leaves.

Mix the rice to a smooth batter with about $\frac{1}{2}$ pint of the milk ; put the remainder of the milk into saucepan with the sugar, butter, and flavouring. Bring the milk to the boil, stir in the rice quickly, and let it boil for about 10 minutes, when it will leave the pan easily ; stir well all the while. Pour this into a well-greased mould and, when set, turn out and garnish with fruit or jam. Hominy may be used instead of rice in this way, but needs to be soaked for some hours first.

Proteid = $1\frac{1}{3}$ oz. Cost with dried milk (Cow and Gate Brand) = 4*d.* Cost with ordinary milk = $6\frac{1}{2}$ *d.*

Section I

SAVOURIES

CLXXXII. **Delicious Breakfast Dish (Vegetable)**

$\frac{1}{2}$ lb. Fine Flour.
 2 oz. dried separated Milk (Cow and Gate Brand).
 $1\frac{1}{2}$ oz. Paisley Flour.
 Cold Water, enough to make a light dough.
 1 pinch Salt.
 $1\frac{1}{2}$ lb. Tomatoes.
 $\frac{1}{4}$ pint Salad Oil.
 $\frac{1}{8}$ pint Tarragon Vinegar.
 Salt and white Pepper to taste.
 Browned Breadcrumbs.
 Finely chopped Parsley.

Over night blanch the tomatoes and cut them in slices, and lay the slices in a large flat dish with the oil and vinegar mixture, which keeps for a considerable time in a cool place. In the morning have a pan of fat boiling. Make a light dough of the proportions here given. Roll it out very thin (the thinner the better) and cut it quickly with a plain, round cutter well floured. Plunge these into the fat raised to fritter heat; turn them when necessary, so that they are a nice light brown colour on both sides; take them up when done on a dish covered with kitchen paper. Get ready a hot dish for table, put a paper d'oyley on it. Arrange the fried croûtons round, put a slice of prepared tomato on each, adding a thin layer of parsley, browned breadcrumbs, pepper

and salt well mixed. If liked, the slices of tomato may be fried, rolled in the dry mixture, but this plan is much more troublesome when quantities are needed.

CLXXXIII. Eggs à la Crème

Take some eggs, as fresh as possible, and poach them; trim them neatly and dish each on a little fried croûton of bread, and pour over them some hot creamy Béchamel (XIII). Sprinkle the tops with a little finely chopped parsley or truffle.

CLXXXIV. Eggs sur le Plat

Rub the dish on which the eggs have to be served with fresh butter, and sprinkle on it a little salt and white pepper. Carefully break the eggs on to the dish; season with a little pepper and salt; pour into the dish a dessertspoonful of cream (III) for each egg, and drop here and there little pieces of butter. Place the dish on a tin containing hot water, and stand it in the oven for 4 or 5 minutes. Brown the tops with a salamander or under a gas grill. The oven should not be too hot.

CLXXXV. Stewed Mushrooms

(A nice breakfast dish)

1 pint button Mushrooms.

3 oz. Butter.

1 teaspoonful Flour.

White Pepper and Salt to taste.

A little Lemon-juice.

$\frac{1}{4}$ teaspoonful grated Nutmeg.

Cream (III).

Cut off the ends of the mushroom stalks and pare the mushrooms neatly; put them in a basin of water with a little lemon-juice as they are done. When all are prepared, take them from the water with

the hands to avoid the sediment, and put them into a stewpan with the batter, pepper, salt, and half the juice of 1 lemon; cover the pan and let the mushrooms stew for 20 minutes or more. Mix the flour with the cream, and add it by degrees until the sauce is of the right consistency; then add the nutmeg, and serve.

Proteid = about 1 oz. Costs about 3*d.* less than the same dish made with ordinary cream.

CLXXXVI. Scrambled Eggs

- 3 Eggs.
- 4 tablespoonfuls Cream (III).
- 1½ oz. Butter.
- A little chopped Parsley.
- ½ Eschalot.
- 1 saltspoonful Chutney.
- 1 saltspoonful Celery Salt.
- ½ saltspoonful white Pepper.

Stir all over the fire until it thickens; then spread over slices of buttered toast, and serve at once.

CLXXXVII. Eggs with Parmesan Cheese

- 6 or 8 hard-boiled Eggs.
- ½ pint thick Béchamel Sauce (XIII).
- ½ gill Cream (III).
- 2 oz. grated Parmesan Cheese.
- 1 dust of Cayenne and Celery Salt to taste.
- 1 teaspoonful mixed English Mustard.
- Butter.
- Chopped Meat *or* Mushrooms.

Butter the dish on which the eggs have to be served, and place a thin layer of sauce in it; sprinkle over it a little very finely chopped meat (ham or tongue), *or* mushrooms and fine herbs. Over this lay thin slices of hard-boiled egg; then place another layer of the sauce, and repeat in order until

the dish is full. Have the sauce at the top. Bake in a moderate oven, standing in a tin of boiling water and with a buttered paper on top, for 15 minutes. Serve with cheese cream sauce (XCIV). Brown with a salamander.

CLXXXVIII. Buckwheat Cakes

(Delicious for breakfast or tea in winter)

$\frac{1}{2}$ lb. prepared Buckwheat.

2 oz. dried separated Milk (Cow and Gate Brand).

2 oz. Indian Cornflour.

Enough cold Water to make a thin Batter.

A little Salt or Sugar, if liked.

1 Egg.

Mix the materials by rubbing out all the lumps ; make a hole in the middle, and add the egg and the water, made into milk, gradually, until there is a thin, smooth batter. Beat well and cook in tablespoonfuls on a well-greased griddle over a quick fire. Turn the cakes when set and lightly browned. Send them to table *hot* with a little butter between each pair.

Proteid = $1\frac{1}{2}$ oz. Cost of proteid per oz. = $1\frac{1}{2}d$.
Cost of proteid per oz. in raw beef = $3\frac{1}{8}d$.

CLXXXIX. Birds' Nests

5 new-laid Eggs.

1 dish Mustard and Cress.

2 or 3 fresh Tomatoes for garnish.

4 tablespoonfuls finely chopped Parsley.

2 tablespoonfuls fine fresh Breadcrumbs.

1 oz. dried separated Milk (Cow and Gate Brand).

Cayenne and Celery Salt for seasoning.

Deep Fat for frying.

Put 4 of the eggs into a saucepan, and well cover them with cold water ; bring them to the boil and let them boil gently for 15 minutes ; then plunge them into a bowl of cold water for a minute or two ;

remove the shells. Mix together the breadcrumbs separated milk, parsley, and seasoning, and moisten them with the remaining egg well beaten, keeping back about 1 tablespoonful of the egg for later use. Coat each of the eggs with this forcemeat, dividing it into 4 equal portions, laying each evenly on egg, and working it over the whole egg with the hands. Brush the coated eggs with the beaten egg left unused; roll them in very fine, fresh breadcrumbs mixed with dried separated milk, and fry in boiling fat to a delicate golden brown colour. Drain the eggs, and, when they are cool, divide each into halves. Dish them on the cress with thin slices of tomato round the dish.

Proteid = $1\frac{1}{2}$ oz. Cost of proteid = about $2\frac{1}{2}d.$ an oz. Cost of proteid per oz. in raw beef = $3\frac{1}{8}d.$

CXC. Curried Eggs

- 1 doz. Eggs.
- 3 Onions and a little burnt Onion to colour.
- 2 oz. Butter.
- 2 finely chopped Bayleaves and a sprig of chopped Thyme.
- 1 tablespoonful fine Flour.
- 1 dessertspoonful (or less) Curry Powder.
- 1 small scraped Clove of Garlic.
- 1 dessertspoonful Celery Salt.
- 2 oz. dried separated Milk (Cow and Gate Brand).
- 1 teaspoonful Ground Ginger.

Fry the chopped onions and herbs in the butter; sprinkle in the flour and curry powder; add the garlic and seasoning. Boil the eggs for 15 minutes, and let them be plunged into cold water. Mix the dried milk with rather less than $\frac{1}{2}$ pint of nearly boiling water; stir into it a teaspoonful of ground ginger; add this to the curry and stir well, but do not bring to the boil. Taste the curry, and, if necessary, add more powder and a little burnt

onion. Have ready some well-boiled rice ; make a ring of it round the dish. Garnish with bits of tomato and lemon, and pour the curry into the middle, after adding the eggs cut into rings.

CXCI. A Quickly Made and Nourishing Omelet

2 eggs for each person.

$\frac{1}{2}$ oz. dried separated Milk (Cow and Gate Brand).

1 oz. Butter.

1 teaspoonful finely minced Tunny-fish.*

1 teaspoonful finely chopped Parsley and Shalot, if liked.
Cayenne Pepper and Salt to taste.

A little Lemon-juice.

Season an omelet pan and make the butter hot in it. Beat the eggs well, and stir them into the dried separated milk. Mix the other ingredients together on a plate. When the butter is very hot, pour the eggs into the omelet pan ; keep moving the pan to incorporate the butter. As the omelet sets, as it does quickly over a clear fire, pour on it the dry mixture and fold it over. Serve very hot.

Proteid = nearly $2\frac{1}{2}$ oz. Cost of proteid per oz. = not quite 2d. Cost of proteid per oz. in raw beef = $3\frac{1}{8}$ d.

CXCII. Grilled Kidneys on Tomatoes

4 fresh sheeps' or lambs' Kidneys.

Bread (XVII) in slices $\frac{1}{8}$ inch thick.

1 lb. or more fresh Tomatoes.

Chillies.

Salt and white Pepper to taste.

Butter and a very little Parsley and Shalot.

Fat for deep frying.

Cut the bread with an oval or oblong cutter, and fry the slices a nice golden brown in boiling fat ; drain them, and arrange them on a very hot dish.

* This can be left out if the omelet is wanted for fleshless-food eaters.

Put some butter into a stewpan, and let it get very hot ; add the parsley and shalot with seasoning ; then blanch the tomatoes and add them ; stir until the pulp is of fairly thick consistency ; chop the chillies and add them. Grill the kidneys, and, when they are ready, put a spoonful of tomato purée on each croûton, resting the kidney on the top. Serve very hot.

Proteid (chiefly from bread) = $\frac{1}{3}$ oz.

CXCIII. Cheese Fritters

Some slices of dry Cheese about 2 in. by 1 in. by $\frac{1}{2}$ in.
(about $\frac{1}{4}$ lb.).

2 tablespoonfuls Tarragon Vinegar.

1 teaspoonful made Mustard.

Celery Salt and Cayenne to taste.

Garnishing of Endive, Lettuce, or Watercress.

Batter as in LXV.

Mix the tarragon vinegar and mustard together with some celery salt ; soak the cheese in this mixture, standing it in a cool place for about 1 hour ; then make the batter, and fry as before, garnishing with endive, lettuce, or watercress, with a few quarters of tomato, if liked.

Enough 8 or 10 persons. Proteid = 2 oz.

CXCIV. Cheese Pancakes

$\frac{1}{2}$ pint boiling Water.

1 oz. dried separated Milk (Cow and Gate Brand).

1 Egg.

1 oz. Cheese cut into small dice.

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

Mix the water with the dried milk carefully, and, when it is quite smooth, stand it in a bowl of cold water until it is quite cold. Sift the flour into a bowl, and make a hole in the middle ; pour in the egg, and stir well ; then put the cold milk into the egg-basin

and stir it round before putting it gradually into the bowl. When all the liquid is in, beat the mixture for 10 minutes or more and let it stand for a little time. Fry in the usual way, putting a little cheese into the pan with each portion of batter. Sprinkle each as you fold with a little celery salt and cayenne, well mixed in the proportion 3 to 1.

Proteid = $1\frac{1}{2}$ oz. Cost made with milk = $3\frac{1}{2}d.$
 Cost made with dried milk = $2\frac{3}{4}d.$

CXCV. Cheese Straws

4 oz. Grated Cheese.
 3 oz. Flour.
 1 oz. dried separated Milk (Cow and Gate Brand).
 3 oz. Butter.
 1 yolk of Egg.
 Cayenne and Celery Salt to taste.

Rub the butter into the flour (previously mixed with the dried milk); add the cheese and seasoning; mix with the egg into a firm paste. Roll this out on a floured board $\frac{1}{8}$ inch thick and about 5 inches wide. Cut into strips; place on a baking-sheet, and bake in a moderately quick oven. Rings should be cut from some of the paste to contain the straws.

Proteid = $\frac{1}{3}$ oz. more than if the straws were made in the usual way.

CXCVI. Salad Dressing

Yolk of 1 Egg.
 Mustard, Celery Salt, and a dash of Cayenne.
 $\frac{1}{2}$ teaspoonful Castor Sugar.
 1 tablespoonful Cream (III).
 Tarragon Vinegar or Lemon-juice to make the dressing the right consistency.

Proteid very little, but quantity greater than with ordinary cream. Cost about half the same dish would cost made with ordinary cream.

CXCVII. Vegetable Sausage

4 oz. Red Haricots (well boiled).
 4 oz. Tomato pulp.
 1 chopped Chilli.
 4 oz. fresh Breadcrumbs.
 2 oz. dried separated Milk (Cow and Gate Brand).
 2 tablespoonfuls chopped Parsley.
 1 tablespoonful Nutter or Butter.
 Lemon Thyme, chopped Onion, Celery Salt, and White
 Pepper to taste.
 1 Egg (well beaten).
 Egg, Breadcrumbs, and Fat for frying.

Mix the dry ingredients together, pound them in a mortar, and add the egg; divide the mixture into 12 parts. Roll each part to look like a sausage; brush each over with egg; toss each in breadcrumbs, and fry in boiling fat a nice brown colour; drain them. Serve on fried croûtons or dry toast made from bread (XVII).

Proteid = $2\frac{7}{8}$ oz. Cost of proteid per oz. = $2\frac{1}{8}d$.
 Cost of proteid per oz. in raw beef = $3\frac{1}{8}d$.

CXCVIII. Savoury Macaroni

2 oz. Macaroni.
 3 small Onions.
 4 Cloves.
 1 small Carrot cut into pretty shapes.
 2 oz. grated Cheese.
 $1\frac{1}{4}$ oz. Butter.
 2 oz. dried separated Milk (Cow and Gate Brand).
 1 oz. Flour.
 Finely chopped Parsley, Salt, and white Pepper.
 A very little finely chopped Lemon-rind.

Put $\frac{1}{4}$ oz. butter into a small saucepan and let it get very hot. Put in the vegetables and move the pan about until they are crisp and a pale brown; then add boiling water, and afterwards the macaroni, broken into small lengths. Let the pan boil briskly

for about 40 minutes, when there should be about $\frac{1}{2}$ pint of water left; put the dried milk into a bowl and mix with it this water. Dish the macaroni and vegetables high in the middle of a hot dish, removing the cloves. Grate the cheese; mix with it the parsley and seasoning. Put 1 oz. of butter into a small pan with the flour; do not let them brown, but when they are well mixed, add the milk; bring it to the boil, and let it boil gently for about 5 minutes; then stir in the cheese, parsley, and seasoning. In a minute or two, when the cheese is well mixed into the sauce, pour the sauce over the macaroni and serve with hot plates.

Enough for 2 persons. Proteid = nearly 1 oz. Cost = $2\frac{3}{4}d.$ an oz. Cost of proteid per oz. in raw beef = $3\frac{1}{8}d.$ Proteid in the same dish made with milk = $\frac{2}{5}$ oz.

CXCIX. Macaroni Croquettes

2 oz. well-cooked Macaroni.

2 oz. chopped Ham or other savoury meat or fish.*

1 oz. Parmesan Cheese.

1 Egg.

Breadcrumbs.

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

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

$\frac{1}{2}$ oz. dried separated Milk (Cow and Gate Brand).

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

Melt the butter in a pan over the fire (do not brown it); stir in the flour, and let it cook for a minute or two. Mix the dried milk with the water, and stir it slowly into the pan; then stir in the macaroni, meat, cheese, and seasoning. Turn it out on a plate to cool. Make it up into croquettes, brush them with egg, toss them in breadcrumbs, and fry a golden brown in deep fat.

Proteid = 1 oz. Cost of proteid per oz. = about $3d.$ Cost of proteid per oz. in raw beef = $3\frac{1}{8}d.$

* May be omitted.

CC. Stewed Kidneys

(A nice breakfast dish)

Kidneys.

A little Flour (1 saltspoonful for each 2 Kidneys),
Cayenne, and Celery Salt.

Butter (1 oz. to each 2 Kidneys.)

 $\frac{1}{2}$ oz. dried separated Milk (Cow and Gate Brand) to
each Kidney. $\frac{1}{4}$ pint Water to each 2 Kidneys.

1 Tomato or Mushroom to Flavour.

Mushroom Ketchup.

Wash the kidneys and cut each into 4 or 6 neat pieces, according to their size; dry them and roll them in flour, white pepper, and salt, well mixed. Melt the butter in a stewpan, and when it is very hot, add the kidneys; dry them gently, and when they are nicely browned, add the water and the tomatoes cut in quarters. Cover down and allow the pan to simmer gently for about $\frac{1}{2}$ hour; then pour off the liquor and use it to mix the powder into milk. Serve in a hot tureen, adding a few drops of lemon-juice at the last moment, and a very little burnt onion to enrich the colour.

Proteid for each kidney = $\frac{1}{8}$ oz. Cost of proteid per oz. = 3d. Cost of proteid per oz. in raw beef = $3\frac{1}{8}$ d.

CCI. Spanish Olives on Crouâtes

12 slices Brown Bread (XXI).

2 oz. Butter.

Olives (1 for each slice).

Tiny squares Aspic Jelly.

1 oz. dried separated Milk (Cow and Gate Brand).

1 chopped Chilli.

Finely chopped Parsley.

Some Lobster Coral.

Sprays of Parsley (very small).

Cut the slices of bread about $\frac{1}{8}$ inch thick and $1\frac{1}{2}$ inch in diameter; fry them in butter until they

are of a golden brown colour, then drain them. Stone the olives (large Spanish ones) and fill them with the following mixture, putting a large caper on the top of each ; set them on the croûtes. Garnish round with squares of coloured aspic jelly in heaps, alternating with little sprays of parsley.

Mixture for putting in the Olives

Mix 6 or 8 tomatoes, blanched and pulped, with the dried milk, and add chopped chillies and gherkins to season them well ; add a little celery salt and serve on small hors d'œuvre plate.

Proteid = $\frac{2}{3}$ oz.

CCII. Cow and Gate Cocoa

(An excellent and quickly made substitute for the best French Chocolate)

$\frac{3}{4}$ oz. of Cocoa and Milk (Cow and Gate).

A little Cold Milk or Water.

A breakfastcupful of Boiling Water.

Put the cocoa into a large breakfast cup, and mix it into a smooth paste with cold milk or water (as preferred). Add enough boiling water to fill the cup, stirring the mixture well.

Cost 1*d.* a cup. Proteid in each cup = about $\frac{1}{2}$ oz.

Section K

SUGGESTIVE MENUS

[These menus are given merely to show the range of the recipes in this book. It is not necessary to add proteid to *all* dishes at *all* meals ; but it is convenient to know how it can satisfactorily be added to any particular dish that may be required. An intelligent cook will soon discover, by an examination of these rules, hints, recipes, and menus, how she can raise the nutritive value of most dishes without spoiling their consistency and flavour. Most menus are adapted from Standard books.]

Breakfast

Cream Porridge (V)
 Tea (IX) Coffee (XI)
 Eggs à la Crème (CLXXXIII)
 Grilled Kidneys on Tomatoes (CXCII)
 Rolls (XVII) Buckwheat Cakes (CLXXXVIII)
 Fried Soles (Hint 1) Lamb Cutlets (Hint 1)
 Toast (XVIII)

Luncheon

Clear Soup with Soup Balls (Hint 7)
 Lobster, Curried (LXXIII)
 Chicken Fritot (CVIII) Cold Lamb, Glazed (XII)
 Salad with Dressing (CXCVI)
 Pastry (Hint 6)
 Custards (CLXXIX) Harrogate Pudding (CLI)
 Prune Jelly (CLV)
 Cheese Fritters (CXCIII) Cheese Straws (CXCIV)

All dishes mentioned are provided for in "Recipes" or "Hints."

SUGGESTIVE MENUS

Dinner (formal)

HORS D'ŒUVRE

Spanish Olives on Croûtes (CCI)

POTAGES

Purée

Artichoke Soup (L)

Consommé

Consommé au Ravioli (LII)

POISSONS

Filets of Salmon à la Mornay (LXIII) Whitebait (Hint 1)

ENTRÉES

Tarragon Creams (CXXIV) Curried Rabbit (CXXIII)

RELEVÉS

Stewed Pigeons (CXVII)

Roast Saddle of Mutton with Gravy (XIV)

Roast Ducklings with Orange Sauce (LXXXVIII)

Mashed Potatoes Baked (CXXXVII)

Savoury Vegetable Marrow (CXXX)

RÔT

Quails on Rice (CXV)

ENTREMETS

Coffee Jelly (CLXXI) Apricot Creams (CLVIII)

Cheese Fritters (CXCIII)

Breakfast (Fleshless Foods)

Tea (IX) Coffee (XI)

Cream Porridge (VII) Rolls (XIX)

Vegetable Brawn (CXXXIX)

Eggs à la Crème (CLXXXIII)

Fruit with Cream (III)

Luncheon (Fleshless Foods)

Beetroot or Tomato on Croûtes made with Bread (XVII)

Clear Soup with Balls (Hint 7)

Cutlets (CXLII)

Spinach with Butter (CXXXIII)

Potatoes à la Béchamel (CXXXV)

Maizena Pudding (CLXXIII)

Macaroni Cheese (CXCVIII)

Salad with Dressing (CXCVI)

Dinner (Fleshless Foods)

Asparagus Soup (LIV) Walnut Roast (CXXXII)

Italian Cutlets (CXLII)

Dressed Beetroot (CXL)

Banana Fritters (CLXVI) Apricot Creams (CLVIII)

Fruit Salad with Cream (CXLIX)

Cheese Fritters (CXCIII) Coffee (XI)

Breakfast (Milk Diet, no Pulses)

Cream Porridge (V) Vegetable Brawn (CXXXIX)

Fruit and Cream (III)

Milk (II) Scones (XXIV)

Dinner (Milk Diet, no Pulses)

Semolina Soup (LI)

Pine Kernels with Spinach (CXXV)

Macaroni Beet (CXXVII)

Orange Fritters (CLXIV) Chocolate Custards (CLIV)

Cheese Straws (CXCIV)

SUGGESTIVE MENUS**Supper (Milk Diet, no Pulses)**

Cauliflower au Gratin (CXXVI)

Harrogate Pudding (CLI) Lemon Custards (CLXXIX)

Milk (II)

'Cheap Meal for Free School Children

Soup (LIII) or (LVI) Pudding (CLVI) or (CLXI)

Breakfast (Nursery)

Cream Porridge (V, VI, or VII)

Scrambled Eggs without Seasoning (CLXXXVI)

Fish Croquettes (LXVII)

Rolls (XVII) or (XIX) Fruit and Cream (III)

Dinner (Nursery)

Rice Soup (XL) Roast Mutton, Tomato Sauce (XCIX)

Mashed Potatoes Baked (CXXXVII)

Spinach with Butter (CXXXIII)

Fruit Tart with Cream (III) Gooseberry Fool (CLXXV)

Tea (Nursery)

Bread and Butter (XVII) Cake (XXII)

Stewed Fruit and Cream (III)

Milk (II)

Supper (Nursery)

Rusks and Butter (XVIII) Milk (II)

Fruit Salad (CXLIX)

Or Semolina Mould (CLIX) with Fruit

Breakfast (Plain)

Grape-nuts with Cream (III) Sausages on Toast (CXCVII)
Buckwheat Cakes (CLXXXVIII) with Treacle or Honey
Coffee (XI)

Dinner (Plain)

Cucumber Soup (XLIII)
Mutton Cutlets with Soubise Sauce (XCVII)
Mashed Potatoes with Milk (II)
Stewed Carrots (CXXVIII) Cambridge Pudding (CXLV)
Cheese Sandwiches made with Bread (XVII)

Supper (Plain)

Cocoa (CCII) Coffee (XI)
An Omelet (CXCII)
Stewed Mushrooms (CLXXXV)
Rolls (XVII) Walnut Cake (XXVII)
Macaroni Croquettes (CXCIX)
Salad with Dressing (CXCVI)

Cold Luncheon (Fleshless)

Dressed Tomatoes on Croûtes made from (XVII)
Rolls (XVII)
Birds' Nests (CLXXXIX) Savoury Jelly (CXIV)
Macedoine of Vegetables set in (XV)
Tarragon Creams without Meat (CXXIV)
Cold Vegetable Entrée (CXXXVIII)
Boulogne Cutlets on Chestnuts (CXLIII and CXLIV)
Chocolate Jelly with Almonds (CLXXVIII)
Apricot Creams (CLVIII)
Cheese Balls on Watercress (Hint 1)

DR. OLDFIELD'S TRANSITION MENUS

(For Flesh-eaters wishing to leave off Meat)

Breakfast

Cream Porridge (V, VI, or VII)

Scrambled Eggs (CLXXXVI)

Bread (XVII) and Butter

Chocolate (X) or Cocoa (CCII)

Dinner

Potato Soup (XL1) Macaroni Cheese (CXCVIII)

Potatoes (CXXXV)

Gingerbread Pudding (CLXXVII)

Fruit with Cream (III)

Tea

Bread (XXI) and Butter Salad with Dressing (CXCVI)

Fruit with Cream (III)

Chocolate (X) or Cocoa (CCII)

GENERAL INDEX

	PAGE		PAGE
Absorbability of Milk . . .	16	Brawn, Vegetable . . .	113
Abundant Nourishment in		Bread and Cakes . . .	35
Milk Powders . . .	15	" Maize Flour . . .	50
Acids, injurious . . .	9	" Milk . . .	39
Acids in Meat . . .	9	" Sauce . . .	81
Albumens or Proteids . . .	3	" Unfermented . . .	39
Almond Cake . . .	43	" (with Yeast) . . .	36
Apple Custard . . .	132	" (without Yeast) . . .	38
Apple Fritters . . .	128	Brown Gravy . . .	32
Apricot Creams . . .	123	Buckwheat Cakes . . .	140
Arrowroot, Dietetic Value			
of . . .	4	Café au Lait . . .	30
Artichoke Soup . . .	59	Cake, Almond . . .	43
Asparagus Soup . . .	61	" Chocolate Walnut . . .	43
		" Genoa . . .	51
Baking, General Notes on . . .	35	" Luncheon . . .	48
Banana Fritters . . .	128	" Pineapple . . .	42
Barley Soup . . .	56	" Sandwich . . .	44
Baroness Pudding . . .	119	" Sultana . . .	40
Batter, Fritter . . .	69	Cakes, Bread and . . .	35
Batter Pudding (Boiled) . . .	135	" Cream Honey . . .	49
Béchamel Sauce . . .	31	" Indian Corn . . .	46
Beetroot, Dressed . . .	114	" Queen . . .	47
" " with An-		Cambridge Pudding . . .	117
chovy . . .	79	Caramel Custards . . .	120
Birds' Nests . . .	140	Carrots Stewed . . .	108
Biscuits, Sweet . . .	46	Cauliflower au Gratin . . .	107
" Tea . . .	41	Cauliflower, Soufflé of . . .	109
Bordeaux Cutlets . . .	114	Cheap and Nourishing Pud-	
Boulogne " . . .	115	ding . . .	122

	PAGE		PAGE
Cheap and Nourishing Soup		Cream Wheatmeal Por-	
(Vegetable)	62	ridge	27
" Plum Pudding	125	" White Sauce	80
" Soup for Large Num-		Creamed Sweetbreads	96
bers	62	Croquettes of Fish	70
" Soup (Vegetable)	61	" " Macaroni	146
Cheapness in Diet	9	Cucumber Soup	54
" of Milk Powders	8-10	Curried Cod	74
Cheese Fritters	143	" Eggs	141
" Pancakes	143	" Prawns	76
" Sauce	85	" Rabbit	104
" Straws	144	Curry	33
" Value of	11	" Lobster	73
Chestnut Purée for Cutlets	116	Custard, Apple	132
" Sauce	84	" Lemon	135
Chicken Croquettes	103	" Pudding	124
" Cutlets	97	Custards, Caramel	120
" Fritot	94	" Chocolate	121
" Fritters	93	Cutlets, Bordeaux	114
" Soup	58	" Boulogne	115
" Stewed in Milk	96	" Italian	115
Chocolate	30	" Lobster	68
" Custards	121		
" Jelly with Al-		Delicious Breakfast Dish	137
monds	134	Devilled Crab	71
" Pudding	117	Diet	5
" Sauce	84	Digestibility of Milk	9, 16
" Walnut Cake	43	Double Cream	26
Cocoa, Cow and Gate	148	Dough Nuts	47
Coffee Jelly	130	Dressed Beetroot	114
Cold Fish Entrée	65		
" Vegetable Entrée	113	Eggs à la Crème	138
Compote of Pigeons	101	" Curried	141
Consommé au Ravioli	60	" Scrambled	139
Cream	26	" sur le Plat	138
" Double	26	" with Parmesan	139
" Honey Cakes	49	Entrée, Cold Fish	65
" Lemon Sauce	89	" " Vegetable	113
" Lentil Porridge	28	Entrées, Vegetable	106
" Oatmeal Porridge	27		
" Soup	53		

GENERAL INDEX

157

	PAGE		PAGE
Experimental Use of Milk		Green Fig Gems . . .	49
Powders . . .	17, 18	" Sauce . . .	87
		Grilled Kidneys . . .	142
Fats and Carbo-hydrates . .	3		
Filleted Fish with Tomato	66	Haddock, Purée of . . .	72
" Mackerel with		" Soufflé . . .	65
Parsley Sauce . .	67	Harrogate Pudding . .	120
" Sole with Cream . .	78	Holiday Pudding . . .	127
Fillets of Mutton with Sou-		Horse-radish Sauce . .	86
bise Sauce . . .	93	Hovis Scones . . .	41
" " Salmon à la			
Mornay . . .	67	Indian Corn Cakes . .	46
Fish Croquettes . . .	70	Invalid's Porridge . .	29
" Patties . . .	78	Irish Stew . . .	92
" Scallops . . .	77	Italian Cutlets . . .	115
Forcemeat Balls . . .	102		
French Pancakes . . .	129	Jelly	33
Fricassee of Chicken . .	95	Jugged Rabbit or Hare .	99
Fritot, Chicken . . .	94	Junket	120
" of Calf's Head . .	91		
Fritter Batter . . .	69	Kedgerie of Fish . . .	70
Fritters, Apple . . .	128		
" Banana . . .	128	Lemon Custard . . .	135
" Cheese . . .	143	" Pudding . . .	118
" Chicken . . .	93	" Sauce . . .	89
" Orange . . .	127	Lettuce Soup . . .	55
" Oyster . . .	71	Lobster au Gratin . .	72
" Potato . . .	111	" Cream . . .	77
" Sweet . . .	126	" Curry . . .	73
" Sweet German . .	129	" Cutlets with	
" Tomato . . .	112	Cream Sauce	68
Fruit Salad . . .	119	Luncheon Cake . . .	48
Genoa Cake . . .	51	Macaroni Beet . . .	107
German Fritters . . .	129	" Croquettes . .	146
Gingerbread . . .	45		
" Pudding . . .	134		
Glaze	31		
Gooseberry Fool . . .	132		

	PAGE		PAGE
Macaroni, Savoury . . .	145	Porridge, Cream Wheat-	
Maggi Soup . . .	64	meal . . .	27
Maisie Pudding . . .	133	" Invalid's . . .	29
Maize Flour Bread . . .	50	Potato Fritters . . .	111
Maizena Pudding . . .	131	" Salad . . .	110
Mashed Potatoes, Baked .	112	" Soup . . .	53
Mastication . . .	16	Potatoes à la Béchamel .	112
Mayonnaise Sauce . . .	86	" Mashed and Baked	112
Milk Bread . . .	39	Proteid as Builder . . .	3
" Cooking . . .	25	" Cost of in Various	
" Drinking . . .	25	Foods . . .	8
" Powders, Qualities of		" in Milk Powders,	
	13, 14, 15	etc . . .	6
" Qualities of . . .	12	" Necessity of . . .	4
Minced Chicken . . .	92	" Quantity needed	
Mushroom Sauce . . .	83	Daily . . .	7
		" Supplementers of .	7
Nourishing Omelet . . .	142	Prune Jelly . . .	126
		" Mould . . .	122
Omelet, Nourishing . . .	142	Pudding, Baroness . . .	119
Onion Soup . . .	58	" Batter . . .	135
Orange Fritters . . .	127	" Cambridge . . .	117
" Sauce . . .	82	" Cheap Plum . . .	125
Oyster Fritters . . .	71	" Chocolate . . .	117
" Patty Mixture . . .	73	" Custard . . .	124
" Sauce . . .	82	" Gingerbread . . .	134
" Soufflé . . .	75	" Harrogate . . .	120
" Soup . . .	57	" Holiday . . .	127
		" Lemon . . .	118
Pancakes, Cheese . . .	143	" Maisie . . .	133
Parsley Sauce . . .	83	" Maizena . . .	131
Patties, Fish . . .	78	" Queen's . . .	118
" Oyster . . .	73	" Victoria . . .	131
" Puff Paste for . . .	75	" West Indian . . .	130
Peas with Walnut Roast .	110	Pulses, Acidity of . . .	11
Pineapple Cake . . .	42	Purée, Chestnut . . .	116
Pine Kernels aux Epinards	106	" Dried Haddock . . .	72
Porridge, Cream Lentil . .	28	Purins in Meat . . .	9
" " Oatmeal . . .	27	Quails on Rice . . .	99

GENERAL INDEX

159

	PAGE		PAGE
Queen Cakes . . .	47	Semolina Mould . . .	124
Queen's Pudding . . .	118	" Soup . . .	60
Quickly made Soup . . .	63	Short Crust . . .	123
		Shrimp Sauce . . .	89
Rice Blancmange . . .	136	Soles with Mushrooms . . .	78
" Soup . . .	52	Soubise Sauce . . .	87
Rissotto . . .	103	Soufflé, Cauliflower . . .	109
Roast Rabbit or Hare . . .	101	" Haddock . . .	65
Rusks . . .	37	" Oyster . . .	75
		Soup, Artichoke . . .	59
Salad Dressing . . .	144	" Asparagus . . .	61
" Fruit . . .	119	" Barley . . .	56
Salt Fish in Cream . . .	74	" Cheap . . .	61, 62
Salts, Effects of Deficient . . .	8	" Chicken . . .	58
" Natural . . .	8	" Clear . . .	60
Sandwich Cake . . .	44	" Cream . . .	53
Sauce, Cheese . . .	85	" Cucumber . . .	54
" Cream Bread . . .	81	" Lettuce . . .	55
" " Caper . . .	82	" Maggi . . .	64
" " Chestnut . . .	84	" Onion . . .	58
" " Chocolate . . .	84	" Oyster . . .	57
" " Lemon . . .	89	" Potato . . .	53
" " Parsley . . .	83	" Quickly made . . .	63
" " White . . .	80	" Rice . . .	52
" Green . . .	87	" Semolina . . .	60
" Horse-radish . . .	86	" Vegetable Marrow . . .	56
" Mayonnaise . . .	86	Spanish Olives on Croûtes . . .	147
" Mushroom . . .	83	Specimen Menus . . .	149
" Orange . . .	82	Spinach with Butter . . .	111
" Shrimp . . .	89	Stewed Carrots . . .	108
" Soubise . . .	87	" Chicken in Milk . . .	96
Sauce, Tomato . . .	88	" Kidneys . . .	147
" Vanilla Custard . . .	85	" Mushrooms . . .	138
Sausage, Vegetable . . .	145	" Pigeons . . .	100
Savoury Jelly . . .	98	Sugar . . .	4
" Macaroni . . .	145	" of Milk . . .	7
" Vegetable Marrow . . .	109	Sultana Cake . . .	40
Scones, Hovis . . .	41	Sweet Biscuits . . .	46
Scrambled Eggs . . .	139	" Fritters . . .	126
Scurvy, Causes and Cure of . . .	8	" German Fritters . . .	129
		Swiss Roll . . .	50

	PAGE		PAGE
Tarragon Creams . . .	105	Vanilla Custard Sauce . .	85
Tea	29	Vegetable Brawn . . .	113
" Biscuits	41	" Entrées	106
Toad-in-the-Hole . . .	95	" Marrow Savoury . .	109
Tomato Fritters . . .	112	" " Soup	56
" Sauce	88	" Sausage	145
" with Chicken . . .	91	Victoria Pudding . . .	131
Unfermented Wholemeal		West Indian Pudding . .	130
Bread	39	White Sauce	80

INDEX TO VEGETARIAN RECIPES

	PAGE		PAGE
Almond Cake . . .	43	Cake, Chocolate Walnut . . .	43
Apple Custard . . .	132	" Genoa . . .	51
" Fritters . . .	128	" Luncheon . . .	48
Apricot Creams . . .	123	" Pineapple . . .	42
Artichoke Soup . . .	59	" Sandwich . . .	44
Asparagus Soup . . .	61	" Sultana . . .	40
		Cakes, Bread and . . .	35
		" Cream Honey . . .	49
Banana Fritters . . .	128	" Indian Corn . . .	46
Barley Soup . . .	56	" Queen . . .	47
Béchamel . . .	31	Cambridge Pudding . . .	117
Beetroot, Dressed . . .	114	Caramel Custards . . .	120
Birds' Nests . . .	140	Carrots, Stewed . . .	108
Biscuits, Sweet . . .	46	Cauliflower, au Gratin . . .	107
" Tea . . .	41	" Soufflé of . . .	109
Boiled Batter Pudding . . .	135	Cheap and Nourishing	
Bordeaux Cutlets . . .	114	Pudding . . .	122
Boulogne " . . .	115	" and Nourishing	
Brawn, Vegetable . . .	113	Soup . . .	62
Bread, Maize Flour . . .	50	" Plum Pudding . . .	125
" Milk . . .	39	" Soup for Large	
" Sauce . . .	81	Numbers . . .	62
" Unfermented . . .	39	" Vegetable Soup . . .	61
" (with Yeast) . . .	36	Cheese Fritters . . .	143
" (without Yeast) . . .	38	" Pancakes . . .	143
Brown Gravy . . .	32	" Sauce . . .	85
Buckwheat Cakes . . .	140	" Straws . . .	144
		Chestnut Purée . . .	116
		" Sauce . . .	84
Café au Lait . . .	30	Chocolate . . .	30
Cake, Almond . . .	43	" Custards . . .	121

	PAGE		PAGE
Chocolate Jelly with Al-		Eggs, Curried . . .	141
monds . . .	134	" Scrambled . . .	139
" Pudding . . .	117	" sur le Plat . . .	138
" Sauce . . .	84	" with Parmesan . . .	139
" Walnut Cake . . .	43	Entrée, Vegetable (Cold) . . .	113
Cocoa, Cow and Gate . . .	148	Entrées, Vegetable . . .	106
Coffee Jelly . . .	130		
Cold Vegetable Entrée . . .	113		
Cream . . .	26	French Pancakes . . .	129
" Double . . .	26	Fritter, Batter . . .	69
" Honey Cakes . . .	49	Fritters, Apple . . .	128
" Lemon Sauce . . .	89	" Banana . . .	128
" Lentil Porridge . . .	28	" Cheese . . .	143
" Oatmeal Porridge . . .	27	" Orange . . .	127
" Soup . . .	53	" Potato . . .	111
" Wheatmeal Por-		" Sweet . . .	126
ridge . . .	27	" Sweet German . . .	129
" White Sauce . . .	80	" Tomato . . .	112
Croquettes of Macaroni		Fruit Salad with Cream . . .	119
(omitting Meat and			
adding more Cheese) . . .	146		
Cucumber Soup . . .	54	Genoa Cake . . .	51
Curried Eggs . . .	141	German Fritters . . .	129
Curry . . .	33	Gingerbread . . .	45
Custard, Apple . . .	132	" Pudding . . .	134
" Lemon . . .	135	Glaze . . .	31
" Pudding . . .	124	Gooseberry Fool . . .	132
Custards, Caramel . . .	120	Green Fig Gems . . .	49
" Chocolate . . .	121	" Sauce . . .	87
Cutlets, Bordeaux . . .	114		
" Boulogne . . .	115	Harrogate Pudding . . .	120
" Italian . . .	115	Holiday " . . .	127
		Horse-radish Sauce . . .	86
Delicious Breakfast Dish . . .	137	Hovis Scones . . .	41
Double Cream . . .	26		
Dough Nuts . . .	47	Indian Corn Cakes . . .	46
Dressed Beetroot . . .	114	Invalid's Porridge . . .	29
		Italian Cutlets . . .	115
Eggs à la Crème . . .	138		

INDEX TO VEGETARIAN RECIPES

163

	PAGE		PAGE
Jelly	33	Pine Kernels aux Epinards	106
Junket	120	Porridge, Cream Lentil .	28
		" " Oatmeal .	27
		" " Wheat-	
		meal .	27
Lemon Custard	135	" Invalid's	29
" Pudding	118	Potato Fritters	111
" Sauce	89	" Salad	110
Lettuce Soup	55	" Soup	53
Luncheon Cake	48	Potatoes à la Béchamel .	112
		" Mashed and	
Macaroni Beet	107	Baked	112
" Croquettes (omit-		Prune Jelly	126
ting Meat and		" Mould	122
adding Cheese)	146	Pudding, Batter	135
" Savoury	145	" Cambridge	117
Maggi Soup	64	" Cheap Plum	125
Maisie Pudding	133	" Chocolate	117
Maize Flour Bread	50	" Custard	124
Maizena Pudding	131	" Gingerbread	134
Mashed Potatoes, Baked .	112	" Harrogate	120
Mayonnaise Sauce	86	" Holiday	127
Milk Bread	39	" Lemon	118
" Cooking	25	" Maisie	133
" Drinking	25	" Maizena	131
Mushroom Sauce	83	" Queen's	118
		" Victoria	131
		" West Indian	130
Nourishing Omelet	142	Purée, Chestnut	116
Omelet, Nourishing	142	Queen Cakes	47
Onion Soup	58	Queen's Pudding	118
Orange Fritters	127	Quickly made Soup	63
" Sauce	82		
Pancakes, Cheese	143	Rice Blancmange	136
Parsley Sauce	83	" Soup	52
Peas with Walnut Roast .	110	Rusks	37
Pineapple Cake	42		
		Salad Dressing	144

	PAGE		PAGE
Salad, Fruit	119	Soup, Quickly made . . .	63
Sandwich Cake	44	" Rice	52
Sauce, Cheese	85	" Semolina	60
" Cream Bread	81	" Vegetable Marrow . . .	56
" " Caper	82	Spanish Olives on Croûtes	147
" " Chestnut	84	Spinach with Butter . . .	111
" " Chocolate	84	Stewed Carrots	108
" " Lemon	89	" Mushrooms	138
" " Parsley	83	Sultana Cake	40
" " White	80	Sweet Biscuits	46
" Green	87	" Fritters	126
" Horse-radish	86	" German Fritters . . .	129
" Mayonnaise	86	Swiss Roll	50
" Mushroom	83		
" Orange	82	Tarragon Creams	105
" Soubise	87	Tea	29
" Tomato	88	" Biscuits	41
" Vanilla Custard	85	Tomato Fritters	112
Sausage, Vegetable	145	" Sauce	88
Savoury Macaroni	145		
" Vegetable Marrow . . .	109	Unfermented Wholemeal	
Scones, Hovis	41	Bread	39
Scrambled Eggs	139		
Semolina Mould	124	Vanilla Custard Sauce . .	85
" Soup	60	Vegetable Brawn	113
Short Crust	123	" Entrée (Cold)	113
Soubise Sauce	87	" Entrées	106
Soufflé of Cauliflower . .	109	" Marrow, Savoury . . .	109
Soup, Artichoke	59	" " Soup	56
" Asparagus	61	" Sausage	145
" Barley	56	Victoria Pudding	131
" Cheap	61, 62		
" Cream	53	West Indian Pudding . .	130
" Cucumber	54	White Sauce	80
" Lettuce	55		
" Maggi	64		
" Onion	58		
" Potato	53		

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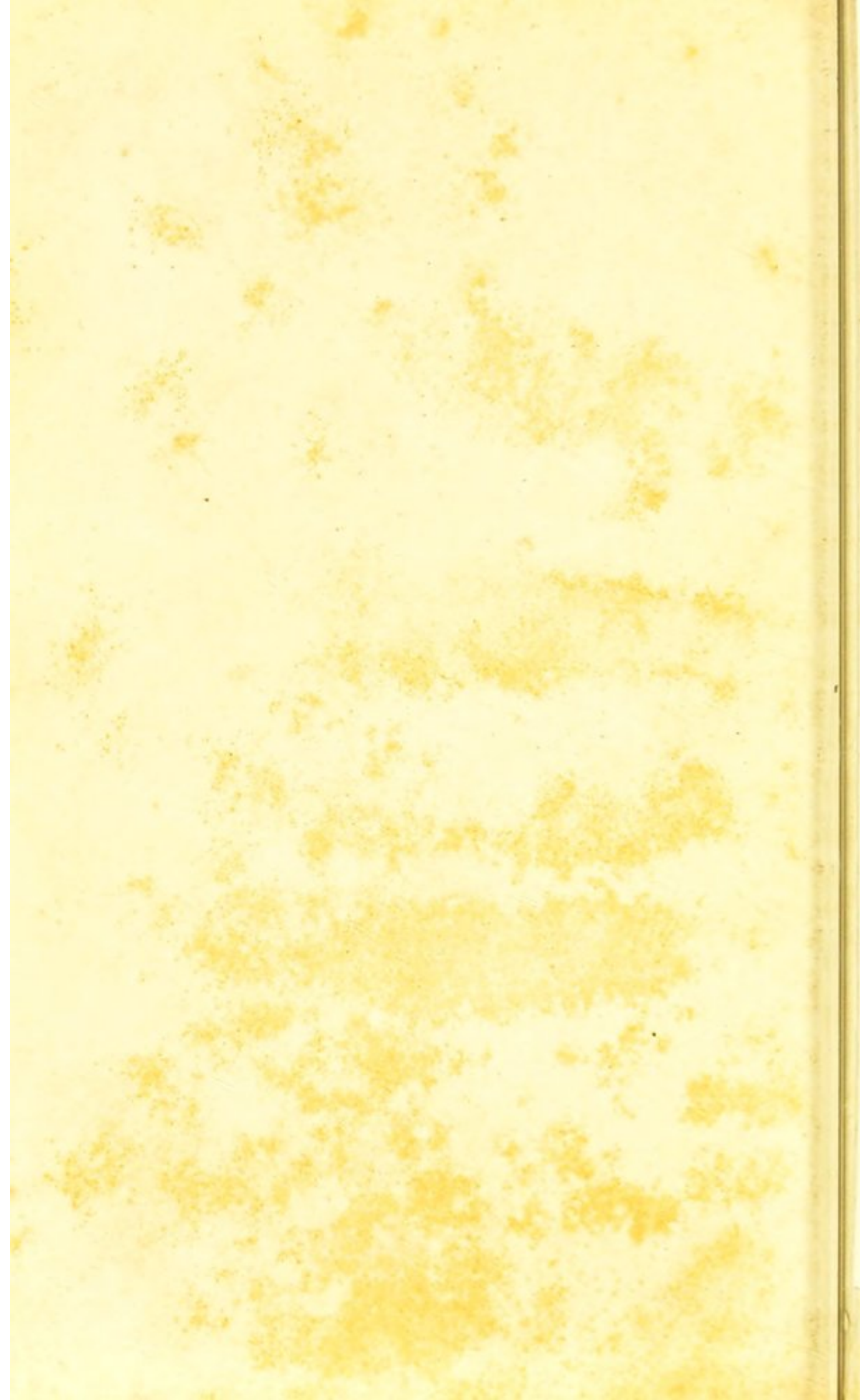
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