

Plain cookery recipes, as taught in the school / prepared by Mrs. Charles Clarke.

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THE NATIONAL
TRAINING SCHOOL FOR COOKERY
SOUTH KENSINGTON, S.W.

PLAIN COOKERY
RECIPES.

PREPARED BY

MRS. CHARLES CLARKE.

SECOND EDITION

ONE SHILLING

* Gold Medal, London, 1885. *

To the ROYAL COMMISSION of the Colonial Wine
Department, Colonial and Indian Exhibition,
South Kensington, 1886.

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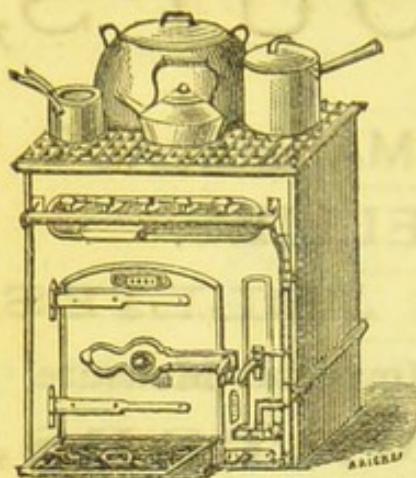
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South Kensington, S.W.

PLAIN COOKERY
RECIPES,

AS TAUGHT IN THE SCHOOL.

PREPARED BY

MRS. CHARLES CLARKE,
THE LADY SUPERINTENDENT.



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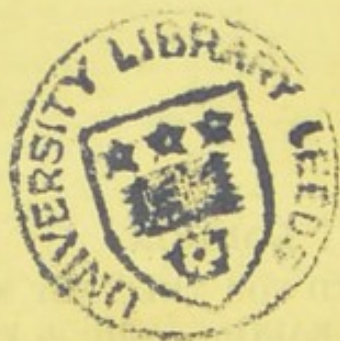
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PLAIN COOKERY
RECIPES
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LONDON:
PRINTED BY WILLIAM CLOWES AND SONS, LIMITED,
STAMFORD STREET AND CHARING CROSS,

PREPARED BY
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THE LATE HOSPITALS



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Dishes cooked in the School are for sale every day (except Saturday) at **cost price**.

Recipes of many of the dishes taught at the School are sold there at 1d. and 2d.

RECIPES FOR PLAIN COOKERY.*

S O U P S.

Fish Soup (White).

Ingredients.

Three pounds of Fish, bones and fins.
Three quarts of cold Water.
A teaspoonful of Salt.
One Leek.
One Onion.
One Carrot.
A good bunch of Parsley or Parsley roots.
One Bay-leaf.
One sprig of Thyme.
Three or four sticks of Celery.
Three Cloves.
One small blade of Mace.
One pint of Milk.
One ounce of Fat or Butter.
Three teaspoonfuls of Flour.

Do not use herrings or mackerel for soup ; ling, conger, hake, or skate are best. Take three pounds of fish, bones and fins do very well, chop them up, wash them, put them into a saucepan with three quarts of cold water and a teaspoonful of salt ; when it boils skim it well, and then add the vegetables, previously washed and cut up, also the cloves, mace, and herbs. Let this all boil gently for an hour and a half. Mix the flour into a smooth paste with a gill of milk, stir this into the soup, stir till it boils again to cook the flour, then add the rest of the milk and the butter or clarified fat, and when it has boiled for another ten minutes, strain it into a soup-tureen or basin into which you have previously put a teaspoonful of finely chopped parsley and a little cooked carrot nicely shredded.

* High Class Recipes in the same form are now published.

Bone Soup.

Ingredients.

Three pounds of Bones, cooked or uncooked.
 Scraps of Meat or Trimmings.
 Two Carrots.
 Two Turnips.
 One Parsnip.
 One bunch of Herbs.
 Two Onions.
 Twelve Peppercorns.
 Salt.
 Two tablespoonfuls of Sago or Semolina.
 Two ounces of Fat.

Cut the onions into pieces, and fry them brown in the fat, with the bones, then cover with four pints of water. When this boils throw in a dessertspoonful of salt to raise the scum ; skim it well. Prepare the vegetables, and add them when the soup boils up again. Let it simmer gently four or five hours, skimming occasionally. Strain it, and return to the saucepan ; thicken it with the sago or semolina.

Cabbage Soup.

Ingredients.

One good-sized Cabbage.
 One tablespoonful of Parsley.
 One ounce of Butter.
 One Shalot.
 One teaspoonful of Salt.
 Quarter of a teaspoonful of Pepper.
 One pint of Milk.
 One and a half pint of Boiling Water.
 Two tablespoonfuls of Crushed Tapioca
 One slice of toasted Bread.

Put on a large saucepan with water to boil, shred the cabbage, and put it in the boiling water to blanch for five minutes ; then strain the cabbage, and return it to the saucepan, with one pint and a half pint of boiling water, one pint of milk, the shalot and the parsley minced, the butter, and seasoning ; bring this to the boil, and cook it for fifteen minutes, shake in the crushed tapioca

and boil it for ten minutes. Cut the toasted bread into convenient sized pieces, put them into a tureen, and pour the boiling soup on to them.

Fish Soup (Brown).

Ingredients.

Three pounds of Fish or Fish Trimmings.
 Two ounces of Fat or Butter.
 Bunch of Herbs : Parsley, Bay-leaf, Marjoram, Thyme, and Basil.
 One Onion.
 One Leek ; three sticks of Celery.
 One small Carrot.
 Twelve whole Peppers ; Salt.
 Two ounces of Rice.
 Three quarts of Water.
 Three ounces of Flour.

Chop up the onion, leek, celery, and carrot. Add the flour, pepper, salt, herbs, and fry them a nice brown in the fat. Put the lid on the saucepan, and let these cook for about ten minutes. Take care it does not burn. Then add three quarts of cold water, and the fish cut up. Stir till it boils. Let it boil for one hour, then strain it, and put into the tureen about two ounces of rice, previously boiled, and a little shredded carrot, cooked separately. Pour the soup on these, and serve.

Fish Mulligatawny.

Ingredients.

Three pounds of Fish or Fish Trimmings.
 Two ounces of Butter or Fat.
 Three Cloves.
 Two Onions or Leeks.
 One Apple or a stick of Rhubarb.
 One Carrot.
 A bunch of Herbs : Thyme, Marjoram, Bay-leaf and Parsley.
 Three tablespoonfuls of Flour.
 Two ounces of Curry Powder.
 Four quarts and half a pint of Water.
 Salt.

Cut up the fish and wash it clean. Put it into a saucepan with the fat or butter, the apples and the vegetables washed,

peeled, and cut up, and the herbs. Let all this cook for about ten minutes ; then add four quarts of cold water. Mix the flour and curry powder into a smooth paste, with half a pint of cold water, and stir it into the soup. Stir till it boils, then skim it well, and let it boil gently for an hour and a half. Strain it into a tureen, and add to it one pint of cooked rice and some pieces of cooked fish neatly cut up.

Hotch Potch.

Ingredients.

Three pounds of Neck of Mutton (scrag end).
 Three quarts of cold Water.
 Of Carrots, Turnips, and Cauliflower, one pint.
 One Lettuce. Three-quarters of a pint of Green Peas.
 Half pint of Broad Beans.
 Two Onions or Leeks.
 One teaspoonful of Salt. Half a teaspoonful of Pepper.
 Two teaspoonfuls of Sugar.
 One teaspoonful of chopped Parsley.

Cut up the meat into small pieces, and put it on in cold water with the salt ; let it come to the boil, and well skim it. Scrape the carrots and cut them up ; peel the turnips and cut them up. Break up the cauliflower into little sprigs, and shred the lettuce ; shell the peas, shell the beans, and chop up the onions. Put all these vegetables when prepared in with the meat ; add the pepper. Let this boil slowly for three or four hours, according to the age of the vegetables. Just before serving, stir in the sugar, and last of all the chopped parsley.

Haricot Purée.

Ingredients.

One pint of Haricot Beans.
 One Onion.
 One teaspoonful of Salt.
 Pepper.
 Pint of Milk.
 Two quarts of Water.

Soak the haricot beans in cold water all night. Take the soaked beans and put them in a saucepan with the water and

salt, also a sliced onion ; put it on the fire and let it boil gently for four hours. After that time pass the contents through a colander into a basin, stir in the milk, add pepper and salt, and pour the purée back into the saucepan to warm ; stir it while it is warming, then pour it into a hot soup-tureen.

Lentil Soup.

Ingredients.

One pint of Red Lentils.
 One Onion.
 Three sticks of Celery.
 One ounce of Dripping.
 Pepper and Salt.
 Two quarts of Water.

Soak the lentils all night in cold water. Grease a saucepan with the dripping, wash the lentils well, and put them in the saucepan, with the sliced onion, and the celery cut in small pieces ; put the saucepan on the fire and stir for five minutes. Now add two quarts of cold water. Let the soup boil gently till the lentils are quite soft. Pass the soup through a wire sieve, pour it back into the saucepan, add pepper and salt to taste, and warm it again over the fire. Fried bread should be served with it. If celery is out of season, the seed may be substituted for it.

Macaroni Soup.

Ingredients.

Bones.
 One tablespoonful of Salt and Peppercorns.
 One good-sized Turnip and four Leeks.
 Two Carrots.
 Two Onions, two Cloves, and a blade of Mace.
 A bunch of Herbs.
 Quarter of a pound of Macaroni.

Break the bones up in small pieces, and put them in a saucepan with enough water to cover them and one quart more, put it on to boil ; when boiling add some salt. Wash and cut up the vegetables, *i.e.* carrots, turnip, leeks, and onions with the cloves stuck in ; skim the soup well, and put in these vegetables, also

the mace and peppercorns, let it simmer gently for two hours and a half, then strain it. Boil the macaroni in a separate saucepan with a little salt for half an hour; then cut the macaroni up into pieces of an inch in length. When the soup is ready for use put the macaroni into a soup-tureen, and pour the hot soup over it.

Milk Soup.

Ingredients.

Two pounds of Potatoes.
 Two Leeks or Onions.
 Two ounces of Butter.
 Quarter ounce of Salt. Pepper.
 One pint of Milk.
 Three tablespoonfuls of crushed Tapioca.
 One teaspoonful of Celery Seeds, or three sticks of Celery.

Wash, scrub and peel the potatoes, cut them in slices, cut the onions or leeks in slices.

Put two ounces of butter in a stew-pan, add the vegetables, put the stew-pan on the fire and cook the vegetables for five minutes. Then pour on to them two quarts of boiling water, add pepper and salt, and let the whole boil till done to a mash. Pass it through a wire sieve. Return the soup to the saucepan with one pint of milk. When it boils, sprinkle in the tapioca and boil till the tapioca is clear.

Mulligatawny Soup.

Ingredients.

Two pounds of Australian Mutton.
 Two Apples. Two Leeks.
 Two Carrots. One Turnip.
 Two good-sized Onions.
 Two tablespoonfuls of Flour.
 One tablespoonful of Curry Powder.
 Salt and Sugar. A bouquet of Herbs.

Open the tin of mutton, carefully remove all the fat from the top, and turn the mutton into a basin with two quarts of warm water. Peel the apples, cut them in quarters, cut out the core, and put them in a saucepan with the fat from the mutton, also the

turnip and onion. Peel the leeks, scrape, wash, and cut up the carrots, and put them also into the saucepan; then add the herbs, and let the whole fry for about ten minutes, stirring them occasionally. Mix the flour and curry powder with some liquor from the mutton, and stir it in with the vegetables with some more liquor; now put the meat and remaining liquor into the saucepan, and let it come to a boil. When it boils, put the salt and sugar to it, and move it to the side of the fire to simmer for two hours and a half, skimming it occasionally. After that time strain the soup, and pour it back into the saucepan to get hot. Serve with rice.

Mutton Broth.

Ingredients.

Three pounds of the scrag end of the neck of Mutton.
 Two ounces of Pearl Barley or Rice.
 A teaspoonful of Salt.
 One Turnip.
 One Onion. One Carrot.
 Two Leeks.
 One teaspoonful of Chopped Parsley.

Cut the mutton up into small joints and put it into a saucepan with three quarts of cold water, a teaspoonful of salt, and put it on the fire to boil; draw the saucepan to the side of the fire and let it simmer for one hour and a half, skimming it well. Now add all the vegetables cut up into dice, and the rice, and let it simmer gently half an hour till the vegetables are done. Just before serving, add the chopped parsley.

Pea Soup.

Ingredients.

One quart of Split Peas.
 Two Onions.
 One Turnip.
 One Carrot.
 One head of Celery.
 Teaspoonful of Salt.
 Half a teaspoonful of Pepper.
 Cooked or uncooked Bones.

Soak the split peas for twelve hours, and put them on in two quarts of cold water. Wash and cut up the vegetables, and when the water boils put them in with the peas; also add the

bones, salt, and pepper, and let it boil slowly for two hours, stirring it occasionally. After that time take out the bones, and rub the contents of the saucepan through a colander or a sieve; it is then ready for serving. Serve with dried mint and toast cut into dice.

Pot-au-Feu.

Ingredients.

Four pounds of Beef.
 Two ounces of Sago, or Tapioca for the Soup.
 Half ounce of Salt, two Turnips.
 Two Carrots, two Leeks,
 One Parsnip, one small head of Celery.
 Two or three sprigs of Parsley.
 One Cabbage.
 One Bay-leaf, Thyme, Marjoram, one Onion, three Cloves.

Put six quarts of water into a large pot, tie the meat into a shape and put it in, and when it is boiling put in the salt. Wash the vegetables well, cutting the green off the leeks and celery. When the Pot-au-feu has boiled gently for one hour add to it all the vegetables except the cabbage, tie the herbs together and put them also into the pot, peel the onion and stick the cloves into it and put that into the pot. When these ingredients have been boiling for two hours, cut the cabbage in two, wash it well, tie it together and put it into the pot. Let this simmer gently for four hours. After that time dish the meat and garnish with the vegetables. Serve the cabbage on a hot vegetable-dish. Strain the liquor through a colander into a basin to cool and then remove the fat. When the soup is wanted, put two quarts of the liquor into a saucepan to boil, put to it, stirring all the while, the two ounces of sago, and let it boil for fifteen minutes, when it will be ready for use.

Scotch Broth.

Ingredients.

Four pounds of Scrag of Mutton.
 Six quarts of cold Water.
 One tablespoonful of Salt.
 One Carrot.
 Half a teaspoonful of Pepper.
 One Turnip. One Onion. Two Leeks.
 One tablespoonful of Chopped Parsley.
 Half a head of Celery.
 Two tablespoonfuls of Scotch Barley,

Cut the mutton up into neat pieces, wash it in cold water, put it into a stewpan with a tablespoonful of salt, half a teaspoonful of pepper, and six quarts of cold water; keep it well skimmed, and let it boil for two hours. Then add the vegetables cut up into dice, and two tablespoonfuls of Scotch barley previously washed. Let this simmer half an hour, then add the chopped parsley. The meat can be left in the broth, or else taken out before the vegetables are added.

Semolina Soup.

Ingredients.

One quart of second Stock.
Two tablespoonfuls of Semolina.
Half pint of Milk.
Salt and Pepper.

Put the stock on to boil and when boiling stir in the semolina; let it boil for ten minutes, then add the milk, pepper and salt. Let it warm, stirring all the while, and when warm it is ready for serving.

Shin of Beef Soup.

Ingredients.

Four pounds Shin of Beef, meat and bone.
Two Carrots.
One Turnip.
One Onion.
A bunch of Herbs.
Three sticks of Celery.
Pepper and Salt.
Two ounces of Dripping.

Cut the meat off the bones in small pieces, remove the marrow and break up the bone.

Melt the dripping in a large stewpan, fry the pieces of meat in it; pour off the dripping and add five pints of water and the bones. Whilst it is boiling up, prepare the vegetables; scrape the carrot, cut it in quarters, peel the turnip and onion, cut them in quarters, cut up the celery in pieces. When the soup begins to boil throw in one tablespoonful of salt, to allow the scum to rise; skim it well, then add the vegetables and bunch of herbs; boil it gently three hours,

If liked, the meat may be cut off all in one piece, tied up with string, fried in the dripping and cooked as a joint in the soup. It will take four hours. Serve with brown sauce poured over the meat.

Skate Soup.

Ingredients.

Two pounds of Skate.
 Two pounds of Ling.
 Lemon peel.
 Bunch of Sweet Herbs.
 Two blades of Mace.
 Whole Peppers.
 Parsley.
 Horse-radish.
 The crust of a penny Roll.
 One ounce of Vermicelli.
 Six quarts of Water.

Boil two pounds of skate in six quarts of water. When cooked take out the fish and pick it from the bones; put the fish on one side, and return the bones to the liquor with two pounds of ling, the peel of a small lemon, a bunch of sweet herbs and parsley, two blades of mace, a piece of horse-radish, and the crust of a penny roll. Let this all boil for three hours, till reduced to two quarts, then strain it off; add one ounce of vermicelli to the liquor, and let it boil gently till it is cooked. Just before serving put in some nice pieces of the skate. The rest of the skate can be served separately with parsley and butter sauce.

Spring Soup Maigre.

Ingredients.

Half a small Cabbage (white heart best).
 One Carrot. Half a Turnip.
 The Flower of a small Cauliflower.
 Two Leeks. A head of Celery.
 One Onion. Pepper and Salt.
 Quarter of a pound of Butter.
 Two quarts of Water.
 Four thin slices of Bread and Butter.
 A tablespoonful of Brown Sugar.

Shred all the vegetables very finely ; put them into a saucepan with the quarter of a pound of butter, a little pepper and salt, and the sugar, and let them cook for fifteen or twenty minutes ; then add two quarts of cold water, and let them boil gently for one hour with the lid off. Butter three or four slices of bread ; put them in the oven to brown. Put these slices of bread into the soup-tureen, and pour the soup on to them. Any fresh vegetables in season can be used ; lettuce is very good.

Vegetable Soup.

Ingredients.

Two Carrots.
 Two Turnips.
 One Leek.
 One Onion.
 One stick of Celery.
 Two ounces of Butter.
 One pint of Water.
 Half pint of Milk.
 One ounce of Flour.
 Half a teaspoon of castor Sugar.
 Salt.
 One Bay-leaf.

Shred the vegetables and put them in a saucepan with the butter, which must be melted but not hot. Cook them over the fire, but do not let them brown. Then add the castor sugar, bay-leaf, and water, and boil for about ten minutes, until the vegetables are tender.

Mix the flour and milk together, pour into the saucepan, and boil for a few minutes to cook the flour, stirring carefully. Take out the bay-leaf, add the salt, and the soup is ready.

FISH.

These Cheap Fish Recipes are those issued by authority and were used in the Fisheries Exhibition. They are included by kind permission of the Executive Committee of the Great International Fisheries Exhibition.

Baked Fish.

Butter a tin and put the fish on it, sprinkling a little pepper and salt over it. Butter a sheet of kitchen paper, and cover the fish closely over with it. Put this in the oven, and when the fish is cooked—it will take from ten minutes to half an hour, according to the size of the fish—take off the paper, put the fish on a dish, and sprinkle over it a little finely chopped parsley; then strain over it the liquor on the tin in which the fish was baked: this is the essence of the fish. Serve very hot. Almost all fish is nice cooked this way.

Boiled Fish.

Put a saucepan or fish-kettle of water on the fire to boil. Clean the fish thoroughly in cold water, and put it on to a strainer or dish. When the water is warm, put the fish in and some salt (there should be enough water to cover the fish). Let it simmer gently from twenty minutes to three-quarters of an hour, according to the size of the fish. Skim it occasionally. When we find the skin of the fish is cracking, we shall know that it is sufficiently boiled. Take it carefully out, place on a hot dish, and serve with melted butter or egg-sauce.

Broiled Herrings (Mustard Sauce).

Ingredients.

Three Fresh Herrings.
 One ounce Flour.
 Half-pint Vinegar.
 Six whole Peppers.
 One Onion.
 One teaspoonful of Mustard.

Cut the heads off the fish, wash them clean, dry them in a clean cloth, notch them across with your knife, flour them, and broil

them. Take the heads and smash them up, boil them in vinegar with six whole peppers and one onion for a quarter of an hour, then strain them. Mix one ounce butter, half-ounce flour, and a teaspoonful of mustard; stir this into the vinegar till it thickens and is cooked. Pour the same over the herrings, and serve.

To Broil Herrings and Cabbage.

Ingredients.

One Cabbage.
One ounce Butter.
Pepper and Salt.
Red Herrings.

Boil a cabbage till quite tender; strain it, and put it into a saucepan with one ounce of butter or fat, and a little pepper and salt; stir it that it does not burn, and chop it up with the spoon. Flour and broil some red herrings, put the cabbage on a dish, lay the fish on it, and serve very hot.

To Broil Mackerel.

Ingredients.

One Yolk of Egg.
Nutmeg.
Lemon Peel.
Chopped Thyme and Parsley.
Pepper and Salt, and few Bread-crumbs.
A little Flour.

Cut off the heads. Pull out the roes at the neck end, boil them in a little water. Bruise the roes with a spoon. Beat up the yolk of an egg, and add to it a little grated nutmeg and lemon peel, a little chopped parsley and thyme, pepper and salt, and a few bread-crumbs. Mix all well together, and stuff the mackerel with it. Flour the fish well, broil them, and serve with melted butter.

To Broil Weavers.

Wash them clean, cut off their heads and skin them; flour them well, and broil them a nice brown. Serve with melted butter.

A Cake of Cold Fish.

Ingredients.

Half-pound cold Fish.
 Two ounces Bread-crumbs.
 One Onion.
 Half ounce Fat or Butter.
 Half gill of Milk or Fish Liquor.
 One teaspoonful of chopped Parsley.
 Two yolks and one white of Egg.

Grease a cake-tin, and well cover it with bread-crumbs that have been browned in the oven. Mince the onion and parsley and cook them in a saucepan in the fat, mince the fish and stir into the fried onion and parsley. Take the saucepan off the fire and stir in the bread-crumbs the milk or liquor and the eggs beaten. Pour this all into the cake-tin and bake in a moderate oven three-quarters of an hour. Turn out and serve with melted butter.

Conger Pie.

Ingredients.

One pound of Conger.
 One teaspoonful of chopped Parsley.
 One teaspoonful of chopped Onion.
 One teaspoonful of chopped Suet.
 One teaspoonful of Flour.
 Pepper, Salt, Nutmeg, and Mixed Herbs.

Mix the above ingredients all together; cut the fish into neat pieces, and lay them in a pie-dish, sprinkle a little of the seasoning between each layer of fish till the dish is full; put two ounces of butter on the top in little pieces. Make a paste as follows:—

One pound of Flour.
 Five ounces of clarified Fat or Butter.
 A teaspoonful of Baking-powder.
 Salt. Water.

Rub the fat well into the flour; add baking-powder, a little salt, and enough water to make a paste. Flour a board and roll the paste out two or three times. Wet round the edge of the pie-dish with cold water, cut a slip of the paste, and lay it on the

edge of the dish ; wet this edge of paste again, and cover over the dish with the rest of the paste, close the edges neatly round, cut off the remaining paste ; make a hole in the top of the pie, and bake in a moderate oven one hour. Make a richer crust if you like, by using three-quarters of a pound of flour and half a pound of fat or butter, and no baking-powder.

Curried Fish.

Ingredients.

One pound of Fish.
 One Apple or a stick of Rhubarb.
 Two ounces of Fat or Butter.
 Two Onions ; one pint of Water or Fish Liquor.
 One tablespoonful of Curry Powder.
 One tablespoonful of Flour.
 Salt and Pepper.
 A teaspoonful of Lemon Juice or Vinegar.

Cut up the onion, apple, or rhubarb into small pieces and put them into a saucepan with the butter or fat, and let them fry till they are brown. Then stir the curry powder and flour to them. Add the salt and pepper, and stir in gradually one pint of water or fish liquor. Let this all boil up and simmer gently for half an hour. Just at the last, stir in the lemon juice or vinegar. Then strain it, returning it to the saucepan with the one pound of fish cut up into nice pieces, to get hot through. If you have no cold fish, but cook some on purpose to curry, boil it in one pint of water, and use this water to make the curry of. Serve the curry in a border of boiled rice.

Dried Haddocks.

These fish should be scalded before they are cooked. Put a dried haddock into a basin or a pie-dish, and pour boiling water over it. Let it soak in this for about five minutes, then take it out of the water and skin it ; dry it in a clean cloth, put it on a buttered tin, cover it with buttered paper, and bake it in the oven for about ten minutes. When it is cooked, strain over it the liquor left on the tin in which it was baked ; put a little piece of cold butter on it, and serve.

Dried Haddock and Tomatoes.

Ingredients.

One dried Haddock.
 One small Onion.
 Two Tomatoes.
 One ounce of Butter.
 Pepper and Salt and Parsley.

Soak the fish for three or four hours, then skin it, take out all the bones and break up the fish into flakes. Slice the onion and tomatoes, chop up the parsley, sprinkle with pepper and salt and cook all in the butter till quite soft; then add the fish and cook for ten minutes longer. Dish up in a border of boiled rice or mashed potato.

Fish Pasties and Patties.

Ingredients.

One pound of Fish.
 Half pound of Potatoes.
 One teaspoonful of chopped Parsley.
 One teaspoonful of chopped Onions.
 A little Sweet Herbs.
 One pound of Flour.
 Five ounces of Fat.
 One teaspoonful of Baking-powder.

First make the paste. Rub the fat well into the flour, then add the baking-powder, a pinch of salt, and enough cold water to mix it into a stiff paste. Flour a board and roll out the paste two or three times, then cut it out into round pieces with a saucepan-lid or a cutter. Cut up the fish and potatoes into small pieces and place a little fish and potato on each piece of paste, sprinkle over this a little of the chopped parsley, onion, herbs, pepper and salt, and a few drops of fish liquor. Wet round the edge of the paste with cold water, fold it over and pinch the two edges together in plaits. Put these pasties on a baking sheet into the oven and bake for about half an hour. The same ingredients will make patties. For these roll the paste out thin, line some patty-pans with it, fill them with the fish, potato, and seasoning as above, cover over neatly with paste and bake about half an hour.

Fish Pie with Potato Crust.

Ingredients.

One pound of cold Fish.
 Pepper and Salt.
 One and a half pounds of cold Potatoes.
 One ounce of Dripping.
 Two tablespoonfuls of Milk.

Rub the potatoes through a sieve, if you have one ; if not, put them into a basin and break them up well with a fork. Melt the dripping with half the milk and stir into the potatoes. Break the fish up into small pieces, put it into a pie-dish, and sprinkle it with pepper and salt ; add the rest of the milk or some fish liquor. Cover the pie-dish with the mashed potato, smooth it neatly with a knife dipped in hot water, mark it over with a fork, and bake it for three-quarters of an hour.

Fish Fried in Batter.

Ingredients.

Four ounces of Flour.
 One gill of tepid Water.
 One tablespoonful of Salad Oil.
 Salt.
 The Whites of two Eggs. (These may be left out.)

Put the flour into a large basin, with half a saltspoonful of salt, stir in gradually the salad oil and tepid water. One ounce of butter or fat will do instead of oil, if more convenient, but it must be melted before it is added to the flour. Beat the whites of egg to a stiff froth and stir them into the flour very lightly. In winter, clean snow can be used instead of the whites of eggs. All batter is the better for standing before it is used ; but if you make it without any egg, it *must* stand about four hours. Take the fish you are going to fry off the bones, and cut it up into nice-sized pieces ; dip them into the batter, taking them in and out with a skewer, and fry them in boiling fat. Mind, the fat must be well strained after this, as pieces of the batter will be sure to stick to whatever is next fried in it.

Fish Omelet.

Ingredients.

Dried Haddock.
 One dessertspoonful of grated Cheese (Parmesan).
 Cayenne, Salt, Nutmeg.
 Three Eggs.
 One ounce of Butter.

Break the eggs, separating the yolks and whites, sprinkle into the yolks a little salt, cayenne, nutmeg, and the cheese; stir all together. Take a good tablespoonful of cooked dried haddock, and cut it up into small pieces. Add a pinch of salt to the whites of egg, and whip to a stiff froth. Stir the whipped whites very lightly to the yolks, etc. Melt one ounce of butter in an omelet pan, pour in the eggs, let them just set a little, then put in the fish, and stir all together till the omelet is cooked, turn it towards the handle of the pan, and with the spoon turn it over for a moment, and then turn it out on to a hot dish.

Fish Cakes.

Ingredients.

One pound of Fish.
 Half pound of Potato.
 One ounce of Butter.
 Two Eggs.
 Pepper and Salt.
 One tablespoonful of Milk.

Boil the fish as shown in the "Boiled Fish" recipe, or use up any remains of cold fish for this purpose. Cold potatoes may also be used instead of boiling fresh ones; put the potatoes through a wire sieve. Put the butter and milk into a stewpan; when hot add the potato, the pieces of fish broken up small, the yolk of one egg; salt and cayenne pepper. Make the mixture up into balls of one tablespoonful each, flatten them into cakes, brush them over with egg, cover with bread-crumbs, and fry in hot fat.

This mixture may be made into a fish pudding. Grease a flat tin, and shape the mixture as much like a fish as possible, brush it over with egg, and bake for a quarter of an hour.

Fish and Potato Salad.

Ingredients.

A tablespoonful of mashed Potato.
 A tablespoonful of Milk.
 Two tablespoonfuls of Salad Oil.
 One tablespoonful of Vinegar.
 Dessert-spoon of Mustard ready made.
 Pepper and Salt ; a little Sugar.
 Cold Fish. Salad as in season.

Mash the potatoes while they are warm, and stir to them the oil, vinegar, mustard, pepper, salt, sugar and milk ; mix well and stir to a smooth dressing. Well wash the salad, lettuce, etc., according to the season, shake the water well off the leaves and dry lightly in a clean cloth. Then tear up the leaves lightly with your hands—salad should not be cut up—put this on a dish, break up any pieces of cold cooked fish you may have and put on the salad, pouring the dressing of potato, oil, etc., over it all.

Fricassee (White).

Ingredients.

One pound Fish.
 Half-pint Water.
 Quarter-pint Milk.
 Mace, Nutmeg, sweet Herbs.
 One ounce Butter, one ounce Flour.
 Teaspoonful of Lemon Juice.

Cut up the fish into nice pieces and boil it for a few minutes (about five minutes) in half a pint of water, with a blade of mace, a bunch of sweet herbs, a little nutmeg, and a little salt. Take out the herbs and the mace, add quarter pint of milk and the butter and flour worked together ; stir till the flour is cooked. Add a teaspoonful of lemon juice, and serve.

Fricassee (Brown).

Ingredients.

One ounce Flour. One pound Fish.
 One ounce Butter or Fat.
 Pepper, Salt, bunch of sweet Herbs.
 Blade of Mace, teaspoonful of Lemon Juice.
 One Onion. Half-pint of Fish Stock or Water.

Cut up the fish, and roll each piece in a little flour, and fry it a nice brown. Fry one ounce flour in one ounce butter or fat, and stir in a little pepper, ground mace, one onion chopped up, a small bunch of herbs, and a little salt. When this has all fried a good brown, add half-pint of fish stock, or water, and stir all together till the flour thickens and is cooked; then strain it, add a teaspoonful of lemon juice or vinegar. Put the pieces of fried fish into this sauce, make all hot together, and serve.

Fried Plaice.

Ingredients.

One Plaice.
One Egg.
Bread-crumbs.
Fat for frying.

Wash and dry the fish, cut it up into slices or filets. Dry the pieces with a little flour, break an egg on to a plate, brush the fish over well with the egg, shake it in some bread-crumbs, press them firmly on with the palm of the hand. Put the pieces of fish into a stewpan of boiling fat—they must not touch each other in the fat; when fried brown, take each piece out carefully on to some kitchen paper to drain. Dish in a circle, with fried parsley in the centre.

Haddock Stuffed and Baked.

Ingredients.

One Haddock.
Two tablespoonfuls of Bread-crumbs.
One dessertspoonful of chopped Parsley.
One teaspoonful of chopped Herbs.
Pepper and Salt. Two ounces of Suet.
One Egg. Two ounces of Fat.

Wash the fish clean and dry it in a cloth. Mix two tablespoonfuls of bread-crumbs with the chopped herbs and parsley; add pepper and salt to taste, and two ounces of chopped suet. Stuff the stomach of the fish with this mixture, and sew it up.

Egg and bread-crumbs the fish, and truss it in the shape of the letter S. Put it on a greased tin and bake for half an hour, basting it frequently with dripping. Before serving, take out the cotton which sewed up the fish.

Herring Pie.

Ingredients.

Three Herrings.
 One blade of Mace, ground.
 One Apple.
 One Onion.
 Pepper and Salt.
 One teaspoonful of chopped Parsley.
 Half gill of Water or Fish Liquor.
 Half ounce of Fat or Butter.

Cut off the heads and tails of the herrings, and sprinkle a little pepper, salt and ground mace over them. Grease a pie-dish, and lay the fish in it. Cover the fish with chopped apple, onion and parsley, and put little pieces of fat or butter on the top. Add half gill of fish-liquor or water. Cover with a nice crust as in conger-pie, and bake one hour.

Herring Toast Sandwich.

One Bloater.

Choose a bloater for this purpose, not too dry, split it in two down the back, lay it upon a plate and pour a pint of boiling water over it, let it soak five minutes; place it upon a cloth to dry, then broil it very gradually upon a gridiron. When well done, which will be in about five minutes, have ready two thin slices of toast made very crisp, butter them lightly, then take away all bones from the herring, lay the fleshy parts equally upon one piece of toast, and cover with the others. Serve very hot.

Kedgerree.

Ingredients.

Half a pound of boiled Fish.
 Quarter of a pound of Rice.
 Two Eggs.
 Two ounces of Butter.
 Cayenne Pepper, Salt, and Nutmeg.

Wash and boil the rice ; boil the eggs very hard ; break the fish in pieces, and carefully remove all the bones ; take the eggs, break off all the shell, and cut the whites into small square pieces. When the boiled rice is dry, melt the butter in a stewpan, and add the rice to it ; then add the fish, white of egg, cayenne pepper, a little grated nutmeg, and salt. Mix them well together, and serve on a hot dish, and sprinkle the yolks of egg over it. Dried haddock makes very nice kedgerree.

Potted Fish.

Ingredients.

Six Herrings or three Mackerel.
 Thirty Peppercorns.
 One blade of Mace.
 One Shalot.
 One gill of Vinegar.
 Salt.

Wash and clean the fish thoroughly ; it can be cut in thick pieces, or the head may be taken off, the bone removed, and the herring rolled up. Place the fish in a stone jar with the flavourers and vinegar, tie a piece of brown paper tightly over it and place in a slow oven for two hours, or it may cook in a baker's oven all night.

Salt Fish Pie.

Ingredients.

One pound Salt Fish.
 Two ounces Bread-crumbs.
 Parsley, Nutmeg and Pepper.
 One teaspoonful of Mustard.
 One ounce of Butter or Fat.
 Two gills of Milk.

Soak the fish all night, then boil it. Take away the skin and bones, and mince it up finely. Boil the crumbs in the milk with the butter, mustard, pepper, grated nutmeg, and a teaspoonful of chopped parsley; mix all this with the fish, grease a pie-dish and put the mixture into it, cover with a crust of mashed potato, and bake in a quick oven till the potato is a golden brown.

To Steam Fish.

In a small house, where you have not got a fish-steamer, fish can easily be steamed in a fish-kettle by putting a basin in, and standing the strainer on the basin with enough water to come half-way up the basin. As the water boils away, add more boiling water from the kettle. If you have only a saucepan and no fish-kettle, turn a pie-dish upside down in the saucepan and place the fish on the dish, anything just to raise the fish out of the water, and let it cook in the steam. One thing is quite necessary, and that is a tightly fitting cover to whatever you steam in, to keep the steam well round the fish, or it will not cook properly, but will get sodden and nasty. Fish takes rather longer to steam than to boil, and some kinds of fish take more cooking than others. When it begins to crack, and leaves the bone easily, it is cooked.

Stewed Eels (White Sauce).

Ingredients.

One pound of Eels.
 Half-pint of Water.
 One ounce of Flour.
 One ounce of Butter.
 One teaspoonful of chopped Parsley.
 Cayenne Pepper and Salt.

Cut the head off the eel, skin it from the head down, clean it well, cut it up into pieces two or three inches in length, and put it into a stewpan with half-pint of cold water; when it boils, skim it well, and let it simmer for ten minutes. Mix one ounce of flour into a smooth paste with a little cold water, add a little cayenne pepper and salt, and stir this to the eels; let it boil about five minutes longer to cook the flour. At the last, stir in one ounce of butter and a teaspoonful of chopped parsley, and serve, putting the pieces of fish in the centre of a dish, and pouring the sauce all round them.

Stewed Eels (Brown Sauce).

Ingredients.

A pint of good Gravy or Meat Stock.
 One pound Eels.
 One Onion.
 Sweet Herbs.
 Whole Peppers ; a little Salt.
 A blade of Mace.
 A dessertspoonful of Mushroom Ketchup.
 One ounce Butter.
 Half-ounce Flour.

Fry the onion chopped up, with the herbs and the flour in the butter, till a nice brown ; then stir in the pint of gravy, the mace and peppers, and a pinch of salt. Cut the eel up into pieces and add it ; let it stew slowly till the fish is cooked, about half an hour. Take out the fish, add a spoonful of mushroom ketchup to the sauce, give it a quick boil up, strain it over the fish, and serve very hot.

Stewed Conger.

Ingredients.

One pound of Conger.
 Half-pint of Water.
 Cloves, Mace, Whole Pepper.
 Herbs, Thyme, Marjoram, and Bay-leaf.
 Parsley.
 One Onion.
 One ounce of Flour.
 One ounce of Butter.
 One gill of Milk.

Cut up the fish into convenient pieces, and cook it gently in half-pint of water, with one small onion cut up, a blade of mace, three cloves, a few whole peppers, and a bunch of herbs. When cooked take out the pieces of fish and strain off the liquor ; mix one ounce of flour with one ounce of butter, stir it into the liquor over the fire until the flour is cooked, then add one gill of milk, a pinch of salt, and a little chopped parsley. Pour this sauce over the fish and serve.

Scolloped Fish.

Ingredients.

Cold cooked Fish of any kind.
Bread-crumbs.
Butter.
Pepper and Salt.
Fish Liquor.

Butter a scollop tin, sprinkle on it a layer of bread-crumbs, then a layer of fish broken up into pieces, some pepper, salt, and bits of butter; cover this with more bread-crumbs and bits of butter, pour on a little drop of fish-liquor and bake ten minutes.

Very simple Water Souché.

Ingredients.

Plaice, Dabs, or Flounders.
Water.
Salt.
Parsley.

Take plaice, dabs, or flounders, wash them clean, cut off the fins, and put the fish into a stewpan with just enough cold water to cover them; add a little salt and a good bunch of parsley; boil gently till the fish is cooked. Strain the liquor into a tureen, put in the fish and a teaspoonful of finely chopped parsley. Hand parsley and butter sauce.

Water Souché (another way).

Ingredients.

Flounders or Dabs.
One Onion.
One small Carrot.
Parsley.
Salt.
One gill of Milk.

Thoroughly clean the fish, and put it into a saucepan with cold water—enough to cover it; add a little salt, the onion and carrot shredded, and a handful of parsley chopped finely. Boil gently till the fish is cooked, then add as much milk as will turn the water white, about one gill. Serve all together in a soup tureen.

Grilled Fish.

Mackerel, herring, pilchards, and dried salmon are generally grilled. The gridiron bars must be greased, and the fish peppered before it is put on. When it is done a little salt, and, if liked, a little butter is put on. Salmon is sometimes wrapped in greased writing paper to broil. A slice of salmon takes a quarter of an hour to boil.

MEAT.

À la Mode Beef.

Ingredients.

One Cow-heel.
 One Ox-cheek.
 Three ounces of Dripping.
 Three Carrots.
 Six Onions.
 One bunch of Herbs.
 Two tablespoonfuls of Flour.
 Pepper and Salt.

Wash the ox-cheek well, rub some salt over it, and cut it up into neat pieces about one inch square; cut the meat off the bones of the cow-heel into neat pieces.

Flour the pieces of ox-cheek and fry them in three ounces of dripping in a large saucepan; slice the carrots and onions, and put them with the bunch of herbs into the saucepan; add the pieces of cow-heel and the proper quantity of water, allowing one pint of water to every pound of meat.

Put two tablespoonfuls of flour into a basin, mix it to a smooth paste with a little cold water; stir the paste smoothly into the saucepan, add pepper and salt to taste. Let the stew boil up and simmer gently for three hours. Stir it often; serve in a large dish or soup-tureen. The bones of the cow-heel may be put in the stock-pot.

To Bake a Joint.

Weigh the joint and allow fifteen minutes to every pound of meat, or twenty minutes if the joint is solid meat without any bone. To bake a joint you require a double tin which holds hot water, so that the steam from the water prevents the dripping from the meat from burning and making an unpleasant smell. Place the trivet the meat stands on, on the hot water tin, flour the meat and put it on the trivet in the oven. For the first five minutes keep the oven very hot, then open the ventilator to allow the steam to escape, or the meat will be sodden. Baste the joint and turn it over occasionally ; just before serving sprinkle a little salt over the joint. Make the gravy as for roast joint (see page 34).

To Boil a Joint.

Put a saucepan full of water on the fire to boil. Weigh your joint and allow fifteen minutes to every pound, unless it is pork, and that requires twenty minutes to every pound to cook it. Put fresh meat into boiling water with a little salt, and draw the saucepan off the fire as soon as the joint is in, so that it may only simmer until it is done. Salt meat must be put into warm water and brought to the boil, then allowed to simmer until it is done. When the joint is cooked, serve it on a hot dish, with a teacupful of the liquor it was boiled in poured over it. The rest of the liquor may be saved for soup, if it is not too salt, and if no vegetables have been boiled with the meat.

Boiled Pork.

Wash the joint, then put it into a saucepan and cover it with warm water : let it gradually come to a boil, skim and simmer till tender. Allow twenty minutes to the pound.

Boiled Pig's Head.

One Pig's Head.

Take out the brains and throw them away and wash the head thoroughly, carefully removing the veins and splinters of bone, then lay the head in pickle (see Pickle for Meat) for three days, after that time put it on to boil with sufficient water to cover it, when boiling let it simmer for two hours. Serve with onion sauce.

Brawn.*Ingredients.*

Half a Pig's Head.
 Forty Peppercorns.
 Two blades of Mace.
 Four Cloves.
 Twelve Allspice.
 A bunch of Herbs.
 Two large Onions.

Wash the pig's head in tepid water, take the brains out and throw them away, and cut out all the veins and splinters of bone. Lay the head in pickle (see Pickle for Meat) for three days ; after that time put it in a saucepan of cold water to boil, when boiling let it simmer gently for one hour and a half. When the pig's head is sufficiently boiled take it out of the saucepan and cut all the meat off the bones and into the shape of dice. Put the bones back into the saucepan with the liquor in which the head was boiled, the peppercorns, mace, cloves, allspice, and the bunch of herbs. Peel two onions, cut them in quarters and put them also into the saucepan and let it boil for half an hour ; after that time strain the liquor into a basin, and then pour it back again into the saucepan, add the pieces of meat to it and season with pepper and salt, and let it come to a boil. Rinse a mould or basin with cold water and pour the meat and liquor into it, and stand it aside to cool ; when cool turn it out of the basin on to a dish.

Brazilian Stew.*Ingredients.*

Four pounds of shin or sticking of Beef.
 Two Carrots. Two Turnips.
 Four Onions.
 A bunch of Herbs.
 Pepper and Salt.
 One gill of Vinegar.

Cut the meat away from the bone and into neat pieces. Wash the carrots and turnips, cut them up with the onions, and put them into a saucepan with the meat, sprinkling a little salt and pepper over them, then add the bunch of herbs. Cover the contents of the saucepan with vinegar, shut the lid down tightly and let it simmer gently for at least three hours. Serve on a hot dish or soup-tureen.

Boiled Rabbit.

Wash the rabbit well in warm water, clear out all the blood from the head and neck, truss it into a proper shape, put it into boiling water and let it boil gently for one hour ; if a small one, forty minutes.

Serve the rabbit with onion sauce or parsley and butter.

Cornish Pasties.

Ingredients.

Half a pound of Buttock Steak or Beef Skirt.
 Half a pound of Potatoes.
 One Onion.
 One pound of Flour.
 Six ounces of Dripping.
 Salt and Pepper.
 One teaspoonful of Baking Powder.

Cut the meat into small pieces, wash and peel the potatoes and cut them in dice, chop the onion up finely, mix them all together on a plate, with pepper and salt, and two tablespoonfuls of cold water. Put one pound of flour into a basin, rub the dripping into it, add the baking powder and sufficient water to make it into a stiff paste. Flour a board and put the paste on it ; roll it out about a quarter of an inch thick. Cut the pastry into pieces six or seven inches square, and place a little of the meat and potato and onion in the centre of each ; fold the pastry over the meat. Place on a baking sheet, and bake from half to three-quarters of an hour.

Curried Rabbit.

Ingredients.

One Rabbit.
 Quarter of a pound of Fat.
 Two Onions.
 One Apple.
 Two tablespoonfuls of Curry Powder.
 One pint of good Stock.
 One Lemon.
 Half a teaspoonful of Salt.

Put the fat into a stewpan to melt ; peel and chop up the onions, and drop them into the melted fat, and fry a light

brown. Wash and dry the rabbit, and cut it in pieces of an equal size. When brown, strain the onions, and put the fat back into the stewpan, and put the pieces of rabbit in to fry for ten minutes; then add the curry powder and salt, and stir well over the fire for five minutes. After that time put in the fried onions, the chopped apple, and the stock, and let the whole simmer for two hours, then stir in the lemon juice. When done, arrange the rabbit neatly, and pour the sauce round it. Serve with boiled rice.

Giblet Pie.

Ingredients.

Two sets of Giblets.
 Half a pound of Steak.
 Three-quarters of a pound of Flour.
 Eight ounces of Fat.
 Seasoning.

Prepare and thoroughly clean giblets; put them into a stewpan well covered with cold water; bring them to the boil. Well skim, then add the salt, and simmer for four hours. Cut the giblets into regular sized pieces, and arrange them in a pie-dish with the meat cut as for a steak-pie. Pour in the stock from the giblets, and well season. Put the flour into a basin with the salt, and rub in the fat; mix into a paste with cold water. Put the paste on a floured board, roll out rather larger than the dish: cut a strip off, and line the edge of the dish, then lay on the paste for the top. Decorate and bake two hours.

Haricot Mutton.

Ingredients.

Two pounds of scrag end of neck of Mutton.
 Two Onions.
 Two Carrots.
 Two Turnips.
 One ounce of Dripping.
 One ounce of Flour.
 Pepper and Salt.

Cut the mutton in pieces, and fry it brown on both sides in one ounce of dripping. Take out the pieces of meat and stir in the

flour, allowing it to brown in the dripping; stir in one pint and a half of water or stock, and put back the meat. Cut the carrots, onions, and turnips into dice; add these vegetables to the saucepan, season with pepper and salt to taste; skim well. Move the saucepan to the side of the fire to simmer gently for two hours. For serving, arrange the meat in a circle, the vegetables in the centre, and the gravy over the meat.

Irish Stew.

Ingredients.

Two pounds of Potatoes.
One pound of scrag end of Mutton.
Half pound of Onions.
Pepper and Salt.

Cut the meat into neat pieces, removing the fat, and put it into a saucepan with cold water enough to cover it, and half a teaspoonful of salt. Let it come to the boil, then skim it very thoroughly, and let it cook gently for about an hour. Wash and peel the potatoes, cut them in half, skin the onions and cut them in slices; when the meat has cooked for about an hour add these vegetables, with a sprinkle of pepper and salt, and let all cook slowly together for another hour with the lid on. Irish stew can be made with cold meat and cooked or uncooked onions and potatoes. If the vegetables are uncooked they must be cooked before the meat is added, as the meat, being already cooked, must on no account be allowed to boil again, but must only get thoroughly hot through, on the top of the vegetables.

Liver and Bacon.

Ingredients.

Two pounds of Calf's or Sheep's Liver.
One pound of Bacon.
Five dessertspoonfuls of Flour.
Pepper and Salt.
One small Onion.

Cut the bacon in thin slices, take off the rind and place the slices in a frying-pan. Wash the liver and dry it: cut it in slices of about one-third of an inch in thickness.

Put the flour with some pepper and salt on to a plate, dip each piece of liver into it.

Fry the bacon first, turning it once, put it on a hot dish and put the pieces of liver in the pan, a few at a time, as they must not be on the top of each other. Fry the liver for a quarter of an hour, cut a slice to see if it be sufficiently cooked ; if it is not done the inside will look red. When the liver is all cooked, put it on the same dish with the bacon ; stir the flour into the frying-pan, when the flour is brown, add the stock, stir till it boils and thickens, pour this sauce over the liver in the centre of the dish.

If a fried onion is liked, it should be cooked after the liver is done and before the gravy is boiled. Serve it on the top of the liver.

Pickle for Meat.

Ingredients.

One pound of Salt.
Six ounces of brown Sugar.
Three quarters of an ounce of Saltpetre.
One gallon of Water.

Put all these ingredients into a large saucepan and let it boil for five minutes, skimming it all the while, then strain it into a large basin, and when it is cold the meat can be put in it and should be kept in it nine days.

Pork Pie.

Ingredients.

Quarter of a pound of Lard.
One pound of Pork.
Seasoning.
One pound of Flour.
One Egg.

Put the lard and a gill of cold water into a saucepan, and let it boil. Cut the pork into small square pieces. Put the flour into a basin, and when the lard and water are quite boiling pour them into the middle of the flour and mix well together with a spoon, and when it is cool knead it with the hands, and then turn it out on a floured board ; cut off a quarter of the paste and shape the rest into shape of a basin, and cut it even round

the top. Dip the pieces of pork into cold water, and season them well with pepper and salt. Put them into the mould of paste, then put the other piece of paste over the top of it, pressing the two edges together. Break the egg into two cups, dividing the yolk from the white, put a little of the white on the edge of the mould. Cut the leaves out of the remaining paste, dip them in the white of egg and stick them on top of the pie, then wet the pie all over with the yolk of egg and put it in the oven to bake for two hours.

Rabbit Pie.

Ingredients.

One Rabbit.
 Half a pound of Bacon or Salt Pork.
 Half a pound of Beefsteak.
 Salt and Pepper.
 One teaspoonful of chopped Parsley.
 Three-quarters of a pound of Flour.
 Half a pound of clarified Dripping

Make the paste as for meat pie (see page 39). Wash the rabbit well in cold water, wipe it dry, and cut it up into neat pieces of an equal size. Cut the pork and beefsteak into slices. Arrange the rabbit, bacon, and beef in a pie-dish, and sprinkle over them the chopped parsley, pepper, salt, and a little cold water or stock. Cover with the paste, and bake in a hot oven for two hours till it is a pale brown.

Ragout of Mutton.

Ingredients.

Two pounds of scrag of Mutton.
 Two ounces of clarified Fat.
 Two tablespoonfuls of Flour.
 One saltspoonful of Pepper.
 Half a teaspoonful of Sugar.
 One teaspoonful of Salt.
 Bouquet of Herbs.
 One Onion.

Take the mutton and cut it into pieces about two inches square ; put the fat into a saucepan, and when melted add the flour ; stir with a wooden spoon till it forms a brownish roux, then add

the meat and stir for twenty minutes ; add a little water, but not enough to cover the meat, and add the salt, pepper, sugar, and herbs. Stir it till it boils, and let it simmer for an hour. Having previously peeled the turnip and onion, and scraped the carrots, cut them up into small pieces of an inch square, put some fat in the frying-pan, and fry till brown, then add them to the meat. When ready to serve take out the meat and vegetables, squeeze the bouquet, which throw away, skim off the fat, and add a little broth or water. Dish it up by placing the pieces of meat in a circle, and the vegetables in the centre ; pour the sauce over, and serve very hot (if not it is spoiled). A few fresh vegetables, cut in small pieces, can be boiled separately in water and served on the top of the Ragout if liked.

Ragout of Rabbit.

Ingredients.

One Rabbit.
 Half a pound of Bacon.
 One Carrot.
 One Onion.
 One ounce of Flour.

Wash and clean the rabbit, cut it up into joints, and dry the pieces in a cloth. Cut the bacon in slices, and fry it in a stewpan ; when the bacon is done fry the rabbit brown. Take the rabbit up on to a plate, and stir the flour into the fat, when it is brown put in one quart of water, with the carrot and onion cut in quarters ; pepper and salt to taste. Boil gently an hour and a half. Serve the rabbit with the bacon round, and the gravy poured over it.

Roast Joint.

To roast a joint, have a well-made-up clear fire. Weigh your joint, and allow a quarter of an hour to each pound of meat, and one quarter of an hour over ; white meats, such as veal or pork, take a little longer. Put the meat close to the fire for the first five minutes, to close up the pores and keep the gravy in, then draw it further away. Baste it often, and see that it does not burn. For the last quarter of an hour put the joint closer again to the fire, to brown the outside. When the meat is cooked, take it up on a hot dish, pour all the dripping from the pan into a basin

for future use when cold. Pour about one gill of stock or hot water into the dripping-pan, scraping the brown particles off which adhere to the pan and which colour the gravy, pouring this round the joint, not over it, as that would sodden the meat. When the joint is cut, the juices will run out, and added to the stock already in the dish will make a good gravy.

Roasting in a Stewpan.

Ingredients.

A Calf's Heart.
 Two ounces of Dripping.
 Two tablespoonfuls of Bread-crumbs.
 Two tablespoonfuls of chopped Suet.
 One tablespoonful of chopped Parsley.
 One teaspoonful of Lemon, Thyme, and Marjoram.
 Pepper and Salt.
 One Egg, or a little Milk.

Clean the heart well, soaking it in warm water to draw out the blood; while it is soaking make the stuffing. Mix well together the bread-crumbs, chopped suet, parsley, lemon, thyme, marjoram; sprinkle a little pepper and salt, and bind these ingredients all together, with one egg or a little milk. Take the heart, dry it with a clean cloth, cut off the deaf ears, and stuff it with the stuffing just made; sew it up, and put it in a stewpan with two ounces of dripping, over a very slow fire; baste it frequently, and turn it over occasionally. A bullock's heart takes two hours and a calf's heart one hour to cook. Serve with brown sauce.

Roast Rabbit, Stuffed.

Ingredients.

One Rabbit.
 Quarter of a pound of Bread-crumbs.
 Two ounces of Suet.
 One teaspoonful of chopped Parsley.
 One teaspoonful of chopped Herbs.
 A little grated Lemon-rind and Nutmeg.
 Salt and Pepper.
 Two tablespoonfuls of Milk.
 One Onion. One Shalot.
 Half-pint of Stock.
 One ounce of Flour. One ounce of Fat.

Wash the rabbit well in cold water and wipe it well inside. Chop the suet, herbs, and parsley, taking away all the stalks, then mix the suet, herbs, bread-crumbs, salt, pepper and the milk well together, and grate a little nutmeg over it. Fill the inside of the rabbit with this stuffing and sew it up with string. Grease a piece of paper and wrap it round the rabbit to prevent its burning, and put it in a tin with a little dripping; put the tin in the oven to bake for one hour, basting it frequently. When nearly done remove the greased paper and sprinkle a little salt over the rabbit. When done serve with brown sauce.

Sausages.

Ingredients.

One pound of Sausages.
One ounce of Dripping.
One ounce of Bread.

Melt the dripping in a frying-pan. Prick the sausages to prevent them bursting. Put them into the pan and fry brown all round; they will take seven minutes. Serve on a square of fried bread, or on mashed potatoes.

Sausage Rolls.

Ingredients.

Half a pound of Sausages.
One pound of Flour.
Half a pound of Dripping.
One teaspoonful of Baking Powder.
Seasoning.
One Egg.

Cut the sausages in half and skin them. Put the flour into a basin, add to it the baking powder, salt and dripping, rubbing them all well together so as to leave no lumps, add a little water and make it into a stiff paste, then turn it out on to a floured board, and cut the paste in two, rolling each portion out till it is about the eighth of an inch thick, place half a sausage to the paste, fold the paste over and press the ends together. Grease a baking tin and place the sausage rolls on it. Break the egg on to a plate and beat it slightly with a knife and brush over the top of each roll. Place the tin in the oven to bake for half an hour; when done take the rolls off the tin and put them on a dish.

Scollops.

Ingredients.

Half a pound of Steak.
 One ounce of Butter.
 One Onion, minced finely.
 Half a saltspoonful of Salt and Pepper.
 Gill of Stock or Water.

Mince the steak, then dissolve the butter, and fry the meat brown ; then add the stock or water, the minced onion, seasoning, and simmer for one hour. Serve with sippets of toast.

Sea Pie.

Ingredients.

Two pounds of Buttock Steak.
 Two Onions, one small Carrot.
 Pepper, Salt.
 Three-quarters of a pound of Flour.
 Quarter pound of Suet.
 One teaspoonful of Baking Powder.

Cut the meat into thin slices, peel the onions, cut the carrot into small pieces, season the pieces of meat with pepper and salt and put them into a large saucepan in layers, sprinkling the chopped vegetables on each layer, and pour in enough cold water to cover the meat ; let it come to a boil, and then let it simmer. While it is doing so make the crust. Chop the suet very finely, put the flour, salt, and baking powder into a basin and mix well together, then rub in the suet, and add enough water to make it into a smooth, very stiff paste, then turn it out on to a floured board and roll it out to the size of the saucepan. Put this paste over the meat in the saucepan and let it simmer gently for one hour and a half. Do not let the paste stick to the saucepan while cooking, and keep the lid on. When done turn out the meat and vegetables and place the crust, previously removed, over them.

Sheep's Head Boiled.

Ingredients.

One Sheep's Head.
 Salt.
 One ounce of Rice.
 Ten Peppercorns.
 Two Turnips.
 One Carrot.
 One Onion.
 Half a small head of Celery.
 One sprig of Thyme.
 Two sprigs of Parsley.
 Toasted Crusts of Bread.
 One ounce of Flour.
 One ounce of clarified Dripping.

Cut the head in half, take out the brains, wash them and put them into cold water, with a little salt. Wash the head and tongue thoroughly. Cut away all the small bones in the nostril, clean out the eyes, and cut off the hair, then allow the head and tongue to soak in salt and water for an hour. Put the head and tongue into a saucepan, cover with cold water, gradually bring it to the boil, and take off very carefully every particle of scum. Allow the head to simmer one hour and a half, then add the vegetables cut in large pieces, the herbs, rice and seasoning. Half an hour before the head is done, tie the brains in muslin and put them in to boil for ten minutes. Make sauce of the flour and dripping, adding some of the liquor to them, and move it to the side of the fire. Take out the brains and chop them up, and add them to the sauce. Take out the turnips and mash them. Place the head on a dish, garnish with the tongue, pour the sauce over, and put the mashed turnip and other vegetables over it; serve with sippets of toast.

Sheep's Trotters.

Ingredients.

A gang of Trotters (four).
 A tablespoonful of Vinegar.
 One Carrot.
 One Onion.
 One ounce of Flour.

Wash the trotters well in cold water, and blanch them. Put them in a stewpan with a carrot, an onion cut up, a tablespoonful

of salt, one of vinegar, and two quarts of cold water. Mix one ounce of flour and one tablespoonful of water to a smooth paste ; stir this to the trotters, and let them simmer for four hours. Then take them up carefully, arrange them on a hot dish, and pour either parsley and butter sauce or piquante sauce over them.

Meat Pie.

Ingredients.

One pound and a half of Buttock Steak.
 Half pound of Bullock's Kidney.
 Seasoning (Flour, Salt and Pepper).
 Three-quarters of a pound of Flour.
 Half pound of clarified Dripping.

Cut the steak into thin pieces and roll them up with a piece of kidney inside each ; put one tablespoonful flour, one teaspoonful salt, and half of pepper on to a plate, mix them together and dip each piece of meat into it. Arrange these rolls of meat and kidney in a pie-dish, and fill up the dish two-thirds with water.

Put the flour into a large basin with half a saltspoonful of salt, rub into it the clarified dripping, or, if the dripping is hard, shred it in with a sharp knife, then add, by degrees, sufficient cold water to make it into a stiff paste. Flour a board, and roll the pastry out rather larger than the pie-dish, about one-third of an inch thick ; cut a strip off and wet the edge of the dish ; place the strip round the dish, wet the edge again and press the remaining piece of pastry over the pie ; trim off the rough edges with a sharp knife. Make a hole in the pie to allow the steam to escape whilst baking ; ornament the top of the pie with any device you like. Bake it for two hours, putting it into the hottest part of the oven first to make the crust light, and then putting it in a cooler part to cook the meat thoroughly. If you like a better crust, use the following :—

Rough Puff.

Ingredients.

Eight ounces of Flour.
 Six ounces of Butter.
 Salt.
 Half a tablespoonful of Lemon-juice.

Put the butter and flour on a paste-board, chop up the butter in the flour, heap it all up on the board, make a well in the

centre, put in the lemon-juice, and sprinkle the salt over. Take a full tablespoonful of cold water, and mix it slowly and lightly with your fingers into the flour and butter, adding more water if necessary, until you get a stiff paste. Roll this out, fold it over in half, turn it with the rough edges towards you, roll it and fold it again; repeat this twice more, so that it is rolled out and folded four times in all. It is now ready for use for a meat pie, apple tart, or tartlets.

Steak and Kidney Pudding.

Ingredients.

Six ounces of Suet.
 One pound of Flour.
 One teaspoonful of Baking Powder.
 Seasoning.
 One pound and a half of Buttock Steak,
 Half a pound of Bullock's Kidney.

Put the flour, baking powder, salt, and the suet chopped finely into a basin; rub them well together, add enough cold water to make it a paste. Cut the steak into slices, also the kidney, and season with pepper and salt. Roll the paste out and line a basin with it, reserving a piece for the top. Place the meat and kidney in the basin, and cover with the remainder of the paste, having put in a little water; join the paste together at the edges, and trim neatly. Wring the pudding-cloth out in boiling water, and tie over the top of the basin with the four corners over the top. Put the pudding into a saucepan of boiling water, and let it boil for two hours. Turn the pudding out of the basin on to a hot dish.

Stewed Breast of Veal.

Ingredients.

Breast of Veal. Two Onions.
 Two Carrots. Two Turnips.
 Twenty Peppercorns.
 One ounce of Salt.

Put the veal into a saucepan, and well cover it with cold water; bring to the boil, and skim, then add the seasoning and the vegetables prepared. Stew the veal very gently for two hours and a half, and serve with piquante or parsley and butter sauce poured over it.

Stewed Brisket of Beef.

Ingredients.

Seven pounds of Brisket of Beef.
 Two Carrots, one Turnip, two Onions.
 One head of Celery, one Leek.
 Bouquet of Herbs.
 Six Cloves, twelve Peppercorns, six Allspices.
 One tablespoonful of Salt.

Scrape the beef quite clean and put it into a large saucepan. Prepare the vegetables and add them to the meat, also the herbs, cloves, peppercorns, salt and three quarts of water. Let it come to a boil and then let it simmer for three hours. After that time take the meat out of the saucepan, remove the flat bones, and place it between two dishes with a heavy weight to press it down. Strain the stock and boil it till it is a glaze (one gill of stock). Pour this over the beef and let it cool.

Stewed Calf's Feet.

Ingredients.

Two Calf's feet.
 Two slices of Bacon.
 One Onion.
 Two ounces of Butter.
 Four Cloves.
 One blade of Mace.
 A small bunch of Parsley, Thyme, and a Bay-leaf.
 Salt and Pepper to taste.

For the Sauce.

One ounce of Butter.
 One ounce of Flour.
 Salt.
 One gill of Milk.
 Half a pint of the liquor the feet have boiled in.
 One tablespoonful of chopped Parsley.

Bone the feet as far as the first joint, and soak them in warm water for two hours. Put the butter, bacon, onion sliced, cloves, mace, and herbs into a stewpan, lay the feet in, and just cover them with cold water; add pepper and salt to taste, and stew slowly for three hours. Take out the feet with a slice, and serve with sauce made as follows poured over them: Mix one ounce of butter and one ounce of flour together in a stewpan, add, stirring

slowly all the time, half a pint of the liquor the feet were cooked in. Let this boil for five minutes, then add the gill of milk, a pinch of salt, and last of all the chopped parsley. Put the rest of the liquor away, previously strained ; it will do for gravies, or to add to other stock.

Stewed Ox-cheek.

Ingredients.

Six pounds of Ox-cheek.
 Two Carrots, one Turnip.
 Half head of Celery. Four Onions.
 Bouquet of Herbs.
 Twelve Cloves, one blade of Mace.
 Twenty Peppercorns. Salt.
 One ounce of Fat. One ounce of Flour.
 One ounce of Butter.

Wash the ox-cheek well in warm water, and cut the flesh carefully off the bone, and roll it up and tie a piece of string round it ; then put it into a stewpan with some clarified dripping, and put it on the fire to brown. Wash and scrape the carrots and peel the turnips, and cut them all in half ; peel the onions, and stick the cloves into them ; wash the celery, and cut off the green tops. Put the rolled cheek, the bones and all these vegetables into a saucepan, and add to them the herbs tied together ; pour in sufficient cold water to cover it, about six quarts, and bring it to a boil ; then move it to the side of the fire to simmer gently for four hours. When the cheek is nearly done, put the butter into a small saucepan on the fire to melt, stir in the flour ; then take a pint of the ox-cheek stock, pour it into the small saucepan, and stir until it boils and thickens. When the ox-cheek is done, place it on the centre of a hot dish and pour the sauce over it.

Stewed Ox-tails.

Ingredients.

One Ox-tail. One Onion.
 Three Cloves. One blade of Mace.
 Quarter of a teaspoonful of whole Pepper.
 Half a teaspoonful of Salt.
 Bouquet Garni.
 Tablespoonful of Lemon-juice.
 Two ounces of Fat.
 One ounce of Flour.

Divide the tail at the joints and fry them brown in a saucepan, with the fat and the onions ; take out the pieces of tail, stir in the flour, and allow it to brown. Put back the pieces of tail, and well cover them with stock or water ; add vegetables and seasoning. Simmer for three hours, then add lemon juice. Arrange the pieces of tail in a hot dish, strain sauce over them, and garnish with sippets of toast.

Stewed Knuckle of Veal.

Ingredients.

Four pounds of Knuckle of Veal.
 Quarter of a pound of Rice. One Onion.
 Quarter of a teaspoonful of Salt.
 Quarter of a teaspoonful of Pepper.
 One tablespoonful of Chopped Parsley.

Wash the veal, and put it on to simmer for two hours in four pints of cold water, with the salt. Peel and cut up the onion, wash the rice, and when the veal has simmered for one hour then add these to it, and let it simmer for the other hour, and then add the chopped parsley. For serving, place the rice and gravy on a dish with the meat in the middle.

Toad-in-the-hole.

Ingredients.

Half pound of Flour.
 Two Eggs.
 One and a half pound of Meat.
 Seasoning.
 One pint of Milk.

Put the flour into a basin, make a hole in the centre and break in the eggs, having first ascertained that they are good ; stir in smoothly half the milk, beat it well, and add the rest of the milk.

Cut the meat in neat pieces, season it with salt and pepper, and place it in a greased pie-dish, or Yorkshire-pudding tin. Pour the batter over it, and put into the oven for one hour.

Tripe à la Coutance.

Ingredients.

One pound of thin Tripe.
 Half a pound of Bacon.
 One small Carrot.
 Salt and Pepper.
 Four Mushrooms.
 Juice of half a Lemon.
 One small Onion.
 Bouquet Garni ; Parsley.
 Two Shalots.
 Two ounces of Butter.
 One tablespoonful of Harvey Sauce.
 One tablespoonful of Mushroom Ketchup.
 One ounce of Flour.
 One pint of Stock.

Wash the tripe in cold water, and then blanch it. Take it out of the stewpan, dry it with a clean cloth, and cut it into strips two inches wide and four inches long. Cut the bacon into very thin slices the same size as the strips of tripe. Chop up one shalot and the parsley, lay the strips of bacon on the strips of tripe, sprinkle a little chopped parsley and shalot on each, roll them up together, and tie round with string. Cut up the other shalot, the onion and carrot, put them with the bouquet garni (thyme, marjoram and bay-leaf) and the mushrooms into a stewpan with the rolls of tripe, pour in one pint of stock, and let it simmer gently for quite two hours. Then take out the rolls of tripe, and put them on a plate. Mix the two ounces of butter and one ounce of flour together in a stewpan, strain the stock into it; stir till it boils and thickens, add the lemon juice, Harvey sauce, and mushroom ketchup, also the rolls of tripe to get hot through. To serve arrange the rolls of tripe in a circle round mashed potato, spinach, or some other vegetable, and pour the sauce round.

Tripe and Onions.

Ingredients.

One pound of Tripe.
 Three or four large Onions.
 One pint of Milk.
 One dessertspoonful of Flour.
 Pepper and Salt.

Blanch the tripe—that is, put it on in cold water and let it come to the boil; throw the water away. Cut it into neat pieces. Peel the onions, and slice them. Put the tripe and onions into a saucepan with one pint of milk. Let it simmer for not less than two hours. Take a dessertspoonful of flour, mix it to a paste with a little cold milk; stir by degrees the paste into the hot milk, let it boil up and thicken, season to taste, and serve very hot.

Tripe and Rice.

Ingredients.

Two pounds of Tripe.
Two Onions.
Two ounces of Fat or Butter.
One quart of Milk or Broth.
One and a half ounce of Rice.
Pepper and Salt to taste.

Cut the tripe up into convenient pieces of about two inches long and one inch broad, and blanch it, that is, put it on in cold water and just boil up, then strain away the water. Cut up the onions, and fry them in a stewpan in two ounces of fat or butter till they are soft; then put the pieces of tripe into the stewpan, and add one quart of milk or broth, one and a half ounce of washed rice, a little pepper and salt, and let it all simmer together for one hour; it must not boil, or it will curdle.

Tripe and Tomatoes.

Ingredients.

Two pounds of Tripe.
Two Onions and a bunch of Herbs.
One pound of Tomatoes.
Two ounces of Fat or Butter.
One ounce of Flour.

Cut up the tripe and blanch it; cut up the onions, and fry them with the herbs in two ounces of fat or butter, and stir in the ounce of flour. Rub one pound of tomatoes through a sieve, put this into the stewpan with the fried onions, add the tripe and a little salt, then let it all simmer gently for one hour, and serve.

Veal Cake.

Ingredients.

One pound of Veal Cutlet.
 Four eggs.
 Half a pound of fat Bacon.
 Parsley, Pepper, and Salt.
 A little grated Lemon-rind.
 One gill of Stock.

Boil the eggs hard, and cut them in slices. Chop up the parsley and mix with the grated lemon-rind, the pepper and salt. Line a plain round mould with the slices of egg on the bottom. Cut up the veal into neat pieces, and put it in the mould in alternate layers with the bacon cut up and the slices of egg, sprinkling each layer with the seasoning. When the mould is full, pour in the stock; cover over tightly with buttered paper, put a weight on the top, and bake in a slow oven for three or four hours. When quite cold, turn out and serve.

COLD MEAT.

Curry.

Ingredients.

Scraps of cold Meat.
 Two ounces of clarified Dripping.
 One Apple.
 One Onion.
 One dessertspoonful of Curry-powder.
 One dessertspoonful of Flour.
 Salt and Pepper.

Cut up the onion and the apple finely. Cut the meat into neat slices. Put the dripping into a small saucepan, and when it is hot add the onion; fry the onion brown, strain it, and return the dripping to the saucepan; add the curry-powder, flour, chopped apple, and salt, and stir to it gradually half a pint of cold water. Let it boil, and then simmer for half an hour with the lid off. Add the meat, let it get hot through, but do not let it boil again. Serve with boiled rice.

Gateau of Cold Meat.

Ingredients.

Half a pound of Meat.
 Two ounces of Crumbs of Bread.
 One Shalot.
 Half an ounce of Fat.
 Half a gill of Gravy.
 One teaspoonful of Parsley.
 Two Yolks and one White of Egg.

Grease a cake-tin, and well cover it with brown bread-crumbs. Mince the shalot and the parsley, fry the shalot in the fat, then mince the meat. Put all the ingredients into a basin, and mix with the gravy and the eggs beaten; put into the cake-tin. Bake in a steady oven for three-quarters of an hour.

Hash or Mince.

Ingredients.

One pound of scraps of cold Meat and Bone.
 Two small Onions.
 One Carrot.
 Half a Turnip.
 One bunch of Herbs (consisting of a Bay-leaf,
 a sprig of Marjoram, Thyme, and Parsley).
 A tablespoonful of Flour.
 Sippets of Bread.
 Salt and Pepper.
 Two ounces of Dripping.

Cut the cold meat off the bone in thin slices, if for a hash; chop finely, if for mince. Chop the bone in pieces and put them into a saucepan, with one onion peeled and cut in slices; one carrot washed, scraped, and cut in quarters; half a turnip washed, peeled and cut in half; also a sprig of parsley washed and dried in a cloth and tied up with one bay-leaf, one sprig of marjoram and one of thyme, and cold water enough to cover them, pepper and salt to taste; let this come to the boil, then put on the lid, draw the saucepan to the side of the fire and let it stew gently for one hour; skim it occasionally. Cut up the other onion and fry it a nice brown in an ounce of dripping; stir in a teaspoonful of flour with it. Strain the gravy from the bones on to the fried

onion ; * put the saucepan on the fire, and stir till it boils and the flour is cooked ; lay in the slices of meat, but do not let it boil after the meat is in. Cut a slice of bread into small three-cornered pieces, and fry them a light brown in an ounce of dripping. To serve, put the slices of meat on a hot dish, strain the gravy over them, and put the fried sippets of bread round the edge of the dish.

Patties of Cold Meat.

Ingredients.

Three-quarters of a pound of Flour.
Four ounces of Dripping.
One teaspoonful of Baking Powder.
Pepper and Salt.
Parsley, Marjoram, and Thyme.
One pound of Cold Meat.

Mix the flour, dripping, and baking-powder, with a little cold water, into a stiff paste ; roll it out a quarter of an inch thick. Grease twelve patty-pans, and line them with the paste. Cut up the cold meat, season with pepper and salt, and a quarter of a teaspoonful chopped parsley, marjoram, and thyme. Fill the patty-pans, cover with the paste, trim the edges neatly, and bake half an hour.

Rice Cutlets.

Ingredients.

Quarter of a pound of Rice.
Half a pound of Cold Meat.
One Onion.
Salt and Cayenne.
Quarter of a pound of Suet.
Quarter of a pound of Bread-crumbs.

Boil the rice and strain it. Boil the onion and chop it up ; chop the meat and the suet very small, and mix with the rice and onion ; sprinkle a little salt and cayenne pepper over it. Mix well together with a little warm stock to make a paste. Let the mixture set in a plate ; cut into the shape of mutton cutlets, egg and bread-crumbs, and fry a golden brown. Serve with fried parsley in the centre.

* Season your gravies with vegetables ; fry the onions to brown the gravy, and use no sauces.

Rissoles of Cold Meat.

Ingredients.

One pound of cold Meat.
 One gill of Stock.
 Half an ounce of Flour.
 One ounce of Dripping.
 One small Onion.
 Parsley. Nutmeg.
 Pepper and Salt.

Chop the meat fine without much fat ; chop the onion fine and fry, without burning, in the dripping, add the flour and the stock ; chop the parsley fine ; boil the sauce well, and add the chopped meat and parsley, a grate of nutmeg, pepper and salt.

Turn out on a plate to cool. When cold make into balls, egg, and bread-crumbs, and fry in hot fat.

Shepherd's Pie.

Ingredients.

One pound of cold Meat.
 Pepper and Salt.
 One and a half pound of Potatoes.
 One ounce of Dripping.
 One tablespoonful of Milk.

Scrub, peel, and boil the potatoes ; any remains of cold potatoes may be used instead of boiling fresh ones. Rub them through a sieve. Melt the dripping with the milk, add the potatoes to it. Cut the meat in slices, put them in a pie-dish, with pepper and salt. Put a little well-seasoned gravy in the dish. Cover the pie-dish with the mashed potato, smooth it neatly with a knife dipped in hot water.

Mark it over with a fork.

Bake the pie for three quarters of an hour.

VEGETABLES.

Boiled Potatoes.

As a general rule, it is more economical to boil potatoes in their skins. They must be boiled gently and the water strained off directly they are done, for if they break in the water there is great waste. The skins must be carefully scrubbed quite clean before they are boiled.

When potatoes are very old they acquire an unpleasant taste when boiled in their skins. Potatoes must never boil hard, they must be put into cold water with plenty of salt in it. New potatoes are put into boiling water; they take longer to boil than old potatoes.

Potatoes take longer to steam than to boil. They take an hour to bake.

To boil Rice.

Ingredients.

Half a pound of Patna.

Quarter of a teaspoonful of Salt.

Four quarts of boiling Water.

Well wash the rice in cold water. Put it into four quarts of boiling water, with a quarter of a teaspoonful of salt, and let it boil fast for fifteen to twenty minutes. When it is quite tender, strain it into a colander, and take it to the sink. Turn the cold-water tap on to it for two or three seconds. Turn it into a clean dry stewpan by the side of the fire, with the lid half on, to dry and get hot. Shake it occasionally, to prevent it from burning. When dry, it is quite ready to serve.

Cabbages, Greens, and Savoys.

Greens, Savoys and *Cabbages* must be cooked in plenty of boiling water, with a tablespoonful of salt to every half-gallon. Boil them with the lid off; if the water is very hard, add sufficient carbonate of soda to cover a threepenny piece. Time required to cook them depends upon their age. The stalk should be split and the hard part removed.

Haricot Beans.

Ingredients.

One pint of Beans.
One ounce of Fat or Butter.
One teaspoonful of chopped Parsley.

Soak the beans over-night. Put them in a saucepan with three pints of cold water. When it boils let them simmer gently for two hours, then strain. Melt the fat in the saucepan, return the beans to the saucepan, and shake them in the fat; sprinkle in a teaspoonful of chopped parsley, and serve.

Pickle for Vegetables.

Ingredients.

A gallon of Vinegar.
Mace, Cloves, Allspice, whole Pepper.
Salt and Ginger.

Soak the vegetable in salt and water. Boil the vinegar, mace, cloves, allspice, pepper, and ginger, then turn them out to cool. Put the vegetable into a jar and pour the vinegar and spices over it and tie it down tightly with wash-leather.

Potato Salad.

Ingredients.

Eight large Potatoes.
Two tablespoonfuls of Vinegar.
One Onion.
Two tablespoonfuls of Parsley.
Two Yolks of Egg.
One gill of Salad Oil.
Pepper and Salt.
One head of Lettuce.

Boil the potatoes until tender, but not broken; allow them to get cold, then cut into quarters, and then slices, in a salad bowl; sprinkle the chopped onion and parsley; add seasoning. Put the yolks of egg into a basin, and stir in very gradually the oil and vinegar; pour this over the potatoes; mix with a fork, garnish with lettuce.

Potato Scallops.

Ingredients.

Two pounds of Cold Potatoes.
 Half a pint of Milk.
 Two ounces of Butter.
 Two ounces of grated Cheese (Parmesan is best).
 Pepper and Salt.

Rub the potatoes through a wire sieve and stir into them the grated cheese. Melt the butter, stir it into the potatoes with the milk and mash them quite soft, add pepper and salt to taste. Fill some patty-pans with the mashed potato and brown them in the oven, brush them over while hot with a little butter and grated cheese, serve in the patty pans.

Stewed Lentils.

Ingredients.

Half pint of Brown Lentils.
 One ounce of Butter.
 One gill of Stock.
 One Onion.
 Pepper and Salt.

Soak the lentils all night. Put them into a saucepan, with cold water enough to cover them, and a teaspoonful of salt; let them boil gently for one hour, with the lid off, till all the water is gone. Slice the onion, and fry it in one ounce of fat in a saucepan; when the lentils are quite tender put them into the saucepan with the butter, and one gill of stock. Season with pepper and salt, and stir over the fire for ten minutes.

Stewed Spanish Onion.

Ingredients.

One Spanish Onion.
 Quarter of a pint of Milk.
 Half an ounce of Flour.
 One ounce of Butter.
 Pepper and Salt.

Skin the onion, put it into boiling water, and boil till quite tender from one to two hours, according to size; pour away the

water. Mix the butter and flour together in a stewpan over the fire, and when well mixed stir in the milk, add pepper and salt, and boil five minutes. Let the onion get thoroughly hot in the sauce, and serve in a vegetable dish.

PUDDINGS AND SWEET DISHES.

Apple Amber.

Ingredients.

Six ounces of Bread-crumbs.
 Two ounces of Flour.
 Four ounces of Suet.
 Three-quarters of a pound of Apples.
 Two ounces of castor Sugar.
 One Lemon. Nutmeg.
 Two Eggs.
 Half an ounce of Fat.

Chop the suet up finely, and mix it with the flour. Peel the apples, cut out the core, and chop them up. Add the bread-crumbs, sugar, and chopped apple to the flour and suet, also some grated lemon peel and nutmeg. Break the eggs into a separate basin, add them to the other ingredients, and mix well together. Grease a pint mould with the fat, and pour in the mixture. Tie a cloth over the top, and boil for three hours.

Apple Charlotte.

Ingredients.

Two pounds of Apples.
 Half a pound of Loaf Sugar.
 The rind of one Lemon.
 Bread and clarified Butter.

Peel the apples and slice them into a stewpan, with some sugar and water; then add the lemon-rind, and let them boil for one hour and a half, stirring it occasionally; then take out the

lemon rind. Dip a round of crumb of bread, cut in quarters, into the clarified butter, and place them at the bottom of a mould ; then dip some strips of bread into the butter, and put them round the sides of the mould, and pour the apple into the middle of the mould. Take a whole round of bread dipped in butter and place it on the top, and bake for three-quarters of an hour.

Baked Apple Dumplings.

Ingredients.

Three-quarters of a pound of Flour.
 Quarter of a pound of clarified Dripping or Butter.
 Half a teaspoonful of Baking-powder.
 Six Apples.
 Moist Sugar.

Make a crust with the flour, dripping, and baking-powder, and divide it into six portions. Peel and core the apples and fill the centre with moist sugar. Place an apple in the centre of the paste and work the piece of paste round it till quite covered ; do the same with all six. Grease a tin, place the apple dumplings on it and bake for a quarter of an hour.

Apple Fritters.

Ingredients.

Four ounces of Flour.
 One gill of tepid Water.
 One tablespoonful of Salad Oil.
 Salt.
 Whites of two Eggs.
 Four Apples.

Put the flour into a large basin, with half a saltspoonful of salt ; add the salad oil and the tepid water gradually (if oil is objected to, one ounce of melted butter may be used instead). Beat the whites to a stiff froth, and stir them in lightly. In winter clean snow might be used instead of whites of eggs. Peel the apples, cut them in rings, remove the core, dip them in the batter, and fry a nice brown on either side. Serve with castor sugar dredged over.

Apple Jelly.

Ingredients.

One pound of Apples.
 One Lemon.
 Three ounces of Lump Sugar.
 Half an ounce of Gelatine.
 Half a teaspoonful of Cochineal.

Peel the apples, cut out the core, and cut them in small pieces, put them in a stewpan with the sugar and half a pint of water; then grate some lemon-rind, and squeeze some lemon-juice into it, and let it boil till the apples are quite tender. Dissolve the gelatine in cold water by the side of the fire. When the apples are cooked to a pulp pass them through a sieve, and stir in the gelatine. Rinse a mould with cold water, and pour in the apple in a layer, half of it being coloured with cochineal, and set it aside to cool.

Boiled Apple Pudding.

Ingredients.

Half a pound of Flour.
 Five ounces of Suet.
 Salt.
 One pound and a half of Apples.
 Two ounces of Brown Sugar.
 Six Cloves.

Chop up the suet fine, add it to the flour with half a salt-spoonful of salt, mix it with cold water to a stiff paste.

Put on a large saucepan of warm water to boil, cut off one-third of the pastry and roll out the rest in a round, about twice the size of the top of the basin. Grease the basin thoroughly and put in the pastry to line it, cut up the apples in quarters, half fill the basin, put in the sugar and two tablespoonfuls of water, and close; fill it up with the apples. Roll out the remainder of the crust, wet the edge of the pastry and put the top on, press the edges together and trim round. Take a pudding cloth, dip it into boiling water, dredge it with flour and lay it over the top of the basin, tying it on lightly with a piece of string.

When the water is quite boiling, put in the pudding and let it

boil two hours. A kettle should be put on the fire, so that the saucepan may be filled up from time to time.

For serving, take the cloth off and carefully turn the pudding out on to a hot dish.

Arrowroot Pudding.

Ingredients.

A dessertspoonful of Arrowroot.
Half a pint of Milk.
Castor Sugar.
Two Eggs.

Mix a dessertspoonful of milk and arrowroot into a paste ; put the sugar into a saucepan with the rest of the milk, and let it come to the boil, then pour it on to the arrowroot paste, stirring all the time. Beat the yolks of the eggs, and add to the above mixture ; whip the whites of the eggs to a stiff froth, and stir in lightly ; pour it into a buttered dish, and bake for ten minutes.

Baroness Pudding.

Ingredients.

Three-quarters of a pound of Suet.
Three-quarters of a pound of Flour.
Three-quarters of a pound of Stoned Raisins.
Half a pint of Milk.
Quarter of a teaspoonful of Salt.

Chop the suet finely, stone the raisins, cut them in half, and mix them with the flour, salt, and suet ; add the egg and the milk. Stir well ; tie in a cloth and boil four hours and a half. Serve with castor sugar sifted over the top.

Batter Pudding.

Ingredients.

Half a pound of Flour.
Salt.
Two Eggs.
One pint of Milk.

Put the flour into a basin and mix the salt with it, break the eggs into it and beat them well together, add by degrees the milk,

stirring all the time until the batter is mixed. Grease a pudding basin and pour the batter in. Wet a pudding cloth, flour it and place it over the pudding, tying it securely round the edge, tie the four corners over the top and put it into a saucepan of boiling water; let it boil for one hour and a half. When done turn the pudding out on to a hot dish.

Bread and Butter Pudding.

Ingredients.

Six thin slices of Bread and Butter.
 Half an ounce of clarified Dripping,
 One ounce of Currants.
 Nutmeg, and one tablespoonful of moist Sugar.
 Two Eggs.
 One pint of Milk.

Grease a pie-dish with the dripping, and lay the slices of bread and butter into it, with the currants in between each slice. Beat the eggs, add to them the sugar and milk, and stir them well together. Pour this custard over the bread and butter, and grate some nutmeg over the top. Bake it in a moderate oven for about half an hour.

Baked Bread Pudding.

Ingredients.

One pound of scraps of Bread.
 Quarter of a pound of Suet.
 Two ounces of Flour.
 Two ounces of candied Peel,
 Half a pound of Fruit.
 One Egg.
 One gill of Milk.

Soak the bread in cold water, then squeeze very dry. Put the bread into a basin and beat out the lumps. Chop the suet finely, clean the fruit, slice the peel, and beat the egg. Mix all the dry ingredients together, then add egg and milk. Turn into a greased tin, and bake for one hour.

Boiled Bread Pudding.*Ingredients.*

One pound of Bread.
 Three ounces of Suet.
 Three ounces of Sugar.
 Quarter of a pound of Raisins or Sultanas.
 Three ounces of Flour or one Egg.
 Season with Lemon, Vanilla, or Nutmeg.

Soak the bread in cold water, then squeeze it quite dry. Put it into a basin, and beat out all the lumps, chop the suet, clean the fruit, and mix all the dry ingredients together; beat up the egg (if you use one), and stir it well into the basin with the other ingredients. Put this mixture into a mould, and steam for three or four hours.

Fig Pudding.*Ingredients.*

Half a pound of dried Figs.
 Quarter of a pound of moist Sugar.
 Six ounces of Suet.
 Quarter of a pound of Bread-crumbs.
 Quarter of a pound of Flour.
 Two Eggs. Salt.
 One gill of Milk. Nutmeg.

Put a saucepan of water on the fire to boil. Chop the suet and figs up very finely. Put the flour, suet, and half a saltspoonful of salt into a basin, rubbing the suet well into the flour; now add the bread-crumbs, chopped figs, the sugar and a little nutmeg, and mix them all well together. Break the eggs into a basin and add the milk. Stir this in with the other ingredients. Put the mixture into a greased basin, cover with greased paper, and steam six hours.

French Rice Pudding.*Ingredients.*

Three ounces of castor Sugar.
 Three ounces of Rice.
 Three ounces of Suet.
 Quarter of a pound of Raisins.
 Three ounces of candied Peel.
 Two Eggs.
 One pint of Milk.

Wash the rice in several waters, put it into a stewpan with the milk, and let it cook until the milk is absorbed. Stone and chop the raisins, chop the suet, and slice the peel; beat all these ingredients with the sugar into the rice, beat the eggs well, and add them. Pour this mixture into a greased pudding-basin, cover it with a buttered paper, and steam for one hour and three-quarters.

Fruit Pie.

Ingredients.

Six ounces of Flour.
Two ounces of clarified Fat or Dripping.
Quarter of a teaspoonful of Baking-powder.
Three teaspoonfuls of brown Sugar.
Fruit (Apples, Plums).

Cut up the fruit and half fill the pie-dish; add the sugar, and fill it with the rest of the fruit. Put the flour into a basin, rub the fat into it, add the baking powder, and sufficient water to form the whole into a stiff paste. Roll it out the shape of the dish, but larger, about one-third of an inch thick. Cut a piece off the edge to go round the pie-dish, wet the pastry, and put on the top, carefully pressing the two edges together with your finger; ornament the edge. Brush the tart over with water, sprinkle with castor sugar, and bake from half to three quarters of an hour.

Goblet Pie.

Ingredients.

Two ounces of cold Meat.
Two ounces of chopped Suet.
Two ounces of moist Sugar.
Two ounces of Currants.
Two ounces of Plums.
Two ounces of chopped Apples.
Quarter of a pound of Flour.
Quarter of a teaspoonful of Baking-powder.
One ounce of Dripping.

Chop up the meat finely (there should be two tablespoonfuls). Chop the suet and apples, clean the currants, stone the raisins, and cut them in small pieces. Mix these ingredients with the sugar, and put the mixture into a pie-dish.

Put a quarter of a pound of flour into a basin, rub the dripping

into it with the tips of your fingers, add the baking powder and sufficient water to form the whole into a stiff paste. Roll it out on a floured board, a quarter of an inch thick; roll it the shape of the pie-dish, and cut off the outside edge to put round the dish. Wet the dish and press it on with your fingers; wet the edge of the pastry with water, place the top on, and trim it neatly round the edge. Brush it over with water, sprinkle some castor sugar over, and bake for half an hour.

Hominy Blanc-Mange.

Ingredients.

One pint of Milk.
Two tablespoonfuls of Hominy.
One tablespoonful of Sugar,
Lemon-peel.

Put the milk, hominy, sugar, and lemon-peel into a saucepan and let them boil till tender; after that rinse a mould with cold water, and pour the hominy into it. Let it cool, and then turn it out on to a dish.

Lemon Pudding.

Ingredients.

Three-quarters of a pound of Flour.
Quarter of a pound of Dripping.
One large Lemon.
Moist Sugar.
One teaspoonful of Flour.

Mix three-quarters of a pound of flour and a quarter of a pound of dripping well together, add water to make a smooth paste, and roll it out about half an inch thick; squeeze the juice of the lemon into a cup, stir in the teaspoonful of flour and enough moist sugar to make it into a stiff, thick paste; spread this mixture over the paste, roll it up, secure the ends, tie up in a floured cloth, and boil two hours,

Lemon Pudding.

Ingredients.

Half a pound of Bread-crumbs.
 Quarter of a pound of Suet.
 Two ounces of Flour.
 Quarter of a pound of Moist Sugar.
 Two Lemons.
 Two Eggs.
 Two tablespoonfuls of Milk.

Chop up the suet very fine, and rub it into the flour with your fingers, in a basin, then add the bread-crumbs and moist sugar, the grated rind and the juice of the two lemons. Break the two eggs in another basin, and beat well together with two tablespoonfuls of milk; pour the milk and eggs on to the other ingredients, and mix well together. Grease a pint basin, pour in the mixture, cover it with a greased paper, and steam for four hours, then turn it out of the basin and serve. To steam any pudding, stand it in a saucepan with enough boiling water to come half-way up the basin: as the water boils away add more boiling water, and keep the lid on the saucepan to keep the steam in.

Lemon Tartlets.

Ingredients.

Juice of two Lemons and the grated Peel of one.
 Five ounces of castor Sugar.
 Two teaspoonfuls of Corn Flour.
 Twelve Raisins.

Cut the raisins in two, stone them and stew them in a little drop of water. Mix the corn-flour with a little cold water, stir in the rind and juice of the lemons, the sugar and the raisins, beat these well together. Line some patty-pans with a thin paste, fill them with mixture, cover them over with paste and bake for about ten minutes. Make the paste the same as for fruit pie. (See page 59.)

Lemon Sponge.

Ingredients.

Half an ounce of Gelatine.
Two gills of Water.
Rind and juice of Lemon.
One ounce of Sugar.
One white of Egg.

Dissolve the gelatine in the water, add the lemon-rind and sugar; strain the lemon-juice into a basin with the white of an egg, then strain on to that the dissolved gelatine, and whisk all together till quite stiff, so that the spoon could stand up in it.

Macaroni Pudding.

Ingredients.

One ounce of Macaroni.
One pint of Milk.
Two Eggs.
The juice of half a Lemon and the peel grated.
One ounce of Butter.
One ounce of castor Sugar.

Simmer the macaroni till it is tender in the milk. Beat the yolks of two eggs with the sugar and the butter, add the lemon-juice and grated peel; stir these into the macaroni and milk. Beat the whites of the two eggs to a stiff froth and stir them in also very lightly. Pour all these ingredients into a buttered pie-dish and bake for half an hour.

Macaroni Sweet.

Ingredients.

Quarter of a pound of Macaroni.
Two pints of Milk and half-ounce of Lump Sugar.
Half the rind of one Lemon.
Two Eggs.

Put the milk in the saucepan with the lemon-rind and sugar. When boiling drop in the macaroni, in pieces about three inches long, and simmer for half an hour. Then beat up the eggs; stir them in with the macaroni. Pour into a greased pie-dish, grate over it a little nutmeg, and bake for ten minutes.

Marmalade Pudding.

Ingredients.

Quarter of a pound of Bread-crumbs.
 Two ounces of Suet.
 Two ounces of candied Peel.
 One Lemon.
 One Egg.
 Three tablespoonfuls of Marmalade.

Chop the suet very finely, shred the candied peel, grate the rind of the lemon; put these ingredients with the crumbs into a basin, and mix with them the marmalade and egg. Well grease a basin, turn in the mixture, cover with greased paper, and steam two hours.

Milk Jelly from Cowheel.

Ingredients.

Half a Cowheel.
 One quart of Milk.
 Two inches of stick Cinnamon.
 Sugar.

Cut the cowheel up into small pieces and put these pieces into an earthen jar with one quart of milk and the cinnamon; put the lid on the jar and tie a piece of paper lightly over it, put it into a slow oven to stew for about three hours. When it is stewed take the jar out of the oven and strain the milk into a basin and sweeten it according to taste, then put it aside till the jelly is set. The cowheel is very nice served with onion sauce.

Norfolk Dumplings.

Ingredients.

One pound of Patent Flour.
 Water.

Mix the flour and water so as to make a smooth dough, not too stiff. Form this dough into round balls the size of an egg, and put them into boiling water to boil for twenty minutes.

Ox-foot Jelly.

Ingredients.

One Ox-foot.
Two Lemons.
Quarter of a pound of lump Sugar
Two whites and shells of Eggs.
Spices.

Well wash and cut the foot into three pieces, put them into a saucepan well covered with cold water; bring to the boil, and skim. Stew gently for eight hours; strain into a basin. When the jelly is cold carefully skim off the fat; dip a cloth in hot water and wipe off every particle of fat. Put the stock into a stewpan, with the rind and the juice of the lemon, sugar, spices, whites and shells of egg. Whisk over the fire till the jelly reaches boiling point, then partly cover it with the lid, and let it gently simmer for twenty minutes. Strain till clear through a kitchen cloth, then pour the jelly into a mould till set.

Pancakes.

Ingredients.

Four ounces of Flour.
One Egg.
Half a pint of Milk.
Salt.
Sugar.
One Lemon.

Put the four ounces of flour into a basin, add the egg to it (having first ascertained that it is a good one), and pour in gradually one gill of the milk. Beat it well, and then add the rest of the milk. Strain the mixture into a jug; if possible it is better to let this mixture stand before frying it.

Put a small frying-pan on the fire, put into it a piece of lard the size of a nut, let it get quite hot, then pour in sufficient batter to cover the bottom of the pan thinly; when it has become a light brown on one side, toss it over to brown on the other side. Turn it out on a piece of kitchen paper, dredge sugar over it, and a squeeze of lemon-juice; roll it up, and proceed in this manner till all the batter is used up.

Pease Pudding.

Ingredients.

One pint of Split Peas.
One Egg.
One ounce of Butter.
Salt and Pepper.

Soak the peas over-night ; tie them tightly in a cloth, put them on in cold water, and let them boil for one hour ; then rub them through a sieve, mix in one egg, the butter, pepper, and salt ; then flour a cloth, and put the pudding in it, tie it up tightly, and boil it in boiling water for one hour.

Boiled Plum Pudding.

Ingredients.

Five ounces of Bread-crumbs.
Seven ounces of Flour.
Quarter of a pound of Suet.
Quarter of a pound of Raisins.
Quarter of a pound of Currants.
Two ounces of Moist Sugar.
One teaspoonful of Baking-powder.
Two Eggs.
One gill of Milk.

Put a large saucepan of water on the fire to boil. Chop the suet as finely as possible, and rub it into the flour in a basin ; add the bread-crumbs, sugar, and baking-powder. Clean the currants with a little flour ; stone the raisins. Mix all the dry ingredients together. Break the eggs in a basin and beat them up, add the milk to them, and stir it all into the pudding. Mix well together, and put into a well-greased basin ; flour a pudding-cloth, tie it securely over the pudding, and put it into the boiling water. Boil it three hours. This pudding may be boiled in a cloth, and then will not take so long to boil.

Rice Pudding.

Ingredients.

One and a half ounce of Rice.
One pint of Milk.
One tablespoonful of moist Sugar.
Grated Nutmeg.

Grease a pie-dish, wash the rice, and put it into the dish with the moist sugar over it ; pour three-quarters of a pint of milk on to it, grate some nutmeg over the top, and bake in a moderate oven two hours. Add the remaining quarter of a pint of milk by degrees as the rice swells.

Roly Poly Pudding.

Ingredients.

Half a pot of Jam.
Half a pound of Flour.
Five ounces of Beef Suet.
Salt.

Take the suet and chop it very finely ; put the flour into a basin, and add to it chopped suet and a teaspoonful of salt ; rub the suet into the flour well with the hands, and then add by degrees enough water to make it into a stiff paste ; turn it out on to a floured board and roll it out very thin ; take the jam, and spread it well all over the paste, and then roll the paste up. Take a clean cloth and wring it out in warm water, sprinkle a little flour over it and place the rolled paste in the middle, roll it round and tie up the ends securely with string. Put the pudding into a saucepan of boiling water to boil for two hours ; when done, turn the pudding out of the cloth on to a hot dish.

Semolina Pudding.

Ingredients.

Half pint of Milk.
One tablespoonful of Semolina.
One Egg.
One dessertspoonful of moist Sugar.
Fat and Nutmeg.

Put the milk on the fire to boil, when it boils sprinkle in the semolina and cook it well in the milk. Beat the egg with the sugar in a basin, and when the semolina is sufficiently cool, stir it into the saucepan. Grease a pie-dish and pour in the mixture, grate a quarter of a teaspoonful of nutmeg over the pudding and bake it for a quarter of an hour.

Snowdon Pudding.

Ingredients.

Quarter of a pound of Raisins.
 Three ounces of Suet.
 Quarter of a pound of Bread-crumbs.
 Three quarters of an ounce of Ground Rice.
 Three ounces of Marmalade.
 One Lemon (grated rind).
 Two Eggs.
 Half a gill of Milk.
 Pinch of Salt.
 Three ounces of castor Sugar.

Ornament a greased pudding-basin with the raisins, stoned, cut in halves, but not divided, pressing the cut side on the basin. Put the suet finely-chopped, crumbs, rice, sugar, lemon, and salt into a basin, and thoroughly mix, then beat in the marmalade, eggs, and milk; pour the mixture into the ornamented basin, cover with a greased paper, and steam one hour.

Spotted Dick.

Ingredients.

Half a pound of Suet.
 One pound of Flour.
 Quarter of a pound of Currants, Raisins, or Sultanas.
 One teaspoonful of Baking-powder.

Put a saucepan of water on to boil. Chop the suet up finely and mix the flour and baking-powder, then add enough water to mix it to a stiff paste. Roll out about half an inch thick, and spread the fruit over the paste; roll it up and wet the edges. Dip a pudding cloth in boiling water, wring it out and flour it, turn the paste on to the cloth, and tie it up tightly, allowing room for the pudding to swell. Put it in a saucepan of boiling water and boil it for one hour and a half.

Suet Pudding.

Ingredients.

Half a pound of Suet.
 One pound of Flour.
 One teaspoonful of Baking-powder.

Chop the suet very fine and mix well with the flour and baking-powder; make this into a stiff dough with cold water. Dip

a pudding-cloth into boiling water, dredge well with flour, put in the dough ; tie it up securely in the cloth, but leave it room to swell. Boil in plenty of water two hours and a half.

Swiss Roll.

Ingredients.

Two tablespoonfuls of Milk.

Two Eggs.

Their weight in Fat ($1\frac{1}{2}$ oz.), Sugar and Flour.

One teaspoonful of Baking-powder.

Cream the fat and sugar, add half the flour and one egg well beaten, then add the remainder of the flour and the other egg, and mix well together ; then add the milk and the baking-powder. Grease a paper, fit it on a baking tin, and spread the mixture on it ; bake about ten minutes. Then spread it with jam or marmalade, roll it up carefully, and sift castor sugar over it. In cold weather, the chill should be taken off the milk.

Tapioca or Sago Blanc-Mange.

Ingredients.

Five ounces of Tapioca.

One pint and a half of Milk.

Three ounces of castor Sugar.

Vanilla or Lemon.

Soak the tapioca for four hours in one pint of cold water, then stir it into the milk boiling, add the sugar, flavour it to taste with vanilla essence ; boil it for fifteen minutes, then pour it into a mould ; when it is cold turn it out.

Treacle Pudding.

Ingredients.

Half a pound of Flour.

Quarter of a pound of Suet.

Half a teaspoonful of Carbonate of Soda. Salt.

One ounce of ground Ginger.

One gill of Treacle.

Quarter of a pint of Milk. One Egg.

Chop the suet as finely as possible, and put it into a basin with the flour, carbonate of soda and ginger. Beat up the egg, mix

the treacle and milk with it and stir this into the mixture in the basin, add more milk if required to make the pudding moist. Grease a basin thoroughly, put the pudding mixture into it, cover with a greased paper. Have enough boiling water to come half-way up the basin in a saucepan, and steam for two hours.

Yorkshire Pudding.

Ingredients.

Four ounces of Flour.

One Egg.

Half-pint of Milk.

Break the egg into the flour, with a little of the milk, and stir till quite smooth; add the rest of the milk by degrees. Put the pudding-tin under the meat you are roasting to catch some of the dripping, then pour in the pudding and bake half an hour.

EGGS AND SAVOURIES.

Curried Eggs.

Ingredients.

One ounce of Butter.

One Apple.

One dessertspoonful of Curry Powder.

Gill of Stock.

One dessertspoonful of Flour.

Eggs. One Onion.

Fry the apple and onion, then stir in the curry powder and flour, and the stock. Boil the eggs hard, and cut in six pieces; warm half the pieces in the curry. Arrange the remaining half in a circle or dish; pour the curry in the centre of the eggs, or a border of rice.

Eggs sur le plat.*Ingredients.*

Three Eggs.
 One ounce of Butter.
 Salt and Pepper.

Lightly butter a small oval dish, upon which break the eggs without breaking the yolks; season lightly with a little pepper and salt, put a few small pieces of butter here and there upon them, and then set the dish in a small oven, where let it remain until the whites become set, but by no means hard, and serve hot; if the oven is moderately hot they will take about ten minutes.

Ham Toast.*Ingredients.*

Three ounces of lean Ham.
 One ounce of Butter.
 Chopped Parsley.
 Pepper.
 Toast.

Mince the ham very fine, and put it in a stewpan with the butter, chopped parsley and some pepper. When quite hot pour it on some slices of hot buttered toast. Serve very hot.

Savoury Rice.*Ingredients.*

Three ounces of Rice.
 Half a pint of Milk.
 One ounce of Butter.
 Two ounces of grated Parmesan Cheese.
 Pepper and Salt.

Wash the rice, and boil it in the milk till quite tender, add the pepper and salt. Butter a dish, spread half the rice on it, sprinkle half the cheese on it; add the rest of the rice, sprinkle over it the rest of the cheese, put the butter on the top in small pieces, and brown in a quick oven.

To Poach an Egg.

Ingredients.

One Egg.
 One pint of Water.
 One teaspoonful of Salt.
 Two or three drops of Lemon-juice.

Put the water, salt and lemon-juice into a stewpan, and bring to the boil. Break the egg carefully into the boiling water. Keep the pan simmering till the white is quite set, about a minute and a half. Take it gently up with a slice, cut away the ragged edges, and serve on toast with slices of ham or bacon, or on spinach.

Toast and Eggs.

Ingredients.

Two Eggs.
 Two ounces of Fresh Butter.
 Salt and Pepper.

Break the eggs into a small stewpan, add the salt, pepper, and butter; set the stewpan over a moderate fire, and stir the eggs round with a wooden spoon, being careful to keep every particle in motion, until the whole has become a smooth and delicate thickish paste; have ready a convenient sized piece of toast, pour the eggs upon it, and serve immediately.

Macaroni Cheese.

Ingredients.

Quarter of a pound of Macaroni.
 Half a pint of Milk.
 Three ounces of grated Cheese.
 One ounce of Butter.
 Half an ounce of Flour.
 Salt and Cayenne Pepper.
 One teaspoonful of made Mustard.

Put a saucepan of water on the fire to boil; put in the macaroni with one teaspoonful of salt, and boil till tender; then take out the macaroni, cut it up into convenient pieces, and throw the water away. Melt one ounce of butter, stir in the flour, and add the milk and seasoning. Boil it well, put in the

macaroni, let it cool a little, then add half the cheese. Turn it out on to a greased dish or tin, put the rest of the cheese over it; brown it with a salamander, or put it in the oven for ten minutes.

Welsh Rare-bit.

Ingredients.

One ounce of Cheese.
One ounce of Butter.
One teaspoonful of made Mustard.

Melt all these ingredients together in a stew-pan, stirring well with a wooden spoon, then pour it over hot buttered toast. Serve very hot.

BREAD, CAKES, AND BISCUITS.

Brandy Wafers.

Ingredients.

Six ounces of Treacle.
Three ounces of Butter.
Three and a half ounces of Flour.
Five ounces of Sugar.
Quarter of an ounce of ground Ginger.

Melt the butter and treacle together, and stir in gradually the flour, sugar, and ginger; mix well together. Grease a baking tin and drop the mixture on to it in spoonfuls a little distance apart, and bake for a quarter of an hour.

Bread.

Ingredients.

Three and a half pounds of Flour.
One ounce of Yeast.
One teaspoonful of Salt.
One teaspoonful of castor Sugar.

Put the yeast and sugar into a basin, and cream them together with a wooden spoon till liquid; add one pint and a

half of tepid water. Put the flour into a large basin, make a well in the middle, and strain the yeast and water into it. Work in a little flour from the sides, and set it down to rise. This is called "setting the sponge." When it has stood for twenty minutes the surface will be covered with bubbles; take it up, and work all the flour in with your hand. When it is smooth cover it up, and set to rise for two hours. After that time take it up, and knead it on a floured board for a quarter of an hour. This quantity will make two half-quartern loaves. Divide the dough, make it into smooth balls without any cracks. If the bread is to be baked in tins flour them, put in the dough, cut or prick the top, and set to rise for half an hour. For cottage loaves, divide each piece again in two, one rather larger than the other; make each into a ball, put the small one on the top of the large, and press the forefinger into the middle of the top. Put the bread into a hot oven (280°) for a quarter of an hour and then remove it to a cooler part (220°) for an hour and a half. When done stand it on its side to cool.

Buns.

Ingredients.

One pint of Milk.
 One ounce of Yeast.
 One teaspoonful of castor Sugar.
 Half a pound of Flour.

Rub the flour through a sieve into a basin—cream the yeast and sugar together in a small basin, and add to it the milk lukewarm; strain the milk with the yeast and sugar into the flour and beat them well together—cover the basin with paper and set this sponge to rise for about one hour.

In another basin put :

One pound and a quarter of Flour.
 Quarter of a pound of Fat.
 Two ounces of candied Peel.
 Two Eggs.
 Quarter of a pound of Sultanas.
 Quarter of a pound of Sugar.

When the sponge in the first basin has risen, beat in all these dry ingredients from the second basin, with the two eggs.

Thoroughly mix and beat them for about five minutes. Then set this sponge to rise again for about one hour and a half; shape this mixture in spoonfuls like buns, and bake them on a greased tin for half an hour. When cooked, and while they are hot, brush them over with a little milk and sugar to glaze them.

Cornflour Cake.

Ingredients.

Two ounces of Flour.
 Two ounces of Cornflour.
 Quarter of a pound of loaf Sugar.
 Two ounces of Butter.
 One teaspoonful of Baking-powder.
 Two Eggs.

Beat the butter into a cream, add the pounded loaf sugar, and mix well; break in the eggs, and beat all well together. Now stir lightly into the mixture the cornflour, flour, and baking-powder, and beat it well for five minutes. Grease a cake-tin, pour the mixture in, and put it immediately into the oven to bake for half an hour. When done stand the cake on its side to prevent its getting heavy.

Dough Cake.

Ingredients.

Half a quartern of Dough.
 One Egg.
 Quarter of a pound of Sugar.
 Quarter of a pound of Currants.
 Two ounces of Butter.
 One ounce of Candied Peel.

Put the dough into a basin and mix with it the currants (well washed), the sugar, and the candied peel (finely chopped). Break the egg into the basin and add the butter to it, and beat all the ingredients well together. Grease a tin and turn the mixture into it, and put it into the oven to bake for forty minutes; when done turn it out of the tin on to its side to cool.

Gingerbread Cake.

Ingredients.

One and a half pound of Flour.
 One pound of Treacle.
 Half a pound of Fat.
 Quarter of a pound of Peel.
 Half a pound of Sugar. Three Eggs.
 One gill of Milk.
 One teaspoonful of Carbonate of Soda.
 One and a half ounce of Ground Ginger.

Pass the flour and ground ginger through a sieve into a basin ; shred the peel finely, and add it to the flour. Put the fat, treacle, and sugar into a stewpan to dissolve ; beat the eggs in a small basin, then put the soda into another small basin ; add to it the milk last. Mix the flour with the treacle, eggs, and milk, and well beat them. Turn the mixture into a greased cake-tin, and bake two hours and a half.

Gingerbread Nuts.

Ingredients.

One pound of Flour.
 Three-quarters of a pound of Treacle.
 One ounce of Ginger.
 A little cayenne on the point of a knife.
 Six ounces of Fat or Butter.

Mix all the above ingredients well together and roll it out the eighth of an inch in thickness, cut with a small cutter and bake about twenty minutes in a moderate oven.

Lemon Jumbles.

Ingredients.

One Egg.
 Five ounces of castor Sugar.
 Three ounces of Butter.
 Fourteen ounces of Flour.
 Three teaspoonfuls of Milk.
 One teaspoonful of Cream of Tartar.
 Half a teaspoonful of Carbonate of Soda.
 Juice of two Lemons and the grated rind of one.

Cream the butter, sugar and egg well together, then stir in the milk, the lemon-juice, and rind. Mix the carbonate of soda and

the cream of tartar into the flour and stir it gradually into the other ingredients till you have a rather stiff paste ; then roll it out rather thin, cut it out with a cutter and bake in quick oven about five minutes.

Milk Biscuits.

Ingredients.

One gill of Milk.
 One ounce of Butter.
 Half a pound of Flour.
 One teaspoonful of Baking-powder.

Put the milk and butter into a saucepan to warm ; put the flour into a basin with baking-powder. When the milk is hot pour it into the flour, and stir it carefully into a smooth paste. Flour a board, turn the paste out on to it, and roll it out as thin as possible. Take a tumbler, flour it round the edge, and cut the paste into rounds with it ; grease a tin and place the biscuits on it, and put them in the oven for twenty minutes, then turn them off the tin to cool.

Milk Rolls.

Ingredients.

One pound of Flour.
 Two Ounces of Butter.
 Half a pint of Milk.
 One teaspoonful of Baking-powder.

Take the flour and put it into a basin with the baking-powder ; rub in the butter with your hands, then add sufficient milk to make it into a firm dough, about half pint. Sprinkle the board with flour and turn the dough on to it, cut it into twelve pieces, forming each piece into a small roll. Flour a baking tin, and place the rolls on it, put them into the oven, and let them bake for twenty minutes.

Oatmeal Biscuits.

Ingredients.

Five ounces of Flour.
 Seven ounces of Oatmeal.
 Three ounces of castor Sugar.
 Four ounces of Lard or Butter.
 Quarter of a teaspoonful of Carbonate of Soda.
 One Egg.

Melt the lard or butter, mix together the flour, oatmeal, sugar, and carbonate of soda, then stir in the melted butter. Break the egg with a little water into a teacup, beat slightly and stir in with the other ingredients till it becomes a paste. Turn the paste on to a board and roll it out very thinly, then cut it into rounds with a tumbler. Grease a tin and place the biscuits on to it and bake for twenty minutes.

Rice Buns.

Ingredients.

Two ounces of Flour.
 Quarter of a pound of Ground Rice.
 Quarter of a pound of Sugar.
 Two ounces of Fat. Two Eggs.
 Half a teaspoonful of Baking-powder.

Cream the sugar and butter, add half the flour and one egg, then the remainder of the flour, egg, and baking-powder. Grease some small tins or patty-pans, and fill them two-thirds full with the mixture. Put them into the oven and bake them for fifteen minutes; when done lean them against a plate to get cold.

Rock Cakes.

Ingredients.

Half a pound of Flour.
 Quarter of a pound of Currants.
 Quarter of a pound of Sugar.
 One ounce of Candied Peel.
 One teaspoonful of Baking-powder.
 One teaspoonful of grated Nutmeg or Ginger.
 Three ounces of clarified Dripping.
 One Egg. About one tablespoonful of Milk.

Put the flour and baking-powder into a basin and rub into them the dripping until there are no lumps remaining, then take the currants and rub them in a clean cloth to see that there are no

stones in them, add these to the flour, also the nutmeg and sugar. Cut up the candied peel and add it to the other ingredients, mix them with a wooden spoon. Break the egg into a cup and beat it up with the milk and mix it with the rest. Grease a tin with dripping and divide the paste into little rough heaps and lay them on the tin ; put them in the oven to bake for about fifteen minutes.

Scones.

Ingredients.

One pound of Flour.
 Half-pint of Milk.
 Three ounces of Fat.
 Half an ounce of Cream of Tartar.
 Quarter of an ounce of Carbonate of Soda.
 One ounce of Sugar.

Rub the fat into the flour, and mix into it the cream of tartar and the sugar ; make the milk warm and pour into a small basin with the soda ; mix the flour into a smooth paste with the milk, then roll it out to a thin sheet and cut it into triangular pieces. Flour a tin and put the scones on to it and bake them directly in the oven from thirty to forty minutes. When they are half done brush them over with milk.

Seed Cake.

Ingredients.

Half a pound of Flour.
 Two ounces of Sugar.
 One teaspoonful of Baking-powder.
 One teaspoonful of Carraway Seeds.
 Three ounces of clarified Dripping.
 One gill of Milk. One Egg. Salt.

Put the flour into a basin, then take the dripping and rub it well into the flour with the hands until it is without lumps ; add to this the sugar, baking-powder and carraway seeds, mixing them well together with a wooden spoon. Break the egg into a cup and beat it up with the milk ; pour this in with the other ingredients, and mix the whole quickly into a stiff paste and put it into a well-greased tin, and let it bake for one hour. When the cake is sufficiently baked run a knife into the centre of it, and if it comes out perfectly bright the cake is done ; stand it on its side to cool.

Short-Bread.*Ingredients.*

Quarter of a pound of Flour.
 Two ounces of Butter.
 One ounce of Castor Sugar.

Rub the butter into the flour, add the sugar, and mix well together. Flour a board and turn the paste on to it, and knead it well; then roll it out pretty thinly, and cut it into oval shapes. Grease a baking-tin and put the short-bread on to it, and let them bake till a pale brown, when they will be done.

Shrewsbury Cakes.*Ingredients.*

Quarter of a pound of Butter.
 Quarter of a pound of castor Sugar.
 Eight ounces of Flour.
 One teaspoonful of grated Lemon-rind.
 One Egg.

Beat the butter and sugar to a cream, then add to them the egg and lemon-rind; beat all well together, and then stir the flour in smoothly. Flour a board and turn the paste on to it, roll it out as thin as possible, and cut it into rounds with a floured wine-glass. Put them on a greased baking tin in the oven to bake for twenty minutes, when they will be ready for use.

Sultana Cake.*Ingredients.*

Half a pound of Flour.
 Quarter of a pound of Sultanas.
 Three ounces of Dripping.
 Three ounces of Sugar.
 One Egg. Salt.
 One gill of Milk.
 A teaspoonful of Baking-powder.
 One and a half ounces of candied Peel.

Put the flour through a sieve into a basin, then add baking-powder and half a teaspoonful of salt, mixing them well together; put to them the dripping and rub it well until there are no lumps remaining, then add the fruit cleaned, and the candied peel, the latter

cut in small pieces, together with the sugar. Break one egg into a basin and add to it the milk and beat them up, stir this in with the ingredients in the other basin, mixing them well together. Grease a tin with dripping and pour the mixture into it, put it into a moderate oven and let it bake for about an hour. After this time take the cake out of the tin and stand it on its side, which will prevent its getting heavy.

Wheat-meal Bread.

Ingredients.

One pound and three quarters of Wheat-meal.
 Half an ounce of Yeast.
 One gill of Water.
 One gill of Milk.
 Half a teaspoonful of Salt.
 Half an ounce of castor Sugar.

Mix the milk and water, and make them tepid. Put the yeast and sugar into a small basin, and rub them together with a wooden spoon, till they are liquid. Put the whole-meal and salt into a basin. Add the tepid milk and water gradually to the liquid yeast. Make a well in the centre of the flour, and pour in the liquid; stir sufficient flour into this to make a thin batter, and set in a warm place to rise for thirty minutes. Then work in all the flour, adding more moisture as may be required; knead the bread for five minutes, make it into a shape, stand the bread on a floured tin in a warm place to rise for thirty minutes, then bake in a steady oven, one hour and a half.

Yorkshire Tea-Cakes.

Ingredients.

Three quarters of a pound of Flour.
 One and a half gills of Milk.
 One ounce of Fat.
 One Egg.
 Half an ounce of German Yeast.
 A teaspoonful of castor Sugar.

Cream the sugar and the yeast; melt the fat in a saucepan, pour the milk on to it, and make it lukewarm; pour this on to the yeast and sugar. Pour the yeast and milk through a strainer into

Parsley and Melted Butter.

Ingredients.

An ounce of Butter.
 Half an ounce of Flour.
 Some chopped Parsley.
 One and a half gill of cold Water.

Melt the butter in a stewpan, and stir in the flour very smoothly; add the cold water and the parsley, and stir till it thickens.

Parsley and Butter Sauce.

Ingredients.

One ounce of Butter. One ounce of Flour.
 One gill of Milk. Salt.
 Half a pint of the liquor Veal has boiled in.
 One tablespoonful of chopped Parsley.

Melt the butter in a stewpan, and stir in the flour; then add, slowly stirring all the time, half a pint of stock or liquor; let it boil and thicken. Add the milk, a pinch of salt, and last of all the chopped parsley.

Piquante Sauce.

Ingredients.

One tablespoonful of Vinegar.
 One Onion.
 One Shallot.
 One dessertspoonful of Harvey, and one of
 Mushroom Ketchup.
 One small Carrot.
 One ounce of Butter.
 One ounce of Flour.
 Half a pint of Stock, or the liquor Veal has boiled in.

Melt the butter in a stewpan, cut the vegetables into small pieces, and fry them brown in the butter with the flour; then add the vinegar, and boil till reduced to a teaspoonful, add the stock, and Harvey and mushroom ketchup, stir till it boils, then skim and strain.

White Sauce.*Ingredients.*

Two ounces of Flour.
 Two ounces of Butter.
 One pint of Milk.
 Two Bay-leaves.
 A little Nutmeg.
 Salt to taste.

Mix the flour and butter together in a stewpan with a wooden spoon ; when well mixed stir in the milk, add the bay-leaves, nutmeg and salt, and stir over the fire till it boils and thickens. Be sure that the flour is well cooked ; before using take out the bay-leaves. Mussels, cockles or oysters are very good put into this sauce : the fish does not want cooking, only to get hot in the sauce, which would be improved by the addition of a little of the liquor of the fish.

SICK-ROOM COOKERY.**Barley Water.***Ingredients.*

Two ounces of Pearl Barley.
 The rind of a Lemon.
 Two lumps of Loaf Sugar.

Blanch the barley and put it in a jug ; peel a lemon very thinly, and put it with the sugar into the jug with the barley, then pour one pint of boiling water into it, cover it up, and let it stand till cool, then strain it.

Beef Tea, 1.

One pound of Gravy Beef.

Cut the beef up very small, taking care to remove all skin and fat, and put it into a saucepan with a pint of cold water, and half a saltspoonful of salt. Put the saucepan on the fire and stir till it almost boils, then move it to the side of the fire to

simmer gently for one hour ; after that pour out the beef tea and let it cool, then remove the fat before using. Beef tea must not boil.

Beef Tea, 2.

Half-pound of Gravy Beef.

Take the beef and cut it up very finely, removing all skin and fat, then put it into a stone jar with half a pint of water, put the lid on the jar and tie a piece of paper over it. Stand the jar in a saucepan of boiling water for three hours, or in the oven for one hour and a half ; after that time pour the beef tea into a cup. Salt according to taste.

Beef and Sago Broth.

Ingredients.

Two pounds of Gravy Beef.
Three ounces of Sago.
Two yolks of Eggs.
Two quarts of Water.
Salt.

Cut up the beef and stew it slowly in two quarts of water for quite three hours. Then strain it, add a teaspoonful of salt to the liquor, and three ounces of sago, let this boil gently for half an hour. Draw the saucepan off the fire ; break two yolks of egg into a basin, add to them a little of the broth, stir this well and then add it to the broth, which must not boil after the eggs are in, or they will curdle. Serve with toast.

Cornflour Blanc-Mange.

Ingredients.

Four tablespoonfuls of Cornflour.
One quart of Milk.
One ounce and a half of Loaf Sugar.
One inch of stick Cinnamon.

Put the milk, sugar and cinnamon into a saucepan and put it on the fire to boil. Put the cornflour into a basin and mix it smoothly with a little milk. When the milk in the saucepan is quite boiling, stir in the cornflour quickly and let it boil for two minutes, stirring continually. Take a basin or mould and rinse it

out in cold water. Take out the cinnamon, pour the cornflour into the basin and stand it aside to cool, when cold turn it out on to a dish.

Blanc-Mange.

Ingredients.

One pint of Milk.
Half an ounce of Gelatine.
One Lemon (rind).
One and a half ounce of castor Sugar.

Put the milk into a saucepan with the sugar, lemon-rind, and gelatine. Let these ingredients stand by the fire until the milk is well flavoured and the gelatine dissolved. Rinse a mould out with cold water, and strain the milk into it. When it is quite set turn it out and serve.

Cup of Arrowroot.

Ingredients.

One dessertspoonful of Arrowroot.
Half a pint of Milk.

Put one pint of milk in a stewpan on the fire to boil. Put the arrowroot into a basin, add to it by degrees a little cold milk and stir it to a smooth paste. When the milk in the stewpan is quite boiling pour it on to the mixed arrowroot, and stir well with a wooden spoon to make it smooth; serve with sugar or salt.

Gruel.

Ingredients.

Two dessertspoonfuls of Patent Groats.
One pint of Water or Milk.

Put two dessertspoonfuls of patent groats into a basin, and mix to a smooth paste with a little cold milk or water; then add to it one pint of boiling milk or water, stirring well with a wooden spoon, and let it boil for ten minutes. Take care that it is not lumpy, and serve with sugar or salt according to taste.

Lemonade.*Ingredients.*

Two Lemons.
Loaf Sugar.

Put a kettle of water on the fire to boil. Peel, very thinly, the lemons and cut off all the pith, then cut them into thin slices and take out all the pips; put half the rind and the slices of lemon into a jug, then add loaf sugar to taste. When the water is quite boiling pour one pint into the jug, cover it over and stand it to cool, and when cold strain it into another jug.

Porridge.*Ingredients.*

One teacupful of coarse Scotch Oatmeal.
One pint of Water.
Half a teaspoonful of Salt.

Boil the water, put in the salt while the water continues boiling, then gradually sprinkle in the oatmeal with one hand and stir continually with the other. Boil for thirty minutes.

Rice Jelly.*Ingredients.*

Four ounces of Rice.
Three pints of cold Water.
A pinch of Salt.
Two ounces of Sugar.

Soak the rice for two hours in a little warm water, then add three pints of cold water, a pinch of salt and the sugar; boil it till it is reduced to one pint, strain it into a china mould rinsed out with cold water, and when cold turn it out.

Savoury Custard.*Ingredients.*

One gill of Stock.
Three Eggs.
Butter.

Break the yolks of three eggs and the white of one into a basin, add the stock and some salt, and whisk well together,

pour the mixture into a greased gallipot; cover it with a piece of buttered paper, tie it down, put it into a saucepan of boiling water, and let it simmer for a quarter of an hour; after that time take the gallipot out and turn the custard on a plate to cool.

Veal Tea.

Ingredients.

Stock.
 One Carrot.
 One Turnip.
 One Onion.
 One and a half ounce of Pearl Barley.
 Seasoning.
 One teaspoonful of chopped Parsley.

The stock should be from a boiled knuckle of veal. Soak the barley, then cook it in the stock for half an hour. Shred the vegetables very finely, and allow them to cook for a quarter of an hour. Just before serving put in the chopped parsley, then add the seasoning.

Veal and Sago Broth.

Ingredients.

Two pounds of knuckle of Veal.
 Two quarts of cold Water.
 Three ounces of Pearl Sago.
 Two yolks of Eggs.
 One gill of Milk.

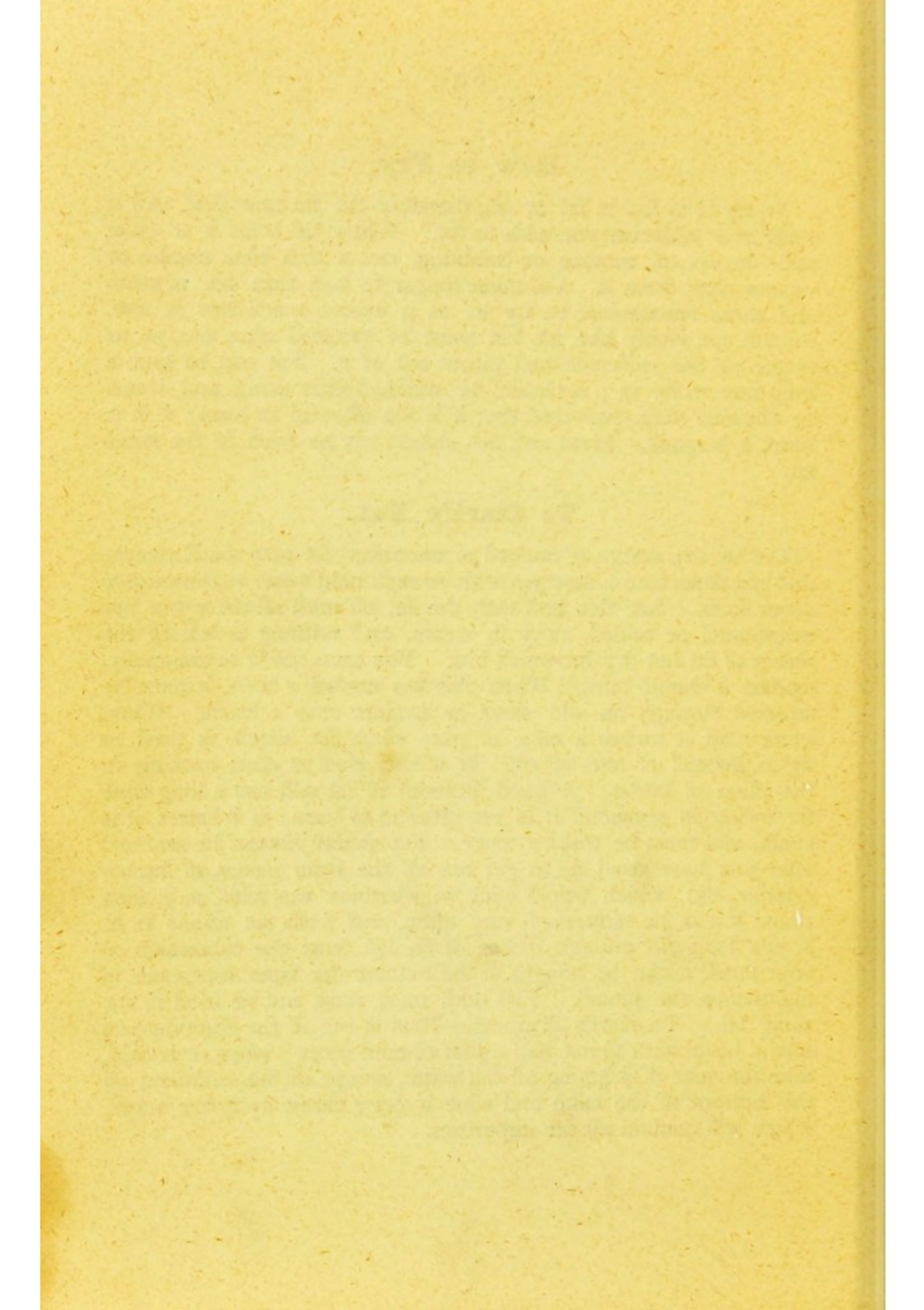
Put the sago in a basin with a little warm water to soak, while the broth is cooking. Break up the veal and put it into a stewpan with two quarts of cold water—a little salt; let it just boil up and skim it well, then draw it off the fire and let it simmer gently with the lid on for four hours. Then strain it and put it back in the stewpan with the sago, and let it simmer for half an hour longer. Draw the broth off the fire and let it cool a little; beat up the two yolks of egg with the milk and stir them into the broth; stir it over the fire again for a minute to cook the eggs, but do not let it boil, or they will curdle.

How to Fry.

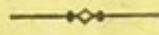
To fry is to *boil* in fat or oil, therefore the fat must *boil*, and it must *cover* whatever you wish to fry. When *fat* boils it is quite still—leaves off moving or bubbling, and a thin blue smoke or vapour rises from it. Oil takes longer to boil than fat, is nicer and more economical to fry in, as it wastes much less in use. Oil will not clarify like fat, but must be strained after use, so as to get all the sediment and pieces out of it. Fat can be kept a long time to fry in ; it should be strained after using, and it can be clarified often, provided that it is not allowed to burn ; if it is burnt it is spoilt. Meat and fish should not be fried in the same fat.

To Clarify Fat.

Cut up any scraps of cooked or uncooked fat into small pieces, and put them into a stewpan with enough cold water to thoroughly cover them. Let this boil with the lid off until all the water has evaporated or boiled away in steam, and nothing is left of the pieces of fat but dry brownish bits. You must stir it occasionally, for fear it should burn. When this has cooled a little, it must be strained through an old sieve or strainer into a basin. When quite cold, it makes a cake of pure white fat, which is used to fry in instead of lard or oil. It is also used in plain cooking in the place of butter. A good basinful of fat will last a long time for frying in, provided it is not allowed to burn ; if it burns, it is spoilt, and must be thrown away. Fat should always be strained after you have used it, to get out all the little pieces of bread-crumbs, etc., which would stick to whatever was fried in it next time ; it can be reclarified very often, and fresh fat added to it. If you have not enough pieces of fat left from the trimmings of your meat, it can be bought of the butcher for from fourpence to eightpence the pound. Fish and meat must not be fried in the same fat. To clarify dripping.—Pour it out of the dripping-pan into a basin with about half a pint of cold water ; when it is cold, take the cake of dripping off the water, scrape all the sediment off the bottom of the cake and wipe it dry ; throw away the water, which will contain all the impurities.



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