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BREAKFAST
AND SAVOURY DISHES

Domestic Arts
Series  By
Florence G. Jack

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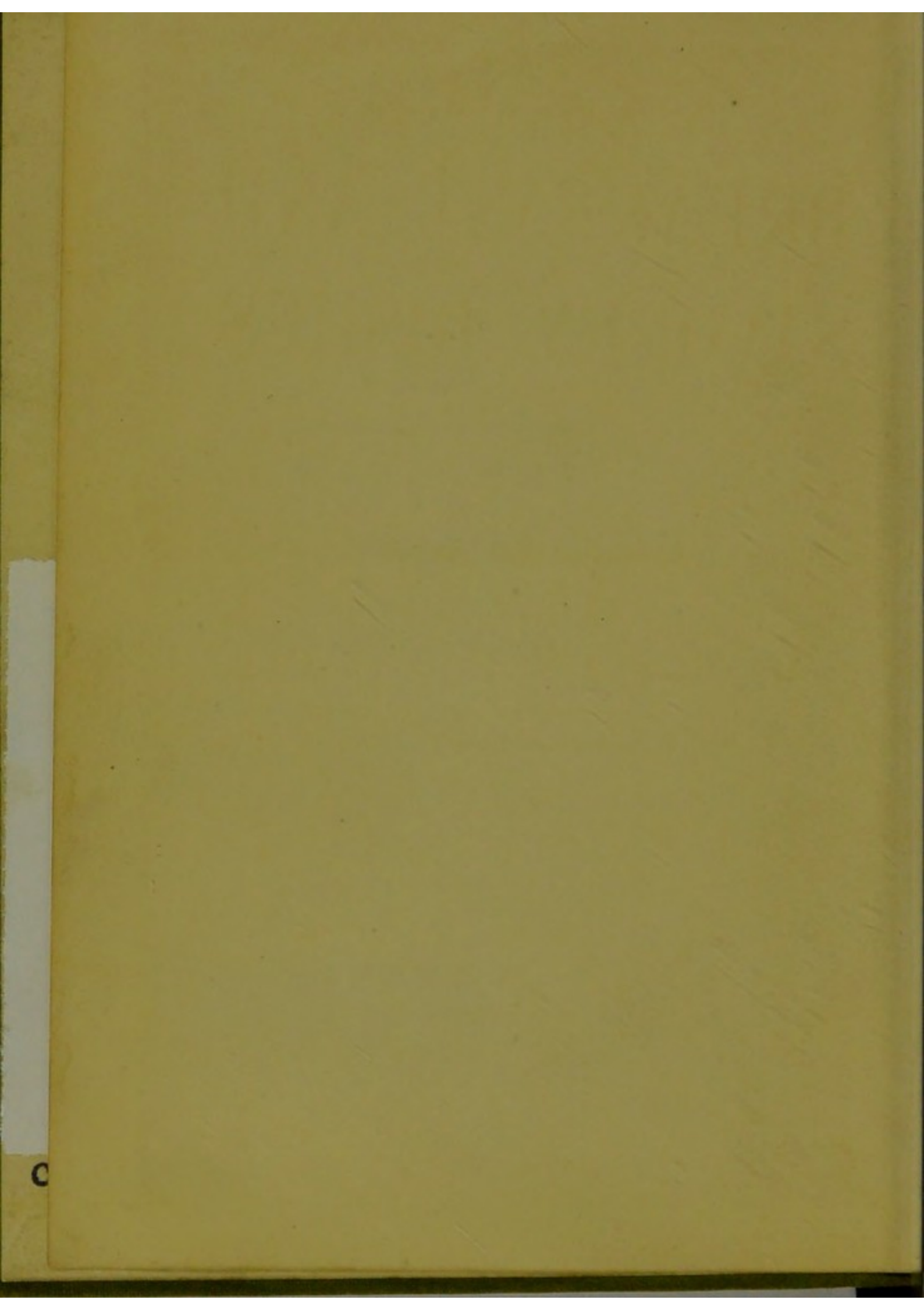


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COOKERY

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B.T. Leigh.



BREAKFAST AND SAVOURY DISHES

Domestic Art Series

BY FLORENCE B. JACK

AUTHOR OF THE "ART OF LAUNDRY WORK,"
"COOKING FOR INVALIDS," ETC. ETC.

London:

T. C. & E. C. JACK

34 HENRIETTA STREET, W.C.

AND AT EDINBURGH

1903

MISS FLORENCE B. JACK,

1st Class Diplômée and Author of the "Domestic Art Series,"

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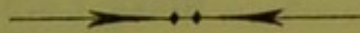
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IMPERIAL WEIGHTS AND MEASURES.

Avoirdupois Weight.

16 drachms (dr.)	-	-	-	make 1 ounce (oz.).
16 ounces	-	-	-	„ 1 pound (lb.).
28 pounds	-	-	-	„ 1 quarter (qr.).
4 quarters	-	-	-	„ 1 hundredweight (cwt.)
20 hundredweights	-	-	-	„ 1 ton.

14 pounds	-	-	-	make 1 stone.
8 stones	-	-	-	„ 1 hundredweight.
112 pounds	-	-	-	„ 1 hundredweight.

Liquid Measure of Capacity.

4 gills	-	-	-	make 1 pint (pt.).
2 pints	-	-	-	„ 1 quart (qrt.).
4 quarts	-	-	-	„ 1 gallon (gal.).

Dry Measure of Capacity.

2 gallons	-	-	-	make 1 peck (pk.).
4 pecks	-	-	-	„ 1 bushel (bush.).
8 bushels	-	-	-	„ 1 quarter (qr.).

HOMELY MEASURES.

2 teaspoonfuls	-	-	make 1 dessertspoonful.
2 dessertspoonfuls	-	-	„ 1 tablespoonful.
1 heaped tablespoonful of solids	-	-	„ about 1 ounce.
1 teacupful of solids	-	-	„ about $\frac{1}{4}$ lb.
1 teacupful of liquid	-	-	„ fully 1 gill.
1 tumblerful of liquid	-	-	„ about $\frac{1}{2}$ pint.

BREAKFAST AND SAVOURY DISHES.



DISHES WITH EGGS.

Eggs, Boiled.
Eggs, Poached.
Eggs, Scrambled.
Savoury Eggs with Anchovy.
Eggs in Bread Sauce.
Eggs à la Chartres.
Eggs à la Maître d'Hôtel.
Eggs à la Reine.
Eggs en Cocottes.
Curried Eggs.
Poached Eggs with Cheese.
Egg Cutlets.
Savoury Egg Cutlets.
Moulded Eggs with Ham.
Ham and Eggs à l'Aurore.
Eggs with Green Peas.
Eggs sur le Plat.
Eggs with Shrimp Sauce.
Poached Eggs with Tomatoes.
Eggs in Tomatoes.
Egg and Tomato Toast.
Eggs with Vegetable Marrow.
Scrambled Eggs with Tomatoes.
Stuffed Eggs (with Cheese).

DISHES WITH EGGS.

I.—BOILED EGGS.

CHOOSE the freshest eggs possible. A fresh egg should feel heavy, and when held to a bright light should show no dark specks. Soft-boiled eggs should have the white part set and creamy, but not hard. There are several methods of boiling eggs.

1. Slip the eggs gently, one by one, and with a spoon into a saucepan with enough boiling water to cover them. If only half the egg is immersed in the water, it will not cook equally. Keep the water slowly boiling all the time, and allow three minutes for an egg with a creamy white, or half to one minute more if to be set pretty firm. This depends upon individual taste.

2. Place the eggs in boiling water as above. Put the lid on the pan, and when the water reboils, place the pan by the side of the fire where the water will cease to boil, but at the same time keep its heat. Stand for ten minutes, and then lift out the eggs. The white will be found to have set without being tough, and the yolk will be creamy.

3. Place the eggs in cold water over the fire, and remove them as soon as the water boils.

For hard-boiled eggs, boil them for fifteen minutes, and then plunge them at once into cold water. Do not shell them until they are cold. Then

roll them lightly on the table to crush the shells, which can then be peeled off easily, leaving the egg white and smooth.

NOTE.—Soft-boiled eggs can be reheated by standing them for three or four minutes in hot (not boiling) water, as when once cooked and lifted from the fire no amount of subsequent re-cooking will harden them.

2.—POACHED EGGS.

Half fill a shallow saucepan with water and put it on the fire to boil. Add vinegar or lemon juice in the proportion of one teaspoonful to one pint of water, and a good pinch of salt. When the water is gently simmering, break one egg into a cup, and from this slip it gently into the pan. Gather the white lightly together with a spoon, and pour some of the acidulated water over it. Repeat this with each egg, and let them cook for three minutes, or until the white is nicely set, without being hard. Lift each one out separately with a small fish-slice or perforated spoon, and trim off any ragged edges of white, letting the egg drain over the pan. Place them on rounds of hot buttered toast, and arrange them symmetrically on a dish garnished with parsley, or serve them in any other way desired.

NOTES.—An egg poacher or small muffin rings placed in the pan will help to keep the eggs a better shape.

The acid added to the water helps to harden the white of egg and to keep it a good colour.

3.—SCRAMBLED EGGS.

Ingredients—

4 Eggs.		2 tablespoonfuls Milk.
2 oz. Butter.		Pepper and Salt.

Method—

Beat the eggs lightly with a fork just enough to break them. Add the milk, pepper and salt.

Melt the butter in a small frying or stew pan, and when it begins to bubble, turn in the eggs. Stir them constantly over a slow fire until they begin to set, then remove them from the fire and continue stirring until they are of the right consistency. The heat of the pan will be sufficient to finish the cooking, and there will be no danger of their being overcooked. They should be firm only, not hard, and of a clean bright yellow colour. Spread quickly on hot buttered toast, and serve at once.

NOTES.—Scrambled eggs may be varied by mixing them with any other ingredient desired. The extra material should be added when the pan is taken from the fire, and stirred with the egg until it has finished cooking.

A teaspoonful of chopped parsley or a quarter of a teaspoonful of mixed herbs finely chopped gives a good flavour and makes a simple change. A little pureé of tomatoes, well-cooked green peas, asparagus points, or mushrooms, added to the eggs, makes a nice combination. With minced chicken, veal, ham, or sweetbread a good luncheon dish is made. A more savoury dish is made by spreading anchovy or bloater paste on the toast before putting on the eggs.

4.—SAVOURY EGGS WITH ANCHOVY SAUCE.

Ingredients—

5 yolks of Eggs.	$\frac{1}{2}$ oz. Butter.
3 whites of Eggs.	1 teaspoonful chopped Parsley.
5 rounds of Toast.	Seasoning.
2 tablespoonfuls cooked Ham or Tongue.	Anchovy Paste.

Method—

Cut the toast into rounds about four inches in diameter, and spread them lightly with anchovy paste. Mix the ham to a paste with a little of the white of egg, and season to taste. Put a little of this mixture on the top of the anchovy paste. Then beat up the rest of the white of egg to a stiff froth, and arrange some on the top of each round of toast. Place a raw yolk in the centre of each, with a small piece of butter on the top. Bake them in the oven for five minutes, or just long enough to thoroughly heat the egg. Sprinkle with a little finely chopped parsley and serve at once.

5.—EGGS IN BREAD SAUCE.

Ingredients—

4 Eggs.	$\frac{1}{2}$ Onion.
$\frac{1}{2}$ pint Milk.	2 Cloves.
2 tablespoonfuls Bread-crumbs.	$\frac{1}{2}$ blade of Mace.
1 oz. Butter.	2 tablespoonfuls grated Cheese.
Pepper and Salt.	

Method—

Rinse out a saucepan with cold water, and put into it the milk, butter, mace, and onion stuck with the cloves. Stand this by the side of the fire until the milk is nicely flavoured, and then lift out the seasonings. Add the bread-crumbs to the milk with pepper and salt, and stir over the fire until fairly thick. Pour this sauce into a dish, slip into it the four eggs without breaking them, sprinkle the grated cheese over the top, and bake in the oven about ten minutes. Allow time to cook the eggs and to brown the cheese.

NOTE.—The cheese may be omitted and browned bread-crumbs used in its place.

6.—EGGS À LA CHARTRES.**Ingredients—**

5 Eggs.	2 oz. Butter.
5 round croutons of Bread.	3 or 4 tablespoonfuls Stock.
5 rounds of Tongue or Ham.	1 teaspoonful Meat Glaze.
White Pepper.	Salt.

Method—

Cut the rounds of bread about three and a half inches in diameter, and the rounds of ham or tongue of the same size. Take an egg poacher (this is necessary in order to keep the eggs a good shape), and first pour a little of the butter (melted) into the cups, then break the eggs carefully and drop them in; the yolks must on no account be broken. Sprinkle lightly

with white pepper and salt. Put the poacher in hot water, and cook the eggs for four minutes, or until set without being hard. Meanwhile fry the croutons a nice brown colour in the rest of the butter, and warm the slices of tongue or ham in the stock. Place the croutons on a hot dish, the slices of tongue or ham on the top, and then the eggs. Melt the glaze in the stock and pour it round.

7.—EGGS À LA MAÎTRE D'HÔTEL.

Ingredients—

6 Eggs.		6 pieces of hot buttered
Maître d'Hôtel Butter.		Toast.

Method—

Arrange the eggs, nicely poached, on the top of the pieces of toast. Put a pat of maître d'hôtel butter about the size of a shilling on the top of each egg, and send them to table while the butter is just melting.

For Maître d'Hôtel Butter see Recipe No. 131.

For Poached Eggs see Recipe No. 2.

8.—EGGS À LA REINE.

Ingredients—

4 Eggs.		A little chopped Parsley.
4 rounds of hot buttered Toast.		2 oz. cooked Ham or Tongue.
$\frac{1}{4}$ lb. cooked Chicken or Veal.		2 tablespoonfuls light Sauce or Gravy.

Seasoning.

Method—

Mince the meat and ham or tongue very finely, and heat it in a small saucepan with the sauce to moisten it. Season to taste, and spread this neatly on the rounds of hot buttered toast. Place a poached egg (see Recipe No. 2) on the top of each, and sprinkle with a little finely chopped parsley. Serve at once and very hot.

9.—EGGS EN COCOTTES.**Required—**

Eggs.		A little Cream.
Butter.		Pepper and Salt.

Method—

Butter as many small fire-proof dishes as you wish. Break an egg into each, sprinkle with pepper and salt, and pour one teaspoonful of cream over each egg. Stand the cases in a tin with enough hot water to come half-way up the sides, and cook in the oven about seven minutes, or until the eggs are set.

NOTE.—This dish may be varied very much by putting one teaspoonful of chopped ham, tongue, mushroom, &c., at the foot of the little case, then the egg with the cream on the top. Or grated cheese may be sprinkled both above and below the egg, and this makes a nice dinner savoury.

10.—CURRIED EGGS.

Ingredients—

4 Eggs.	1 teaspoonful Chutney.
1 oz. Butter.	1 gill Stock.
1 Onion.	2 tablespoonfuls Milk or Cream.
1 dessertspoonful Rice Flour.	A squeeze of Lemon Juice.
1 teaspoonful Curry Powder.	Boiled Rice.
	Pepper and Salt.

Method—

Melt the butter in a saucepan, and add the onion very thinly sliced. Cook for two or three minutes, and then add the curry powder, chutney, rice flour, pepper, and salt. Stir until thoroughly mixed, pour in the stock, and stir until boiling. Allow this sauce to cook slowly from fifteen to twenty minutes, and add two of the eggs cut in small pieces, the cream, and lemon juice. When quite hot put this mixture in the centre of a dish, and put a border of boiled rice (Recipe No. 112) round. Then cut the other two eggs in six pieces lengthwise, cut a small piece from the end of each, and stand them round the dish between the curry and the rice.

11.—POACHED EGGS WITH CHEESE.

Ingredients—

4 or 5 Eggs.	3 tablespoonfuls Bread- crumbs.
1 gill White Sauce.	Pepper and Salt.
3 tablespoonfuls grated Cheese.	A little Butter.

Method—

Butter a flat dish, and sprinkle it with half the bread-crumbs and cheese. Poach the eggs, and place them on the top. Then pour over the sauce, and put the rest of the cheese and bread-crumbs on the top. Lay on a few small pieces of butter, and place in a hot oven to melt the cheese and lightly brown the top.

12.—EGG CUTLETS.**Ingredients—**

3 hard-boiled Eggs.		Some white Bread-
4 to 6 oz. Sausage		crumbs.
Meat.		Pepper and Salt.
1 raw Egg.		A little Flour.

Method—

Cut the hard-boiled eggs in halves lengthwise, and spread the flat side with sausage meat, seasoning with pepper and salt, and dusting them lightly with a little flour. Then egg and bread-crumbs the eggs, and fry in boiling fat until a nice brown colour. Drain well, and dish on a d'oyley or folded serviette. Serve hot with or without gravy.

13.—SAVOURY EGG CUTLETS.**Ingredients—**

3 hard-boiled Eggs.		$\frac{1}{2}$ teaspoonful Anchovy
$\frac{1}{2}$ oz. Butter.		or Shrimp Essence.
$\frac{1}{2}$ oz. Flour.		6 or 8 Button Mush-
$\frac{1}{2}$ gill Milk.		rooms.
2 tablespoonfuls Bread-		Egg and Bread-crumbs.
crumbs.	A little Flour.	

Seasoning.

Method—

Boil the eggs very hard (Recipe No. 1); let them lie in cold water for a few minutes, then remove the shells and chop them rather finely. Melt the butter in a small saucepan, add the flour, and mix until smooth. Then draw the saucepan to one side, add the milk, and cook again over the fire, stirring all the time until smooth and thick. Add now the chopped eggs, the mushrooms finely chopped, the bread-crumbs, and seasoning. Mix well together, and spread the mixture on to a plate to cool. When firm to the touch, divide the mixture into eight or ten equal-sized pieces, and form these into cutlet shapes with the aid of a little flour. Egg and bread-crumbs them, and fry in hot fat to a golden brown. Drain well on kitchen paper, and stick a small piece of parsley stalk in the end of each. Dish in a circle on a hot dish, and garnish with parsley.

14.—MOULDED EGGS WITH HAM.**Ingredients—**

Eggs.	White Sauce.
Cooked Ham.	Pepper and Salt.
A little made Mustard.	

Method—

Chop some boiled ham very finely. Moisten it with a little white sauce and beaten egg enough to form a consistent paste. Season well. Grease some small moulds or cups, and line them with a thin layer of this ham paste. Break an egg into each one, place them on a tin containing a little boiling water, and poach in the oven from eight to ten minutes. Turn

the eggs out on to a hot dish, pour a little thin white sauce round and garnish with parsley.

NOTE.—Any other meat may be used in the same way. A little chopped parsley may also be used for decorating the moulds.

15.—HAM AND EGGS À L'AURORE.

Ingredients—

4 Eggs.		1 gill White Sauce.
4-6 oz. cooked Ham.		Seasoning.

Method—

Boil the eggs very hard, and cut them in quarters lengthways. Sieve the yolks, and keep the whites warm on a plate placed over a pan of hot water. Remove all skin and gristle from the ham, and chop it finely; moisten it with a little of the sauce, and stir over the fire just long enough to become thoroughly heated. Stir constantly so that the mixture will not brown. Pile this mixture in the centre of a hot dish, and pour over it the remainder of the sauce. Sprinkle thickly with the yolks of eggs and arrange the pieces of white evenly round.

16.—EGGS WITH GREEN PEAS.

Ingredients—

4 Eggs.		2 tablespoonfuls Milk or Cream.
$\frac{1}{2}$ pint Green Peas.		A pinch of Sugar.
$\frac{1}{2}$ oz. Butter.		Sippets of Toast or Fried Bread.
$\frac{1}{2}$ oz. Flour.		
1 gill liquid from Peas.		

Pepper and Salt.

Method—

Either tinned or fresh cooked peas may be used for this dish. First make a sauce. Melt the butter in a saucepan, add the flour, and cook together for a minute or two, then pour on one gill of liquid from the tin, or of the water in which the peas were cooked, and stir until boiling. Cook for a few minutes, then stir in the peas and seasoning, and add the milk or cream at the last. Turn the peas with their sauce on to a hot dish, and place on the surface four nicely poached eggs. Garnish with sippets of toast or fried bread.

17.—EGGS SUR LE PLAT.**Ingredients—**

3 Eggs. 1 oz. Butter. Salt and Pepper.

Method—

Lightly butter a flat fireproof dish, and break the eggs into it without breaking the yolks. Season with pepper and salt, and put the rest of the butter in small pieces on the top. Set the dish in a moderate oven, and let it remain until the whites become set, but by no means hard. They will require about ten minutes. Serve hot.

NOTE.—A little cream may be poured over the eggs before putting them in the oven.

18.—EGGS WITH SHRIMP SAUCE.

Ingredients—

6 Eggs.	$\frac{1}{2}$ oz. flour.
6 rounds of hot buttered Toast.	$1\frac{1}{2}$ gills of Milk.
$\frac{1}{2}$ oz. Butter.	Fresh or potted Shrimps
	Pepper and Salt.

Method—

First prepare a sauce. Melt the butter in a saucepan, add the flour, and stir the two together over the fire for two or three minutes. Then draw the pan to one side and pour in the milk. Stir again over the fire until the sauce boils and thickens. Add enough potted or shelled fresh shrimps to thicken the sauce well. Poach the eggs (see Recipe 2), and lay them on six rounds or squares of hot buttered toast. Season the sauce with pepper and salt, and pour it over the eggs. Serve very hot.

19.—POACHED EGGS WITH TOMATOES.

Ingredients—

5 Eggs.	Seasoning.
5 croûstades of Bread.	A little Cream or White
2 Tomatoes.	Sauce.
1 oz. Butter.	

Method—

Cut bread into slices about one inch thick, then make five rounds about three inches in diameter. With a smaller cutter cut half-way through the bread and remove the centre, leaving a form like a patty case. Dip these in good melted butter, and bake

them on a tin in the oven until they are a nice light brown colour. Skin the tomatoes, cut them in small pieces, and cook them for a few minutes with a little butter and seasoning. Fill the centre of the bread cases with this, poach the eggs, and lay one on the top of each. Place these on a hot dish, and pour a little hot white sauce or cream over. Sprinkle with chopped parsley, truffle, or coraline pepper.

NOTE.—If any tomato is left over, put it in the centre of the dish.

20.—EGGS IN TOMATOES.

Ingredients—

6 medium-sized Tomatoes.

6 fresh Eggs.

Pepper and Salt.

1 gill Brown Sauce or Gravy.

6 croûtons of Toast or Fried Bread.

Method—

Choose firm ripe tomatoes and of a good shape. Remove the stalks, and with a sharp knife cut a small slice from the top of each. With a teaspoon carefully scoop out the insides, but avoid making the sides too thin. Season the tomatoes with pepper and salt, place them on a greased tin, and break a fresh egg into the centre of each. Bake in a moderate oven about seven minutes until the eggs are set. Place the tomatoes when ready on a hot dish, standing each on a round of toast or fried bread. Strain the inside part of the tomatoes, and add it to the brown sauce or gravy. Heat this in a saucepan and pour it round the dish.

21.—EGG AND TOMATO TOAST.

Ingredients—

2 Tomatoes.	1 oz. Ham (chopped).
1 oz. Butter.	2 Eggs.
1 teaspoonful chopped Onion.	1 or 2 slices of Toast. Parsley.

Pepper and Salt.

Method—

Put the tomatoes into boiling water for a minute, lift them out, dry and peel them; then cut them in small pieces. Melt the butter in a small saucepan, add the tomatoes, onion, and ham, cook for about ten minutes, and season to taste. Remove the pan from the fire, and add the eggs well beaten. Stir again over the fire until the mixture becomes thick, but on no account must it be hard. Cut the toast into neat fingers or fancy shaped pieces, put a little of the mixture on each garnish with parsley, and serve very hot.

22.—EGGS WITH VEGETABLE MARROW.

Ingredients—

6 hard-boiled Eggs.	1 oz. Butter.
1 small young Vege- table Marrow.	1 oz. Flour.
1 Onion.	1 dessertspoonful chopped Parsley.
1 gill Milk.	1 Yolk of Egg.
Pepper and Salt.	A pinch of Mace.

Method—

Peel the marrow, and cut it into small neat pieces free from seeds. Throw these into boiling water

slightly salted, add the onion, skinned and cut in four, and boil until the marrow is tender and looks transparent, about twenty minutes. Then drain and keep one gill of the water to make the sauce. Arrange the marrow on a dish with the eggs cut in quarters or in slices, and keep warm in the oven.

To Make the Sauce.—Melt the butter in a small saucepan, add the flour, and cook for a minute; then pour in the milk and the gill of water from marrow, and stir over the fire until boiling. Add pepper, salt, parsley, and mace, and boil two or three minutes longer. Then remove the pan from the fire, and stir in the yolk of egg. Pour this sauce over the marrow and eggs, and serve very hot.

23.—SCRAMBLED EGGS WITH TOMATOES.

Ingredients—

4 Eggs.	2 or 3 Tomatoes.
1 gill Milk or Cream.	$\frac{1}{2}$ oz. Butter.
1 oz. Butter.	Pepper and Salt.

Method—

Peel the tomatoes, and cut them in thin slices. Grease a flat fireproof dish, and put the tomatoes in it, seasoning with pepper and salt. Put a few small pieces of butter on the top, and bake in the oven for ten minutes.

Beat the eggs, and add milk or cream and seasoning to them, melt the butter in a saucepan, pour in the egg mixture, and stir over the fire until thick and

creamy, but not hard. Spread this over the tomatoes, garnish with sippets of toast or fried bread, and serve hot.

24.—STUFFED EGGS (WITH CHEESE).

Ingredients—

6 Eggs.	Pepper and Salt.
1 oz. Butter.	A pinch of Nutmeg.
2 oz. grated Cheese.	A few browned Bread-
1 gill White Sauce.	crumbs.

Method—

Boil the eggs quite hard, and cut them in halves lengthwise. Take out the yolks and pass them through a wire sieve. Put the sieved yolks into a basin, and add to them the butter melted, the grated cheese, and seasonings. Mix well, and fill the hollow of each half egg with this mixture. Arrange it in a manner to imitate the yolk, and sprinkle them lightly with browned bread-crumbs. Pour the sauce into a flat fireproof dish, arrange the eggs upon it, and put them in the oven for ten minutes before serving.

DISHES WITH FISH.

Cod's Roe Cutlets.
Fillets of Cod with Parmesan.
Kentucky Cod.
Crab Toast.
Finnan Haddock stewed in Milk.
Finnan Haddock Balls.
Fish à la Crème.
Fish Custard Puddings.
Gâteau of Fish and Rice.
Fish Pie à la Russe.
Potato and Fish Timbale.
Fish Toast.
Fresh Herring au Gratin.
Grilled Herring with Mustard Sauce.
Potted Salmon.
Canapis de Sardines.
Fried Shell Fish.

For other recipes under this heading see " Fish and Fish Entrées " of this series.

DISHES WITH FISH.

25.—COD'S ROE CUTLETS.

Ingredients—

1 Cod's Roe. Egg and Bread-crumbs.		Pepper and Salt. Sliced Lemon.
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Method—

Choose a cod's roe with the skin quite intact. Tie it in muslin, and put it into a saucepan or fish kettle with enough boiling water to cover it. Add one tablespoonful of white vinegar and one of salt. Simmer slowly from twenty to thirty minutes, according to the size of the roe, then drain, and allow it to become quite cold. When wanted, cut the roe in half-inch slices, remove the skin, and trim if necessary. Egg and bread-crumbs the pieces, and fry them in boiling fat to a nice colour (see French Frying, No. 130), then drain, and serve with sliced lemon.

26.—FILLETS OF COD WITH PARMESAN.

Ingredients—

1½ lbs. Cod. 1 oz. Butter. 1 oz. Flour. ½ pint Fish Stock. 2 oz. grated Parmesan.		Cayenne Pepper. Salt. 2 tablespoonfuls Cream. A squeeze of Lemon Juice.
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Method—

Remove all skin and bone from the fish, and wash the trimmings in cold water. Put these latter into a saucepan with equal parts of milk and water to cover them, a bay leaf, a few parsley stalks, and a small onion. Allow this to simmer by the side of the fire from twenty to thirty minutes, then strain this stock, and use half pint to make the sauce. Meanwhile cut the fish into neat pieces, and lay them on a greased tin, sprinkle with pepper, salt, and a squeeze of lemon juice. Cover with greased paper, and cook the fish in the oven about fifteen minutes, or until quite tender.

To Make the Sauce.—Melt the butter in a saucepan, add the flour, and mix together until smooth; then draw the pan to the side of the fire and pour in the stock. Return to the fire, and stir until boiling. Cook two or three minutes, and add most of the cheese, but do not boil again.

Arrange the fillets of fish neatly on a hot dish, pouring any liquid from the tin into the sauce. Coat the fish with the sauce, and sprinkle the remainder of the cheese over the top. Wipe the edges of the dish, and brown in the oven or in front of the fire before serving.

27.—KENTUCKY COD.**Ingredients—**

1 lb. fresh Cod.		1 Egg.
Oatmeal.		$\frac{1}{4}$ lb. Bacon.
		Pepper and Salt.

Method—

Remove all skin and bone from the fish, and cut it in pieces about two inches square. Season with

pepper and salt, and then brush them over with beaten egg and toss them in oatmeal. Fry the bacon (Recipe No. 42), and keep it hot, and then fry the fish in the bacon fat. Add more fat to the pan if necessary before putting in the fish, and fry the pieces a nice brown colour. Drain the fish well, pile it on a hot dish, and serve garnished with the bacon.

28.—CRAB TOAST.

Ingredients—

1 oz. Butter.	Seasoning.
1 tablespoonful chopped Celery.	$\frac{1}{2}$ gill Milk or Cream.
1 teaspoonful Flour.	$\frac{1}{4}$ lb. Crab Meat.
1 tablespoonful Sherry.	Plain Biscuits or Thin Toast.

Method—

Melt the butter in a small saucepan, add the flour, celery, and crab meat, chopped rather finely. Mix well, and pour in the milk or cream. Stir for a few minutes until the moisture is somewhat evaporated, and add the sherry and seasoning. Spread on toasted biscuits or thin slices of toast, and serve hot.

29.—SMOKED OR FINNAN HADDOCK STEWED IN MILK.

Ingredients—

1 Smoked Haddock.	$\frac{1}{2}$ oz. Flour.
$\frac{1}{2}$ pint Milk.	Pepper.
1 oz. Butter.	Sippets of Toast.

Methods—

Dip the haddock into boiling water for a minute or two, then remove the skin and all fins. Cut the fish in neat-sized pieces, put them into a saucepan with the milk, and simmer slowly about fifteen minutes or until the fish is quite tender. Then lift out the pieces of fish, and keep them hot on a dish. Work the butter and flour together on a plate with a knife, and when thoroughly blended, add them to the milk in the pan. Stir over the fire, and cook a few minutes. Add a pinch of pepper, and strain this sauce over the fish. Garnish with sippets of toast, and serve hot.

30.—FINNAN HADDOCK BALLS.**Ingredients—**

6 oz. cooked Smoked Haddock.	1 hard-boiled Egg.
6 oz. cooked or sieved Potatoes.	1 yolk of Egg.
1 oz. Butter or Dripping.	A little Milk.
	Pepper and Salt.
	A little Flour.
	Egg and Bread-crumbs.

Method—

Chop the fish finely, being most careful to remove all skin and small bones. Chop also the hard-boiled egg and sieve the potatoes. Melt the butter or dripping in a saucepan, and put in the potatoes, fish, and hard-boiled egg. Add the raw yolk of egg, and season to taste with pepper and salt. Mix all together over the fire, and if too dry, add a little milk. Turn the mixture on to a plate, and then form into balls.

Flour the hands slightly to prevent the mixture from sticking, and try to make the balls of equal size. Then egg and bread-crumbs them, and fry in boiling fat to a nice brown colour. Drain on kitchen paper, and serve garnished with parsley.

31.—FISH À LA CRÊME.

Ingredients—

$\frac{1}{2}$ lb. cooked Fish.	1 tablespoonful browned Crumbs.
$\frac{1}{2}$ pint White Sauce.	1 teaspoonful chopped Parsley.
A squeeze of Lemon Juice.	$\frac{1}{2}$ oz. Butter.
White Pepper and Salt.	

Method—

Flake any nice white fish (herring or mackerel would be too rich) into neat pieces. (This should be done while the fish is still hot, as it will then come away much more readily from the bone.) Season the fish with white pepper, salt, and a few drops of lemon juice. Put it into a well-buttered pie-dish or fireproof dish, and pour the sauce over. Sprinkle the surface with the browned crumbs and parsley, and put a few small pieces of butter on the top. Bake in a moderate oven from twenty to thirty minutes.

NOTES.—Small fireproof dishes may be used instead of one large one; a shorter time will then be required for cooking. A few oysters or shrimps mixed with the fish will be found an improvement.

32.—FISH CUSTARD PUDDINGS.

Ingredients—

$\frac{1}{4}$ lb. cooked Fish.	2 whites of Eggs.
$\frac{1}{2}$ pint Milk.	1 dessertspoonful
4 yolks of Eggs.	chopped Parsley.
1 teaspoonful Anchovy	A little Coralline
Essence.	Pepper.

Pepper and Salt.

Method—

Grease very carefully about six dariol moulds or tiny basins, and decorate each one at the foot with a little finely chopped parsley or coralline pepper. Free the fish from all skin and bone, and then weigh it. Chop it rather finely, and about half fill the moulds. Make a custard with the eggs and milk. Beat up the eggs, yolks and whites, in a basin, and add the milk. Season with white pepper, salt, and anchovy essence. Strain and pour over the fish. Place the moulds in a tin with boiling water to reach half-way up the sides, cover with greased paper, and poach in the oven or on the top of the stove until the custards are set, about fifteen minutes. Turn out and serve hot.

NOTE.—These are excellent made with cold salmon.

33.—GÂTEAU OF FISH AND RICE.

Ingredients—

$\frac{1}{4}$ lb. Carolina Rice.	Grated rind of $\frac{1}{2}$ Lemon.
$\frac{1}{2}$ pint Fish Stock or	Pepper and Salt.
Milk.	1 teaspoonful chopped
2 Eggs.	Parsley.
$\frac{1}{2}$ lb. Fish (cooked).	A little Coralline
1 oz. Butter.	Pepper.

Method—

Wash the rice, and put it into a saucepan with the milk or stock. Allow it to cook slowly until quite soft, adding more liquid if necessary. Then add to it the fish chopped, the butter, pepper, salt, and grated lemon rind. Beat up the eggs, and add them, mixing well. Then grease a plain mould or basin, and decorate it with chopped parsley and a little coralline pepper; pour the mixture into this; cover with greased paper, and steam slowly from one to one and a half hours, until firm to the touch. Turn out on a hot dish, and serve with or without sauce.

34.—FISH PIE À LA RUSSE.**Ingredients—**

1 lb. cooked Cod.
 $\frac{1}{2}$ pint White Sauce.
 2 hard-boiled Eggs.
 2 teacupfuls boiled
 Rice.

1 oz. Butter.
 1 dessertspoonful An-
 chovy Essence.
 1 teaspoonful chopped
 Capers.

Salt.

Method—

Remove all skin and bone from the fish, and break it into flakes with two forks. Add the anchovy essence and chopped capers to the white sauce, and cut the hard-boiled eggs in slices. Boil the rice as for curry (Recipe No. 112), and make it very dry. Then grease a pie-dish or fireproof dish, and put in first a layer of fish, then some rice, moistening with a little of the sauce, then a layer of the sliced egg, and repeat these layers until the dish is full, finishing with the sliced egg. Season with more salt if necessary, put the butter in small pieces on the top, and bake in the oven for twenty minutes.

35.—POTATO AND FISH TIMBALE.

Ingredients—

$\frac{1}{2}$ lb. cooked Potato.
 1 yolk of Egg.
 1 oz. Butter.
 2 tablespoonfuls grated
 Cheese.
 Seasoning.
 2 tablespoonfuls white
 Bread-crumbs.

$\frac{1}{2}$ lb. cooked Fish.
 2 tablespoonfuls White
 Sauce.
 1 teaspoonful chopped
 Parsley.
 Seasoning.

Method—

Sieve the potatoes, add to them the butter melted, the yolk of egg, cheese, and seasonings. Mix well together, and if not sufficiently moist add a very little milk. Butter a basin or plain mould, and sprinkle it with the bread-crumbs. Line the bottom and sides with the potato mixture, keeping back a little for the top. Then remove all skin and bone from the fish, mix it with the white sauce, and add parsley and seasoning to taste. Hard-boiled egg cut in pieces, oysters, anchovy, or mushrooms may be added. The mixture must not be too moist. Put it into the prepared mould, and cover with the rest of the potato mixture. Make the top very smooth with a knife. Bake in a moderate oven about forty minutes. Place a hot dish on the top, invert the mould, and let it stand a few minutes. Then carefully withdraw the mould. Serve plain or with white sauce.

36.—FISH TOAST.

Ingredients.

$\frac{1}{4}$ lb. cooked Fish.	$\frac{1}{2}$ gill Fish Sauce.
White Pepper and Salt.	A little chopped Parsley.
$\frac{1}{2}$ oz. Butter.	Coralline Pepper.
2 slices of hot buttered Toast.	A little Lemon Juice.

Method—

Any nice white fish or smoked haddock will do for this dish. Flake it very small, carefully removing all skin and bone, and season it to taste with salt, pepper, parsley, and a squeeze of lemon juice. Melt the butter in a small saucepan, add the fish and sauce, and make thoroughly hot over the fire. Cut the toast into neat fingers or fancy-shaped pieces, pile a little of the fish mixture on each, and decorate with finely chopped parsley and coralline pepper.

NOTES.—This dish may be varied by using curry sauce or tomato pulp for moistening the fish instead of the white sauce; or the toast may be spread with anchovy or shrimp paste before putting on the fish mixture, &c.

37.—FRESH HERRING AU GRATIN.

Required—

4 fresh Herring.	1 dessertspoonful
1 dessertspoonful	chopped Mushrooms.
chopped Parsley.	1 oz. Butter.
Mustard Sauce.	Browned Crumbs.
Pepper and Salt.	

Method—

Butter a gratin dish rather thickly with some of the butter, and sprinkle over the foot half the parsley and half the mushrooms. Have the herring nicely cleaned and trimmed, remove the heads, and score the skin across in several places. Lay the fish in the dish, season them well, and sprinkle with the remainder of the parsley and mushrooms. Cover with browned bread-crumbs, and put the rest of the butter in small pieces on the top. Bake in a moderate oven about twenty minutes, and serve with mustard sauce (if liked) in a sauce-boat (Recipe No. 135).

38.—GRILLED HERRING WITH MUSTARD SAUCE.

Required—

4 or 5 Herring.	1 oz. Butter.
2 tablespoonfuls Salad Oil.	1 teaspoonful raw Mustard.

Pepper and Salt.

Method—

Scrape and empty the herring, and cut off the fins and tails. Score them lightly with a knife, merely cutting a little below the skin and the whole length slantwise. Steep the herring for ten minutes in the oil, sprinkle with pepper and salt, and arrange them on the gridiron. Cook them at a brisk fire for five minutes on one side, then turn, and cook them for the same length of time on the second side. Mix the butter and mustard together, spread it on a hot dish, and serve the herring on the top.

39.—POTTED SALMON.

Ingredients—

$\frac{1}{4}$ lb. cooked Salmon.	$\frac{1}{2}$ teaspoonful Vinegar.
2 oz. Butter.	Pepper and Salt.
1 teaspoonful Anchovy or Shrimp Essence.	A pinch of powdered Mace.
A pinch of Cayenne.	

Method—

Free the salmon from all skin and bone, and then weigh it. Put it into a mortar with most of the butter melted, and season to taste and rather highly. Pound well until smooth, and then rub through a sieve. Pack this smoothly into a small pot or jar, and run the rest of the butter over the top, which will preserve the mixture and prevent it from becoming dry. This makes delightful sandwiches, when a little thinly sliced cucumber or small cress would be an improvement.

40.—CANAPIS DE SARDINES.

Ingredients—

10 Sardines.	1 dessertspoonful White Wine.
$\frac{1}{2}$ oz. Butter.	$\frac{1}{2}$ oz. Anchovy Paste.
2 Button Onions.	2 or 3 slices of Toast.
$\frac{1}{2}$ gill White Sauce.	1 tablespoonful white Bread-crumbs.
1 oz. grated Parmesan Cheese.	

Seasoning.

Method—

Peel and chop the onions finely, put them into a saucepan with enough water to cover them, bring to the boil, and strain off the water. Add the butter,

and cook carefully for ten minutes without allowing the onions to brown. Take half gill of thick white sauce, and add it to the onions with the cheese, wine, and seasoning, let all reduce slightly, then turn the mixture on to a plate and allow it to cool.

Scrape the sardines lightly and trim off the tails. Cut the toast into finger-shaped pieces, rather larger than the sardines, and spread over one side with anchovy paste. Place a sardine on the top of each, spread thickly with the above mixture, and sprinkle with white bread-crumbs. Set in a hot oven long enough to warm through, then serve at once, garnished with parsley.

41.—FRIED SHELL FISH.

Ingredients—

1 doz. shelled Prawns.		A little Flour.
1 doz. shelled Scallops.		Pepper and Salt.
		Sliced Lemon.

Method—

Cut the prawns and scallops in two pieces, and toss them well in flour, pepper and salt. Fry these a few at a time in boiling fat (see French Frying, No. 130). Drain and pile them on a dish paper or d'oyley garnished with slices of lemon.

NOTE.—Scallops alone make quite a nice dish served in this manner. Serve with brown bread and butter.

DISHES WITH MEAT.

Rashers of Bacon.
Bacon, To Boil.
Bacon and Macaroni.
Bacon and Mushrooms.
Bacon and Tomatoes.
Bath Chaps.
Spiced Beef.
Glazed Beef Roll.
Brawn.
Breakfast Pâté.
Calf's Brains au Beurre Noir.
Chicken Dormers.
Cold Meat Croquettes.
Deville'd Drumsticks.
Game Balls.
Ham, To Boil.
Macaroni and Ham Croquettes.
Ham Toast.
Broiled Kidneys.
Curry of Kidneys.
Savoury Meat Toast.
Cold Meat Shape.
Potted Meat.
Rissoles.
Sausages, Fried or Baked.
Sausages, Egged and Bread-crumbed
Glazed Sausage Roll.
Sausage Rolls (Rough-Puff Pastry).
Ox-Tongue, To Boil.
Fillets of Ox-Tongue Devilled.
Raised Veal and Ham Pie.
Veal Mould.

DISHES WITH MEAT.

42.—RASHERS OF BACON.

Choose a piece from the back or the streaky part of the pig for these. Remove the rind (which should be reserved for the stock-pot) and the rust, and cut the bacon in thin even slices with a very sharp knife. These may be fried, toasted, or baked.

To Fry Bacon.—Place the slices in a hot frying-pan, and cook until the fat is transparent, turning the rashers once or twice. It must not be cooked too quickly, or the fat will become scorched and wasted. If not wanted crisp and dry, turn the slices before they look clear, and remove them before all the fat is run out.

Toasted Bacon is easily done by means of a Dutch oven or a toaster or toasting fork in front of the fire, putting a plate underneath to catch the fat. The fat of the bacon when cooked should look transparent and crisp. The flavour of toasted bacon is superior to that which is fried or baked.

To Bake Bacon.—Melt a little fat in a dripping tin, when quite hot but not scorching, lay in the slices of bacon. Place them overlapping each other, so that the fat of one piece rests on the lean of another. Cook about ten minutes in a good oven.

NOTES.—Bacon should be served on a hot-water dish, if possible.

Eggs nicely fried or poached may be laid on the top of it.

The bacon may be served on small pieces of bread which have been fried in the bacon fat, or small croutons of bread cooked in the same way and sprinkled with chopped parsley and coralline pepper may be used as a garnish to any dish in which bacon is used.

Bacon Rolls, which are used as a garnish for many dishes, are made by cutting the bacon very thin, then rolling the slices up neatly, and slipping several together on to a thin skewer. These should be baked or toasted.

43.—BACON, TO BOIL.

Choose for this a nice piece from the back of the pig, with the fat and the lean pretty equally divided. Soak it for an hour before cooking, and then boil and serve according to directions given for Boiled Ham (Recipe No. 57).

44.—BACON AND MACARONI.

Ingredients—

2 oz. Macaroni.	1 doz. Mushrooms.
3 gills Stock.	1 oz. Butter.
$\frac{1}{4}$ lb. boiled Bacon.	Pepper and Salt.

Method—

Break the macaroni into small pieces, and cook it in the stock until quite tender but not pulpy. The macaroni should have absorbed nearly all the liquid. Then add the bacon cut in dice, a little pepper and salt if necessary, and toss all over the fire about ten minutes. Turn on to a hot dish, and garnish with the mushrooms prepared in the following manner:—Peel the mushrooms, removing the stalks, and wash

them in several waters. Then dry them, and put them on a baking tin with the butter broken in small pieces, pepper and salt. Bake in a moderate oven for about ten minutes, and use as described above.

45.—BACON AND MUSHROOMS.

Ingredients—

$\frac{1}{2}$ lb. Bacon.	1 oz. Butter.
$\frac{1}{2}$ lb. fresh Mushrooms.	1 teaspoonful chopped Parsley.
1 teaspoonful chopped Chives.	Pepper and Salt.

Method—

Peel the mushrooms and remove the stalks (which should be reserved for flavouring the stock-pot or sauces). Wash them in several waters, and then dry them in a cloth. Place them on a buttered baking tin, and sprinkle with the chopped chives, parsley, pepper and salt. Cover all with greased paper, and cook in a moderate oven from ten to fifteen minutes. Fry the bacon according to Recipe No. 42. Arrange the mushrooms and bacon neatly on a hot dish, and serve very hot.

46.—BACON AND TOMATOES.

Ingredients—

$\frac{1}{2}$ lb. Bacon.	1 teaspoonful chopped Parsley.
$\frac{1}{2}$ lb. Tomatoes.	A little Butter.
1 teaspoonful chopped Shallot.	Pepper and Salt.

Method—

Choose nice ripe tomatoes. Wipe them and remove the stalks. Cut them in slices, and place them in a buttered baking tin. Sprinkle with the

seasonings, and cover with buttered paper. Bake ten minutes in a moderate oven. Fry the bacon according to Recipe No. 42. Serve the tomatoes on the centre of a hot dish, and place the slices of bacon round, or arrange the two alternately on the dish, according to taste.

47.—BATH CHAPS.

Soak these for five or six hours at least in lukewarm water, then scrape them well. Put them into a saucepan with sufficient cold water to cover them, bring to the boil and skim. Simmer very slowly from one and a half hours to two hours, and allow them to cool in the water. Then remove the skin, and cover with bread raspings. Serve cold as a breakfast dish.

48.—SPICED BEEF.

Required—

7 or 8 lbs. brisket of Beef.	$\frac{1}{2}$ teaspoonful Cloves.
1 lb. common Salt.	$\frac{1}{2}$ teaspoonful Black Peppercorns.
2 oz. Saltpetre.	3 Shallots.
$1\frac{1}{2}$ oz. Salprunelle.	4 Bay Leaves.
$\frac{3}{4}$ lb. Demerara Sugar.	$\frac{1}{2}$ teaspoonful powdered Thyme.
$\frac{1}{2}$ teacupful of Treacle.	

A little Glaze.

Method—

Pound together in a mortar the salprunelle, cloves, peppercorns, shallots, thyme, and bay leaves. Mix all the pickle ingredients together in a large crock or basin, and warm slightly in the oven. Wipe the meat, and remove any discoloured part. Put it into the pickle, and rub it all over. Rub and turn the meat

every day for a week, or until spiced sufficiently. Then lift out the meat, wash it, and put it into a saucepan with enough cold water to cover. Simmer slowly, allowing half an hour to each pound of meat, and skim when necessary. A few pieces of flavouring vegetables may be added. Lift out the meat when tender, remove the bone, and press between two dishes with a weight on the top until cold. Then trim neatly, and brush over with a little melted glaze. Serve cold.

49.—GLAZED BEEF ROLL.

Ingredients—

$\frac{1}{2}$ lb. cold Roast Beef.	4 oz. Bread-crumbs.
2 oz. Dripping or Butter.	1 teaspoonful chopped Parsley.
2 or 3 oz. cooked Ham or Tongue.	1 dessertspoonful chopped Pickles.
1 dessertspoonful Ketchup.	$\frac{1}{2}$ teaspoonful Mixed Spice.
A little Stock.	Pepper and Salt.
1 Egg.	Some Meat Glaze.

Method—

Mince the beef and ham finely with a knife, or put them through a mincing machine, being careful to remove all skin and gristle. Put the minced meat into a basin, and add the bread-crumbs, pickles, parsley, spice, pepper, and salt. Mix well, and bind with the butter or dripping melted, the egg well beaten, the ketchup, and if necessary, a little stock or gravy.

Form into a roll, and tie into a pudding cloth like a roly-poly. Boil this roll in the stock-pot for half an hour, then lift out and press between two dishes with

a weight on the top until cold. Then remove the cloth, and brush over with a little melted glaze. Serve cold garnished with parsley or salad.

NOTE.—This roll may also be made with fresh uncooked meat. It will then require longer time for cooking, from one and a half to two hours.

50.—BRAWN.

Ingredients—

$\frac{1}{2}$ Pig's Head (salted).	A sprig of Parsley,
2 Onions.	Thyme and Marjoram.
6 Cloves.	1 Carrot.
1 doz. Peppercorns.	1 Turnip.
1 blade of Mace.	Cold Water.

Method—

Wash the head thoroughly in tepid water, and remove all gristle and soft parts from the nostrils. Rinse well in cold water. Then put the head into a large saucepan with sufficient cold water to cover it, and bring slowly to the boil. Skim well, and add the vegetables cut in pieces and the herbs tied in a piece of muslin. Simmer slowly from three to four hours until the flesh will leave the bones easily, and skim when necessary. Then strain the liquid into a large basin and put the head on a dish. Next day cut the tongue and the meat from the head into small pieces, removing gristle and any superfluous fat.

Skim all fat carefully off the stock, and return it to a saucepan with the bones from the head. Boil quickly until reduced to about half the quantity, and then strain over the meat. Let this stand until slightly

cooled, add more seasoning if necessary, and then pour into wetted moulds. Set aside until cold, and when firm, turn out on a dish and garnish with parsley.

NOTE.—If liked, the moulds may first be decorated with slices of hard-boiled eggs.

51.—BREAKFAST PÂTÉ.

Ingredients—

$\frac{1}{2}$ lb. fat Bacon.	A little Butter.
$\frac{1}{2}$ lb. Calf's Liver.	Pepper and Salt.
1 teaspoonful minced Parsley.	1 teaspoonful Mixed Spices.
1 teaspoonful minced Shallot.	Some joints of Rabbit, Game, or Fowl.

Method—

Soak the calf's liver in cold water for half an hour to draw the blood from it. Then dry it well. Cut the liver and bacon in dice, and fry these until cooked, adding a little butter if necessary. Sprinkle with the seasonings, and cook slowly, stirring very frequently. Then drain off the fat, and pound the rest in a mortar to a smooth paste. Have ready any small joints of rabbit, game, or fowl, and fry them for a few minutes in the fat which was drained from the liver, &c., adding more butter if necessary. Then spread some of the farce at the foot of a raised pie-dish or fire-proof dish, on this put a layer of the joints, sprinkling them with a little salt and pepper, then more farce, and repeat this until all is used up. The last layer should be of the farce. Smooth over the surface with a spoon dipped in boiling water, cover with greased

paper, stand the dish in a tin with boiling water to come half-way up the sides, and cook in the oven for one and a half hours. When ready, run a little liquid butter or lard over the top, and serve cold.

52.—CALF'S BRAINS AU BEURRE NOIR.

Ingredients—

<p>2 Calves' Brains. 1 Bay Leaf. 1 pint Water or light Stock. 1 sprig of Parsley.</p>	<p>$\frac{1}{4}$ gill Vinegar. 4 or 5 Peppercorns. 1 small Onion. Salt. 2 Cloves.</p>
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For Serving—

<p>2 or 3 oz. Butter. 1 teaspoonful chopped Capers.</p>	<p>1 teaspoonful chopped Parsley. 1 teaspoonful Vinegar.</p>
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Method—

There are three kinds of brains which can be served with "Black Butter," but that of the calf is best; it is the finest, and has most flavour. That of the ox is hard, and has little flavour, while that of the sheep is rather small, and is of a grey colour.

First soak the brains in cold water with a little salt to draw out the blood. When about to serve, put them into hot water for a few minutes to stiffen, carefully remove the thin skin which envelops them, and then rinse in cold water. Put into a saucepan the water or stock, with the vinegar and all the seasonings; warm the contents over the fire, and then place in the brains. Cover and cook slowly for ten to twelve minutes, and then stand by the side of the fire until

the moment for serving. Lift out the brains, drain them on a clean cloth, and cut each brain in four. Arrange the pieces neatly on a hot dish, and sprinkle lightly with pepper, salt, chopped parsley, and chopped capers.

Put the butter into a small pan, and watch it carefully until it becomes a deep brown colour without being burnt ; pour it slowly over the brains. Heat the teaspoonful of vinegar in the pan, sprinkle it lightly over the brains, and then send to table.

This is a very delicate and light dish.

53.—CHICKEN DORMERS.

Ingredients—

5 or 6 hard boiled Eggs.	1 teaspoonful chopped Parsley.
1 tablespoonful White Sauce.	Grated Lemon Rind.
3 oz. cooked Chicken.	Pepper and Salt.
1 oz. cooked Ham or Tongue.	A little Flour.
	Egg and Bread-crumbs.

Method—

Cut the hard-boiled eggs in halves lengthways, and remove the yolks. Rub the yolks through a wire sieve into a basin, and add to them the chicken and ham finely minced ; season with the parsley, pepper, salt, and a little grated lemon rind, and bind all together with a white sauce. Fill the eggs with this mixture, and place two halves together again. Roll them in a little flour, and egg and bread-crumbs carefully. Fry in boiling fat to a nice brown colour, and serve hot garnished with a little parsley or watercress.

54.—COLD MEAT CROQUETTES.

Ingredients—

$\frac{1}{4}$ lb. cold cooked Meat.	Some scraps of Pastry.
$\frac{1}{2}$ oz. Butter.	1 teaspoonful Ketchup.
$\frac{1}{2}$ oz. Flour.	A pinch of Nutmeg.
$\frac{1}{2}$ gill of Stock.	A little grated Lemon
1 teaspoonful chopped Onion.	Rind.
1 teaspoonful chopped Parsley.	1 Egg.
	Bread-crumbs or Ver- micelli.

Pepper and Salt.

Method—

First prepare the mixture to put inside the pastry. Remove all skin and gristle from the meat, then weigh it. Chop it very finely with a knife, or put it through a mincing machine. Melt the butter in a small saucepan, put in the onion very finely minced, and cook it for a few minutes over the fire. Then add the flour, mixing it until smooth with a wooden spoon, and letting it brown slightly. Then pour in the stock, and stir constantly until the mixture thickens. Remove from the fire, and add the meat and seasonings, mix well, and turn all on a plate to cool.

To Make the Croquettes.—Roll out some scraps of pastry very thinly. The thinness of the pastry is most important, as if left too thick it will not be cooked sufficiently, and the croquettes would be most unwholesome. Stamp the pastry into rounds, three to four inches in diameter, and with a small brush wet round the edges with a little water or beaten egg. Put a small portion of the meat mixture in the centre of each and double over, pressing the

edges well together. If wished larger, put one round on the top of the other with some of the meat mixture between. Any other shape may be used instead of rounds if preferred. Next egg and bread-crumbs the croquettes, or instead of bread-crumbs, use crushed vermicelli, fry a nice brown colour, and not too quickly, in boiling fat, and drain on kitchen paper. Pile them on a hot dish with a d'oyley or dish-paper under them, and garnish with parsley.

55.—DEVILLED DRUMSTICKS.

Required—

Drumsticks of a Fowl.
Mustard or Curry
Powder.

Oil or Melted Butter.
Black Pepper.
Cayenne.

Salt.

Method—

Score each piece of fowl two or three times to the bone, dip in oil or melted butter, and sprinkle pretty thickly with mustard or curry powder, black pepper, cayenne, and salt. Grease the gridiron and make it hot, and broil the drumsticks over a clear fire from seven to ten minutes. During the process baste the pieces lightly with oil or melted butter, and turn them frequently. Serve with or without Devil Sauce (Recipe No. 134).

NOTE.—If the devil is wished very fiery, mix a little mustard with Worcester sauce and a few drops of Tabasco (Essence of Chillies), season with the peppers and salt, and spread this paste over the drumsticks before grilling them.

56.—GAME BALLS (A Small Savoury).

Required—

Small Oatcakes or
Small Biscuits.
Potted Game.
Butter.

Small Cress.
Seasoning.
Hard-boiled yolk of
Egg.

Method—

Make some small round oatcakes (Recipe No. 123), or take small plain biscuits, and butter as many as will be required for the savoury. Then dip the buttered side of each into sieved hard-boiled yolk of egg, making a yellow surface. Take some potted game, mix it on a plate with a little extra butter and more seasoning according to taste. Then with the butter hands roll this into balls, and put one on the top of each biscuit or cake. Garnish with a tiny bunch of cress, and serve as a cold savoury.

NOTE.—If the game mixture is very soft, set it aside in a cool place before attempting to roll it.

57.—HAM, TO BOIL.

In choosing a ham, select one with a smooth thin skin and a neat plump shape, not too long. Soak in lukewarm water for at least twelve hours before cooking. If the ham is very dry and highly smoked, twenty-four hours will not be too long, and the water should be changed once or twice during this time. Then scrape the ham clean from all dirt and slime, and weigh it. Put it into a saucepan with sufficient lukewarm water to cover it (if the ham is very salt, cold water will be better), bring to the boil, and skim well. Then draw the pan to the side of the stove, and

simmer very slowly until the ham is cooked. Allow from twenty-five to thirty minutes to the pound according to the kind and thickness of the ham. It is ready when the skin peels off easily. A bunch of sweet herbs and a bay leaf may be boiled with the ham, and sometimes a pint of ale is added to give the ham a mellow flavour. Let the ham cool in the liquor in which it was cooked, then take it up, remove the rind and trim the fat neatly with a knife. Brush it all over with liquid glaze or strew thickly with browned bread-crumbs. Fasten a paper frill round the knuckle.

If the ham is to be served hot, lift it from the water when cooked and remove the skin. Then place it in the oven for a few minutes, and brush it over with liquid glaze. Serve with greens, Brussels sprouts, spinach, green peas, &c.

58.—MACARONI AND HAM CROQUETTES.

Ingredients—

2 oz. Macaroni.	1 teaspoonful chopped Parsley.
1 yolk of Egg.	A little made Mustard.
1 oz. Butter.	Pepper and Salt. X
1 oz. Flour.	A little Flour.
1 gill Milk or Stock.	Egg and Bread-crumbs.
2 oz. cooked Ham.	

Method—

Boil the macaroni until quite soft, drain and chop it small. Melt the butter in a saucepan, add the flour, and mix together until smooth. Then pour in the milk, and stir over the fire until the mixture thickens and begins to draw away from the sides of the saucepan. Remove the pan from the fire, and add the macaroni, ham, finely chopped parsley, yolk

of egg, and seasoning. Mix all together, and turn out on a plate. Smooth the mixture over with a wetted knife, and set it aside to cool. Then divide it into eight or ten equal-sized pieces, and form each portion into a cutlet shape, using a little flour to prevent the mixture from sticking to the board. Then egg and bread-crumbs them, and fry in boiling fat to a golden brown. Drain well on kitchen paper, and stick a small piece of uncooked macaroni into the end of each to imitate the bone.

Dish in a circle on a hot dish with a dish-paper under them, and garnish with parsley.

59.—HAM TOAST.

Ingredients—

3 oz. lean cooked Ham.	A pinch of Cayenne.
1 oz. Butter.	A little made Mustard.
2 Eggs.	2 slices of Toast.

A little Parsley.

Method—

Remove all skin and gristle from the ham, and chop it finely. Put it into a saucepan with the butter and seasonings, and add the two eggs well beaten. Stir over the fire until the mixture begins to thicken, but is by no means hard, then serve it on neat pieces of hot buttered toast. Garnish with small sprigs of parsley or sprinkle with finely chopped parsley.

60.—BROILED KIDNEYS.

Required—

Kidneys.	Pepper.		Butter or Oil.	Salt.
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Method—

The kidneys must be very fresh. Split them down the middle without separating the two parts, and

remove the skin and the hard fat from the inside. Hold them open, and pierce them through from one side to the other with a wooden or metal skewer. Season with salt and pepper. Dip them in melted butter or oil, and cook on the gridiron over a good fire. Four to five minutes on each side will be sufficient. Arrange them on a hot dish, take out the skewers and place a small piece of Maître d'Hôtel butter (Recipe No. 131) in the centre of each kidney. Place the dish in the oven for two or three minutes to half melt the butter, and serve at once.

61.—CURRY OF KIDNEYS.

Ingredients—

4 or 5 Sheep's Kidneys.	1 tablespoonful Cream.
$\frac{1}{2}$ oz. Butter.	1 small Onion.
1 dessertspoonful Rice	1 small Apple.
Four.	$\frac{1}{2}$ pint Stock.
1 teaspoonful Curry	A little Chutney.
Powder.	Pepper and Salt.

Boiled Rice.

Method—

Melt the butter in a stewpan, put in the kidneys, split and skinned, and cook them for a few minutes. Skin and slice the onion very thinly, peel and chop the apple, and put these two into the pan with the kidneys. Fry for a few minutes, then add the rice flour, curry powder, chutney, pepper, and salt. Mix well, and pour in the stock. Allow the kidneys to stew slowly in this sauce until they are quite tender, from half to three-quarters of an hour. Add a little cream at the last, and serve with a border of boiled rice round.

62.—SAVOURY MEAT TOAST.

Ingredients—

$\frac{1}{4}$ lb. cold cooked Meat.
2 oz. Bread-crumbs.
1 teaspoonful chopped Parsley.
Pepper and Salt.

A little grated Lemon Rind.

$\frac{1}{2}$ gill Brown or Tomato Sauce.

Hot buttered Toast.

Method—

Mince the meat very finely, removing all skin and gristle. Put in into a saucepan with all the other ingredients, seasoning to taste, and make the mixture thoroughly hot over the fire. Cut some toast into very neat pieces, butter it while hot, and pile some of the mixture on each piece. Garnish with a little finely chopped parsley or with small sections of hard-boiled egg.

NOTE.—Any kind of meat may be used for the above, but a mixture of meats is best, such as beef and ham, chicken and ham, mutton and tongue, &c.

Other flavourings may be added as desired, such as mushrooms, capers, chopped gherkins, pickled walnuts, &c., or curry sauce may be used instead of Brown or Tomato (see Sauces).

63.—COLD MEAT SHAPE.

Ingredients—

$\frac{1}{2}$ lb. cooked Meat.
1 teaspoonful chopped Parsley.

1 hard-boiled Egg.
 $\frac{1}{2}$ pint light Stock.
 $\frac{1}{2}$ oz. sheet Gelatine.

Pepper and Salt.

Method—

The meat used for this must be very tender, as it gets no further cooking. A mixture of meats such as

veal and ham, mutton and tongue, &c., is best. Trim away all skin and gristle, and cut the meat in small neat pieces. Chop the parsley very finely, and cut the hard-boiled egg in slices. Then rinse out a mould with cold water, and decorate it at the foot with some of the egg and parsley. Then place in very lightly a little of the meat with seasoning and more egg, then more meat, &c., and so on until all is in. Do not press it down. Dissolve the gelatine in the stock, and strain it over the meat. Set aside in a cool place until cold and firm. When wanted, turn out and garnish with parsley or salad.

64.—POTTED MEAT.

Required—

Cooked Meat.	Butter.	Seasonings.
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Method—

The remains of any cold cooked meat may be used in this way. Some meats may be potted together, such as chicken and ham, chicken and tongue, veal and ham, game and tongue, spiced beef and veal, &c. A little salted meat, such as ham or tongue, used along with fresh meat, is always an improvement to the flavour. Remove all skin, bone, and gristle from the meat, put it twice through a mincing machine, and then weigh it. Season rather highly with pepper, salt, cayenne, made mustard, and if liked, a little spice. Pound the meat and seasonings in a mortar, adding enough melted butter to make all into a smooth paste. The quantity of butter will depend upon the kind of meat used, possibly 4 oz. to each pound of meat. The potted meat must not be made too moist, but on the other hand it must be well bound together and not

too dry. If a little ham fat is used, rather less butter will be required. A little Worcester or Anchovy sauce may also be added. If the potted meat is wished very smooth, rub it through a wire sieve after pounding. Then press it into pots, and run some melted butter over the top, when it will keep for some time.

NOTE.—Fish of any kind may be potted in the same way, such as salmon (see Recipe 39), bloaters, kippers, smoked haddock, &c., also lobster, crab, or fish roe.

65.—RISSOLES.

Ingredients.

<p>½ lb. cold cooked Meat.</p> <p>1 oz. Butter.</p> <p>1 oz. Flour.</p> <p>1 gill of Stock.</p> <p>1 teaspoonful chopped Onion.</p>	<p>1 teaspoonful Ketchup.</p> <p>1 teaspoonful chopped Parsley.</p> <p>A pinch of Nutmeg.</p> <p>Pepper and Salt.</p> <p>A little Flour.</p>
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Egg and Bread-crumbs.

Method—

Remove all skin and gristle from the meat, cut it in small pieces, and weigh it. Then chop it very finely with a knife or put it through a mincing machine. Melt the butter in a small saucepan, add the onion, and cook for a few minutes over the fire. Then add the flour, and stir until slightly browned. Pour in the stock, and stir constantly until the mixture thickens and begins to draw away from the sides of the saucepan. Remove the pan from the fire, add the meat and the seasonings, and mix well together. Turn the mixture on to a plate, smooth it

over with a knife, and set aside to cool. When cold, it will be firm and easily shaped. Portion it out into about twelve equal-sized pieces. Take the pieces one at a time, and shape them on a board with the aid of a knife and a little flour. They may be made into any shape that is liked, such as cutlet shapes, balls, small rolls, round cakes or cone shapes. The dish will look neater if only one or two shapes are used. Use as little flour as possible in the shaping, just sufficient to keep the mixture from sticking to the board. Then egg and bread-crumbs them, and fry in boiling fat until they are a nice brown colour. Drain well, and serve hot with a dish-paper or d'oyley under them. Garnish with parsley.

NOTE.—Any kind of meat may be used for making rissoles or a mixture of meats. A little ham or tongue used along with fresh meat is a great improvement.

66.—SAUSAGES, FRIED OR BAKED.

Ingredients—

Sausages. Dripping. | Toasted Bread.

Method—

Prick the sausages well with a fork, and put them into a frying-pan with a little beef dripping. Do not heat the dripping first, or the sausages will burst. Allow them to cook slowly for half an hour. Pork requires thorough cooking, or it is most unwholesome. Turn the sausages over, so that they cook equally and become nicely browned on all sides. Cut some neat fingers of toast, lay these on a hot dish, and place a sausage on the top of each. The toast may first be soaked in the fat, but this is a matter of taste.

Brown sauce or gravy may be served separately in a sauce-boat. Sausages may also be baked instead of fried. Prick them well, and place them side by side in a greased tin. Cook in a moderate oven about half an hour, turning them occasionally. Serve in the same way.

Fried bacon may be served along with the sausages.

NOTE.—Sometimes the sausages are parboiled for five minutes before frying ; it makes them less rich, but they will not be quite so tasty.

67.—SAUSAGES, EGGED AND BREAD-CRUMBED.

Ingredients.

1 lb. Sausages.	1 oz. Butter.
Egg and Bread-crumbs.	1 yolk of Egg.
Some brown Gravy.	A little Milk.
$\frac{1}{2}$ lb. cooked Potatoes.	Pepper and Salt.

Method—

Prick the sausages, and lay them in a saucepan with enough hot water to cover them. Bring this gently to the boil, and simmer slowly for twenty minutes. Then drain, and remove the skins carefully from the sausages. Egg and bread-crumbs them, and fry in hot fat (see French Frying) until of a golden brown colour, lift out and drain on kitchen paper. Sieve the potato and reheat it in a saucepan with the butter, yolk of egg, seasoning, and a little milk. Form this into flat oblong-shaped cakes, as many as there are sausages, place them on a greased tin, and heat and colour slightly in the oven. Then lift them on to a hot dish, and place a sausage on the top of each. Serve gravy round, or separately in a sauce-boat.

68.—GLAZED SAUSAGE ROLL.

Ingredients.

X	1 lb. Pork Sausage Meat.	Truffles and Pistachio
	1 lb. Beef Sausage Meat.	Nuts.
	$\frac{1}{2}$ lb. Ham or Tongue.	A little Glaze (see
	2 hard-boiled Eggs.	Recipe No. 138).

Seasoning.

Method—

Mix the two kinds of sausage meat together, and add more seasoning if necessary. Spread this out on a floured cloth in an oblong shape. Cut the hard-boiled eggs and ham or tongue in strips, and lay them in alternate rows across the sausage meat. Lay on also, if liked, a few pistachios and truffles cut in strips. Roll up and tie firmly at the two ends, and put one or two pins at the join to keep the roll well in shape. Simmer this slowly in a stock-pot for three hours, then lift out and press between two dishes with a weight on the top until cold. Then remove the cloth, and brush over with a little melted glaze. Serve cold, garnished with parsley or watercress.

69.—SAUSAGE ROLLS.

Ingredients—

$\frac{1}{2}$ lb. Sausage Meat.	Rough-Puff Pastry
A little Flour.	(Recipe 70).

Pepper and Salt.

Method—

If sausages are used, the skin must first be removed from them. Put the sausage meat on a plate, sprinkle it with pepper and salt, and mix well with a knife. Divide it into six or eight pieces, and then with a little flour roll each piece into the shape of a cork.

Roll out some rough-puff pastry into a long strip, about five inches wide and one-eighth of an inch in thickness. Keep the pastry even at the edges. Cut it across into oblong-shaped pieces. Wet along both sides and one end of these pieces with cold water or beaten egg, and lay a roll of sausage meat in the centre of each. Double over first the dry end of the pastry, then the wetted one, making one end well overlap the other. Mark two or three times across the top with the back of a knife, then press down the ends and mark them also. Place the rolls as they are ready on a greased baking tin, and brush them over with beaten egg. Bake in a good oven from fifteen to twenty minutes, until they are nicely browned and well cooked. Serve hot or cold, and garnish with parsley.

NOTES.—If liked, the sausage meat may be wrapped in a very thin slice of bacon before putting it inside the pastry.

If these are used for breakfast, they should be baked the day before, and reheated or served cold in the morning.

70.—ROUGH-PUFF PASTRY.

Proportions—

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

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

A pinch of Salt.

A squeeze of Lemon
Juice.

Cold Water.

Method—

Weigh the butter, and let it lie in a basin of cold water for some time before using it. Iced water is best if it can be procured. Sieve the flour and salt into a clean dry basin, and add the lemon juice to it. Then dry the butter in the corner of a clean dry cloth

slightly floured. Squeeze out as much of the water as possible, but be careful not to heat the butter with the hands. Put the butter into the basin, cover it well over with the flour, and then break it into pieces the size of a hazel nut. Have some very cold water in a jug ready for mixing with, and make a well in the centre of the flour and butter. Mix very lightly with the right hand or with a knife, pouring the water in gradually with the left until you have added sufficient to bind all together. Flour the baking board and turn the dough out on to it. Flour the rolling pin and roll the dough out very carefully into a strip about three-quarters of a yard in length and from seven to eight inches wide. Lift occasionally while rolling, and dust some flour underneath the pastry to prevent it from sticking to the board. Roll the pastry on the one side only, do not turn it over, and roll in short quick strokes always from you. When rolled to the required length, fold it in three, and press down with the rolling pin. Turn the pastry half round, bringing the joins to the right hand side, and roll again in the same way as before. Fold again in three, half turn, and roll again, repeating this until the pastry has had three rolls and three folds. The fourth time of rolling out, roll to the size and shape required for use.

NOTE.—If the pastry becomes very soft while rolling, it should be laid away in a cool place between the rolls. It is improved by being kept for a few hours before using. In cold weather it will keep for several days if wrapped in a piece of greased paper. This pastry may be made richer by using 6 oz. of butter instead of 4 ozs. to $\frac{1}{2}$ lb. flour. An egg well beaten may be used for mixing with along with a little water.

71.—OX-TONGUE, TO BOIL.

A tongue fresh from pickle need not be soaked unless it has been very much salted, then an hour or two in cold water will be sufficient. A tongue that has been smoked for some time may require twelve hours' soaking, and the water should be changed once or twice during this time. Wash the tongue well and trim it neatly at the root. Put a tongue fresh from pickle into lukewarm water, a smoked tongue into cold water. Let it come slowly to the boil, and skim it well. Then add a bunch of herbs, and if liked, a few pieces of vegetable for flavouring. Draw the pan to the side of the fire and allow the tongue to simmer very slowly from two and a half to three hours, according to size. When the tongue is tender, take it up, plunge it into cold water, so that the skin will come away more easily, then skin it carefully. Truss it into shape on a board by fastening it down at root and tip with fine skewers, and leave it until cold. When taken up, trim some of the fat from the root, and glaze or not as preferred. Put a frill round the root, garnish with parsley, and serve.

If to be eaten hot, cover the tongue with greased paper after skinning, and heat in the oven for a few minutes. Then glaze it or cover with browned bread-crumbs. Garnish with greens and tufts of cauliflower, and serve good brown sauce in a sauce-boat.

NOTE.—Reindeer tongue may be cooked in the same way as above, only it will require longer soaking and longer cooking. The success depends entirely on the soaking and the very slow cooking.

For glazing see Recipe No. 138.

72.—FILLETS OF OX-TONGUE DEVILLED.

Required—

Slices of cold boiled Tongue.		Rounds of fried Bread. Devil Sauce.
Seasoning.		

Method—

Cut from a cold boiled tongue eight or ten slices a quarter of an inch thick. Trim the slices free from skin, and season them with Nepaul black pepper, and salt. Place them on a greased and hot gridiron, and give them a few turns. Place each slice on a round of fried bread, and pour the Devil Sauce (Recipe No. 134) over them.

73.—RAISED VEAL AND HAM PIE.

Ingredients—

$\frac{1}{2}$ lb. fillet of Veal.		A little grated Lemon Rind.
2 oz. Ham.		A squeeze of Lemon Juice.
1 teaspoonful chopped Parsley.		Some Jelly Stock.
Pepper and Salt.		

Pastry.

$\frac{1}{2}$ lb. Flour.		About 1 gill Milk or Water.
2 oz. Lard.		
$\frac{1}{4}$ teaspoonful Salt.		

Method—

First prepare the meat. Wipe it with a damp cloth, and cut it into small neat pieces free from skin and bone. Remove the rind and rust from the ham, and cut it also into small neat pieces. Season the meat with pepper, salt, grated lemon rind, lemon juice, and

on a plate with the remainder of the eggs cut in pieces and the seasonings. Pack this mixture loosely into the prepared mould, melt the stock, and pour it over. Should the stock not be sufficiently stiff, dissolve a little gelatine in it first, and if no stock is at hand, boil the bones from the veal for about half an hour with a little water and small pieces of flavouring vegetables, then strain. Fill up the mould with the stock, cover over with greased paper, and bake in a slow oven for two hours. When ready, the veal should feel quite tender when it is tested with a fork. If necessary, fill up the mould with a little more stock, and set aside to cool. When wanted, turn out on a dish, and garnish with parsley or some fresh salad.

DISHES WITH CHEESE.

Aiguilles au Parmesan.
Cassolettes of Cheese and Cucumber.
Cheese Fondu.
Cheese Roulettes.
Cheese Soufflé.
Cheese Straws.
Cream Cheese Salads.
Cream Cheese Sandwiches.
Croûtes à la St Ivel.
Golden Buck.
Macaroni with Cheese.
Parmesan Balls.
Potato and Cheese Mould.
Ramequins au Fromage.
Swiss Fondu.
Welsh Rarebit.

DISHES WITH CHEESE.

75.—AIGUILLES AU PARMESAN.

Ingredients—

1 gill Water.	2 oz. grated Parmesan.
2 oz. Flour.	2 Eggs.
$\frac{1}{2}$ oz. Butter.	Cayenne Pepper.
	Salt.

Method—

Put the water, butter, and seasoning into a saucepan, and bring them to the boil. Sieve the flour, and add it, beating well until perfectly smooth. Draw the pan to the side of the fire, and add the eggs, one at a time, and the Parmesan cheese. Mix thoroughly, and turn the mixture on to a plate to cool, then rub it through a small colander into hot fat and fry until brown and crisp. Drain well, and serve very hot sprinkled with cheese.

76.—CASSOLETTES OF CHEESE AND CUCUMBER.

Required—

Small round Biscuits.	Cream Cheese.
Cucumber.	Tarragon Vinegar.
Butter.	Salt.
	Small Cress.

Method—

Choose plain crisp biscuits and very small. Butter as many of them as will be required for the savoury. Then take a straight piece of cucumber and cut the peel off it in narrow strips lengthwise, leaving alternate dark and light green stripes. Then cut as many slices quarter of an inch in thickness as there are buttered biscuits. Stamp the centre out of each with a small round cutter, and lay the rings on a plate. Sprinkle them with salt and a few drops of Tarragon vinegar, and allow them to stand a few minutes. Then drain the cucumber, and put a piece on the top of each biscuit. Put some cream cheese into a paper cornet or small forcing bag, and force it out to fill the centre of the cucumber rings and also a little round the sides to cover the edges of biscuit. Garnish with tiny bunches of small cress, and serve as a cold savoury.

NOTE.—If the cheese is rather stiff, work a little cream into it before putting it into the forcing bag.

77.—CHEESE FONDU.**Ingredients—**

1 oz. Butter.	A little made Mustard.
3 oz. grated Parmesan Cheese.	1 gill of Milk.
1½ oz. Bread-crumbs.	2 Eggs.
	Pepper and Salt.
A pinch of Cayenne.	

Method—

Put the bread-crumbs and butter into a basin, boil the milk, and pour it over them. Add the cheese (keeping back about one dessertspoonful), yolks of eggs,

and seasonings, and mix well. Beat up the whites of eggs to a stiff froth, and mix them in lightly at the last. Pour the mixture into a greased pie-dish or fireproof dish, sprinkle the remainder of the cheese over the top, and bake in a good oven about twenty minutes, or until nicely browned and well risen.

NOTE.—Instead of baking this in one large dish, the mixture may be poured into small china dishes or paper cases, and baked from ten to fifteen minutes in a good oven. Those would be called **Cheese Ramequins**.

78.—CHEESE ROULETTES.

Ingredients—

2 oz. St Ivel Cheese.		1 yolk of Egg.
1½ oz. Bread-crumbs.		Cayenne Pepper.
		1 Egg.

Method—

Mix the cheese, bread-crumbs, and yolk of egg together, seasoning with a little cayenne pepper. Form this into small rolls, dip them in beaten egg, and fry in boiling fat to a nice brown colour. Drain on kitchen paper, and serve hot.

79.—CHEESE SOUFFLÉ.

Ingredients—

1 oz. Butter.		1 gill of Milk.
½ oz. Flour.		2 yolks of Eggs.
1½ oz. Cheddar Cheese.		3 whites of Eggs.
1½ oz. Parmesan Cheese.		Pepper and Salt.
		A pinch of Cayenne.

Method—

Melt the butter in a small stewpan, add the flour, and mix these two well together with a wooden spoon. Pour in the milk, and stir quickly over the fire until the mixture draws away from the sides of the saucepan. Then remove the pan from the fire, and add the grated cheese and the seasonings. Next add the yolks, one at a time, and beat well together. Have the whites beaten to a very stiff froth with a wire whisk, and stir them lightly in with an iron spoon. Pour the mixture into a greased fireproof soufflé dish, and do not fill it more than three-quarters full. Bake in a good oven from twenty to thirty minutes, or until the soufflé is well risen, is nicely browned, and feels firm to the touch. Serve in the dish in which it is baked, and as quickly as possible.

NOTE.—This may be baked in small china or paper soufflé cases instead of in one large one.

80.—CHEESE STRAWS.**Ingredients—**

3 oz. Flour.		$\frac{1}{2}$ yolk of Egg.
2 oz. Butter.		A pinch of Cayenne.
2 oz. grated Parmesan Cheese.		A pinch of Salt.
		A little Water.

Method—

Rub the butter lightly into the flour. Add the grated cheese and seasoning, and mix into a paste with half the yolk of an egg beaten with a little water. Make the pastry rather stiff, and work with the hands until free from cracks. Then roll it out on a floured board into a strip about four inches wide. Trim

evenly at the edges, and cut most of the pastry into straws about quarter inch wide. Place these on a greased tin, and out of the remainder of the pastry cut six or eight rings. Bake all together in a good oven for about ten minutes. Watch them most carefully, as they burn very quickly. Serve them with a bundle of straws placed in each ring.

81.—CREAM CHEESE SALADS.

Required—

Lettuce.		Salad Dressing.
Cream Cheese.		Radishes.

Method—

Take the small heart leaves of a young fresh lettuce. Wash them lightly and shake until dry. Place in the hollow of each a small rocky lump of cream cheese, and pour a little salad dressing over. Arrange the leaves singly on a dish and garnish with red radishes.

82.—CREAM CHEESE SANDWICHES.

Required—

Cream Cheese.		Butter.
Brown Bread.		Small Cress.

Method—

Cut some thin slices of brown bread and butter and remove the crusts. Spread half the number of slices with some nice cream cheese, and sprinkle small cress, well washed and dried, on the top. Cover with the other slices of bread and press together. Then cut the sandwiches into convenient sized pieces, and serve garnished with more small cress.

83.—CROÛTES À LA ST IVEL.

Required—

St Ivel Cheese.	1 teaspoonful Cream.
7 or 8 croûtes of Bread.	A few drops Tarragon Vinegar.
1 teaspoonful grated Horse-radish.	Coralline Pepper.
	Slices of Lemon.
	Parsley.

Method—

Cut the bread into neat pieces, oblong-shaped, round, or any small fancy shape, and fry them in butter or fat until of a golden brown colour. Mix some St Ivel cheese, cream, horse-radish, and Tarragon vinegar together. Put some on the top of each croûte of bread, and place in the oven about five minutes. Serve hot, garnished with small sections of cut lemon, tiny sprigs of parsley, and a little coralline pepper.

84.—GOLDEN BUCK.

Make in the same way as **Welsh Rarebit** (Recipe 90), and serve with one or two poached eggs on the top.

85.—MACARONI WITH CHEESE.

Ingredients—

$\frac{1}{2}$ lb. Macaroni.	$\frac{1}{4}$ lb. grated Cheese.
3 oz. Butter.	A little made Mustard.
	Pepper and Salt.

Method—

Break the macaroni in pieces and throw it into plenty of boiling water slightly salted. Let it boil without

ceasing from twenty to twenty-five minutes until tender, but not pasty, then drain it on a large sieve. Melt the butter in a stewpan, add the macaroni to it with the cheese and seasoning, and mix all with a fork. The macaroni must not be broken. Arrange in a dish and serve hot.

86.—PARMESAN BALLS.

Ingredients—

2 oz. grated Parmesan Cheese.		2 whites of Eggs. Salt.
Cayenne Pepper.		

Method—

Beat the whites of eggs to a perfectly stiff froth with a pinch of salt and a dust of cayenne. Then stir in quickly and lightly 2 oz. of freshly grated Parmesan cheese. Shape the mixture into little balls the size of marbles, and drop these gently into a pan of boiling fat. Cook them until a pretty brown colour (about five minutes), then drain them well. Serve on a d'oyley or dish-paper, and sprinkle lightly with Paprika pepper and grated cheese.

87.—POTATO AND CHEESE MOULD.

Ingredients—

½ lb. cooked Potatoes. 2 oz. grated Cheese. 2 tablespoonfuls Milk or Cream.		1 oz. Butter. 2 Eggs. A few browned Bread- crumbs.
Pepper and Salt.		

Method—

Sieve the potatoes, and add to them the butter melted, the yolks of eggs, cheese, seasoning, and the milk or cream. Mix well together. Whip the whites to a stiff froth, and stir them in lightly to the other mixture. Grease a plain mould or basin, and line it with browned bread-crumbs. Three parts fill it with the mixture, and bake in a moderate oven about thirty minutes. Turn out on a hot dish, and serve at once.

88.—RAMEQUINS AU FROMAGE.**Ingredients—**

1 gill Water.
1 oz. Butter.
3 oz. Flour.
2 Eggs.

Some thin slices of
Gruyère Cheese.
3 oz. grated Cheese.
Pepper and Salt.

Method—

Put a small stewpan on the fire with the water, butter, and seasonings. Directly it boils, add the flour sieved, and stir briskly with a wooden spoon to make a smooth paste. Continue stirring and beating on the stove from four to five minutes. Then remove the pan from the fire, and add the cheese and the eggs one at a time, beating well between each. Allow the mixture to cool, then fill a dessertspoon with the paste, place it on a greased tin, and continue until all is used. Brush them over with a little yolk of egg, and place a thin slice of Gruyère cheese on the top of each. Bake from fifteen to twenty minutes in a good oven.

The ramequin should increase to about double the size, and be a nice brown colour. Serve them very hot on a folded d'oyley.

89.—SWISS FONDU.

Ingredients—

4 Eggs.	A little made Mustard.
2 oz. Gruyère Cheese.	Plain Biscuits or thin
1 oz. Butter.	Toast.
Pepper and Salt.	

Method—

Beat the eggs in a saucepan, add the cheese grated and the butter. Season highly, and stir over the fire until the mixture is soft and creamy. Serve very hot on toasted biscuits or fingers of thin hot toast.

NOTE.—Wine should be served with this savoury.

90.—WELSH RAREBIT.

Ingredients—

$\frac{1}{4}$ lb. American Cheese.	A pinch of Salt.
One or two tablespoon- fuls of Beer.	$\frac{1}{4}$ teaspoonful made Mustard.
A dash of Cayenne.	1 or 2 slices of Toast.
A little Butter.	

Method—

Grate the cheese or shred it finely. Place it in a saucepan with the beer, and stir over the fire until it is entirely melted. Then season with the mustard, salt,

and pepper. Butter the toast, cut it into neat pieces, place it on a hot dish, and pour the cheese mixture over it. Everything must be very hot, and it must be served at once, because the cheese quickly hardens.

NOTES.—Milk may be used instead of beer to melt the cheese. One or two yolks of eggs are sometimes added just before serving. The egg makes it richer, and prevents the cheese hardening so quickly.

OMELETS.

Savoury Omelet.

Savoury Omelet (Another Method).

Cheese Omelet.

Curry Omelet.

Ham Omelet.

Kidney Omelet.

Mushroom Omelet.

Oyster Omelet.

Shrimp Omelet.

Tomato Omelet.

OMELETS.

91.—SAVOURY OMELET.

Ingredients.

1 teaspoonful chopped Parsley.	2 Eggs.
$\frac{1}{4}$ teaspoonful mixed Herbs.	$\frac{1}{2}$ teaspoonful chopped Onion or Shallot.
	1 oz. Butter.
Pepper and Salt.	

Method—

Separate the yolks from the whites of the eggs. Put the yolks into a medium-sized basin and the whites on to a plate. Add to the yolks the parsley, onion, herbs, pepper, and salt, and work these well together with a wooden spoon until of a creamy consistency. Beat up the whites of the eggs with a broad-bladed knife until so stiff that you could turn the plate upside down without the whites falling off. Remove the wooden spoon from the basin, and with an iron one stir the whites lightly in to the other mixture. Melt the butter in an omelet pan, and pour the mixture into it, scraping out the basin as quickly as possible. Stir the mixture round with an iron spoon until it begins to set, stirring mostly on the surface, and not scraping the foot of the pan. Then hold it a little longer over the fire until the omelet is nicely browned on the under side. Slip a knife under

it, and double over first from one side and then from the other towards the centre. If it is not quite cooked on the top, hold it in front of the fire for a minute or two. Then turn it on to a hot dish, and serve as quickly as possible.

92.—PLAIN OMELET.

Proportions—

3 Eggs.		Flavouring according
1 oz. Butter.		to taste.

Pepper and Salt.

Method—

An omelet is the most difficult to prepare of any egg-dish. It requires some practice to give it the right shape, to have it soft inside and to give it a smooth slightly browned surface. The first essential is to have a perfectly clean and smooth pan—a black iron frying-pan kept for this purpose alone is the best. If the pan is scoured with a little dry salt before using, it will give it extra smoothness.

Beat the eggs just enough to break them. The rule is twelve beats. Add pepper, salt, and minced onion, parsley, herbs, mushrooms, or whatever fancy may dictate. A dessertspoonful of milk or cream may be used or not. Have the pan evenly heated, but not scorching. Put in the butter, and let it run evenly over the pan, but not brown, and then add the eggs, &c. With a fork break the cooked surface in several places quickly, so that the egg from the top may run to the bottom and cook, or loosen the omelet from the sides of the pan, letting the uncooked part run under. This must be done in the beginning, so as not to

make the surface uneven. When the egg is cooked, but yet quite soft on the top, lift the pan on one side, slip a knife blade under one half of the omelet, and carefully roll the egg to the centre. Let it cook a moment to set any egg that has run out. Place a hot dish over the pan and turn them together so that the omelet will fall in the right place. Press it into good shape, doubling it under on the ends if necessary. Garnish with parsley, and serve at once. Have everything ready before beginning to cook an omelet, as it will not improve being kept while the dish is heated and the garnishing found.

NOTES.—The size of the pan must always be considered. Unless it is proportioned to the number of eggs, it will be unmanageably thick or thin.

It is better to make two or three small omelets than one very large one.

93.—CHEESE OMELET.

Ingredients—

4 Eggs.		3 tablespoonfuls grated
2 oz. Butter.		Cheese.

Pepper and Salt.

Method—

Break the eggs into a basin, add to them a pinch of salt and pepper and two tablespoonfuls grated cheese. Beat up with a fork. Melt the butter in an omelet pan, and when frothing hot, pour in the egg mixture. Stir it once or twice, and when it is set sufficiently, fold one half over. Slip the omelet on

to a hot dish, and sprinkle the rest of the cheese over the top. Brown quickly with a red hot poker or under the grill of a gas stove, and serve at once.

94.—CURRY OMELET.

Ingredients—

4 Eggs.	1 gill light Stock.
1 oz. Butter.	1 oz. Rice.
1 tablespoonful Cream or Milk.	1 dessertspoonful Chutney.
2 Shallots.	Curry Sauce.

Method—

Melt the butter in an omelet pan, add the shallots finely chopped, and cook them for a few minutes over the fire. Beat up the eggs with the milk or cream, pepper and salt, and make the omelet according to Recipe No. 92. Have the rice cooked in stock until quite tender and thick, add the chutney to it and a little curry sauce. Put this mixture, which should be rather stiff, in the centre of the omelet, and then fold over. Serve hot with curry sauce round.

95.—HAM OMELET.

Ingredients—

2 oz. cooked Ham.	1 teaspoonful chopped Parsley.
2 Eggs.	A little made Mustard.
1 oz. Butter.	
Pepper and Salt.	

Method—

Remove any gristle from the ham and chop it finely; chop also the parsley. Separate the yolks from the whites of the eggs. Put the yolks into a medium-sized basin and the whites on to a plate. Add to the yolks the chopped ham, parsley, pepper, salt, and mustard, and work these well together with a wooden spoon until of a creamy consistency. Beat up the whites of the eggs on the plate with a broad-bladed knife until so stiff that the plate may be turned upside down without the whites falling off. Remove the wooden spoon from the basin, and with an iron one stir the beaten whites lightly but thoroughly into the other mixture. Melt the butter in an omelet pan, and pour the mixture into it, scraping out the basin as quickly as possible. Keep moving the mixture in the pan with an iron spoon until it begins to set, then hold the pan a little longer over the fire until the omelet is browned on the under side. Slip a knife under it, and double over first from one side and then from the other towards the centre. If not quite cooked on the top, hold it in front of the fire for a minute or two. Then turn it on to a hot dish with a d'oyley or dish-paper on it, and serve as quickly as possible.

96.—KIDNEY OMELET.**Ingredients—**

2 Sheep's Kidneys.		$\frac{1}{2}$ oz. Butter.
1 teaspoonful chopped Parsley.		Pepper and Salt.
1 teaspoonful chopped Onion.		A plain Omelet made according to Recipe 91 or 92.

Method—

Split the kidneys, and remove the skin and hard fat from the centre. Cut them in small pieces. Melt the butter, and when hot, add the chopped onion, and fry a little. Then add the kidney and seasonings, put the lid on the pan, and cook slowly for ten minutes. Make a plain omelet, and before folding, put the kidney mixture in the centre. This omelet may be served with a little brown sauce or gravy poured round it.

97.—MUSHROOM OMELET.**Required—**

6 or 8 fresh Mushrooms.
1 Shallot.
1 teaspoonful chopped
Parsley.

Pepper and Salt.
 $\frac{1}{2}$ oz. Butter.
An Omelet according
to Recipe 91 or 92.

Method—

Remove the skins and stalks from the mushrooms, and let them lie in salt and water for five minutes. Then dry them thoroughly and cut them small. Melt the butter in a small saucepan, and put in the mushrooms, shallot finely chopped, parsley, pepper and salt. Cook these together for about ten minutes. Make a plain omelet, and before folding it over, lay the cooked mushrooms on one half.

98.—OYSTER OMELET.

Ingredients—

3 or 4 Eggs.		1 teaspoonful chopped Parsley.
1½ oz. Butter.		
Pepper and Salt.		

Mixture—

1 dozen Oysters.		1 gill Oyster Liquor.
½ oz. Butter.		A little Cream.
½ oz. Flour.		Seasoning.

Method—

Scald the oysters in their own liquor, then strain. Remove the gristle from them, and if liked, the beards as well. Then break each one in about four pieces with a fork. Make a sauce with the butter, flour, and oyster liquor, add the oysters to it with a little cream and seasoning, make the mixture very hot, but do not boil again. Prepare the omelet according to Recipe 91 or 92, and put the above mixture in the centre of it before folding over. Serve very hot.

99.—SHRIMP OMELET.

Ingredients—

3 Eggs.		1 teaspoonful Anchovy Essence.
1 oz. Butter.		
Pepper and Salt.		

Mixture—

1 cupful picked Shrimps.		1 gill White Sauce. Seasoning.
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Method—

Put the shrimps into a small saucepan, season to taste, and make thoroughly hot over the fire.

Make the omelet according to Recipe 91 or 92, and before folding it over put the shrimp mixture in the centre. Serve very hot.

100.—TOMATO OMELET.**Ingredients—**

2 Tomatoes.
1 oz. Butter.
1 teaspoonful chopped
Shallot.

Pepper and Salt.
An Omelet made ac-
cording to Recipe 91
or 92.

Method—

Skin the tomatoes and cut them in small pieces. Melt the butter in a small saucepan, put in the chopped shallot, and cook for a few minutes. Then add the tomato and seasoning, and simmer for about ten minutes. Make a plain omelet with a little parsley in it; when set, put some of the tomato mixture in the centre before folding over. Serve with the rest of the tomato round the dish.

DISHES WITH VEGETABLES.

Oatmeal Porridge.
Wheaten Meal.
Grape Nuts.
Shredded Wheat Biscuit.
Cauliflower à l'Indienne.
Haricot Bean Fritters.
Mushrooms à la Poulette.
Mushroom Curry.
Scalloped Mushrooms.
Stuffed Mushrooms.
Potato Curry.
Rice, To Boil.
Savoury Baked Rice.
Spaghetti Savoury.
Tomatoes à l'Americaine.

For other recipes under this heading see "Vegetable and Vegetable Entremets" of this series.

VEGETABLE DISHES.

101.—OATMEAL PORRIDGE.

Proportions—

$\frac{1}{4}$ lb. Oatmeal. 1 quart Water. Salt.

Method—

Put the water into a clean saucepan, and bring it to the boil. When it boils, sprinkle in the oatmeal, stirring all the time. Continue to stir until the porridge thickens, and then set it by the side of the fire to cook for quite three-quarters of an hour, stirring occasionally. Add salt to taste. When the time can be allowed, one and a half to two hours is not too long to cook oatmeal. The longer it is cooked, the more digestible it is.

It is a good plan to make the porridge in a double saucepan. The water in the under saucepan must be kept boiling. After the porridge has thickened, it will require no stirring, as cooked in this manner there will be no danger of its burning.

Porridge may be made of either medium or coarse oatmeal. The oatmeal should be of the best quality, and must be kept in a dry place. If allowed to become damp, it will acquire a bitter taste. Milk, cream, sugar, or syrup may be served with the porridge.

102.—WHEATMEAL PORRIDGE.

Make in the same way as Oatmeal Porridge (Recipe No. 101). It will require rather longer cooking.

103.—GRAPE NUTS.

This is a fully cooked, pre-digested breakfast food which is now very much used. It is especially good for children and those of weak digestion, and makes a nice change from oatmeal porridge.

From three to four teaspoonfuls of the grape nuts will be sufficient for one meal. Serve them with a cupful of boiling milk poured over them and allowed to soak for a few minutes, or dry in a saucer with a little cream. No cooking is required. This is a very much condensed food, and it is made from a special preparation of wheat and barley.

104.—SHREDDED WHEAT BISCUIT.

Place a shredded wheat biscuit in a deep soup plate, and pour over it one teacupful of hot milk. Allow it to soak in a warm place for a few minutes, and serve with sugar or syrup. A more substantial breakfast dish may be made by placing a nicely poached egg on the top of the soaked biscuit.

105.—CAULIFLOWER À L'INDIENNE.

Required—

1 Cauliflower.	2 tablespoonfuls grated Cheese.
$\frac{1}{2}$ pint White Sauce.	1 tablespoonful Cocoa-nut.
1 dessertspoonful Curry Powder.	

Method—

Trim and wash the cauliflower, and let it soak in cold water to which a few drops of vinegar has been added for half an hour. Then rinse it, and cook in boiling water slightly salted from twenty to thirty minutes, until the stalk part feels tender when pierced with a fork. Drain the cauliflower, and place it in a fireproof dish. Add the curry powder and half the cheese to the White Sauce (Recipe No. 137), and pour it over, coating the cauliflower well. Sprinkle the remainder of the cheese and cocoanut on the top, and brown quickly in a good oven.

106.—HARICOT BEAN FRITTERS.**Ingredients—**

$\frac{1}{4}$ lb. Haricot Beans.	1 Egg.
1 oz. Dripping.	A little Flour.
1 Onion.	Pepper and Salt.
1 oz. Butter.	Bread-crumbs.

Method—

Wash the beans, and if possible soak them over night in cold water. Next day put them into a saucepan with the onion and dripping, and well cover them with cold water. Boil slowly from one and a half to two hours, or until the beans are quite soft, and then drain thoroughly. Rub the beans through a wire sieve, and add to them the butter, seasoning, and enough beaten egg to bind all together. Allow the mixture to cool, then form it into balls with the aid of a little flour. Egg and bread-crumbs these, and fry them in boiling fat to a nice brown colour. Drain on kitchen paper, and serve the fritters hot garnished with parsley.

NOTE.—Cold cooked haricots may be used up in this way, but in this case the butter would require to be melted before being added to them.

107.—MUSHROOMS À LA POULETTE.

Ingredients—

$\frac{1}{2}$ lb. Mushrooms. 1 oz. Butter. 2 tablespoonfuls Water. 2 yolks of Eggs.	2 tablespoonfuls Milk or Cream. Sippets of Toast or fried Bread.
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Pepper and Salt.

Method—

Remove the stalks from the mushrooms, peel them and wash them in salted water. If large, cut them in three or four pieces. Put them into a saucepan with the butter, water, and seasoning, put the lid on the pan, and stew slowly for ten or twelve minutes. Then add the milk or cream and yolks of eggs. Stir over the fire for a minute or two to thicken the eggs, then serve at once garnished with sippets of toast or fried bread.

108.—MUSHROOM CURRY.

Ingredients—

Boiled Rice (Recipe No. 112).	$1\frac{1}{2}$ gills Curry Sauce (Recipe No. 133). 1 dozen Mushrooms.
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Method—

Peel and stalk the mushrooms and wash them in several waters. Then dry them, and simmer gently in the curry sauce for half an hour. Serve in a hot dish with some boiled rice round or separately.

109.—SCALLOPED MUSHROOMS.

Ingredients—

$\frac{1}{2}$ lb. Mushrooms.	1 gill Stock.
$\frac{1}{2}$ oz. Butter.	Pepper and Salt.
$\frac{1}{2}$ oz. Flour.	1 tablespoonful Bread-
1 teaspoonful chopped Parsley.	crumbs.
	1 oz. Butter.

Method—

Remove the stalks from the mushrooms, peel them, let them lie in salted water for five minutes, then dry them. Peel and wash the stalks, dry and chop them. Put the butter into a small saucepan and let it heat until it becomes brown, then add the flour and brown it also. Remove the pan to the side of the fire and pour in the stock; return to the fire and stir until boiling. Add the chopped stalks of the mushrooms and reduce the sauce to one-half. Add parsley and seasoning. Turn this sauce into a shallow fireproof dish, and press the mushrooms into it with the hollow sides uppermost. Sprinkle the top with bread-crumbs, lay small pieces of butter all over, and bake in a good oven for ten minutes. Serve in the same dish.

110.—STUFFED MUSHROOMS.

Ingredients—

1 dozen large Mush-	2 Shallots.
rooms.	1 teaspoonful chopped
$1\frac{1}{2}$ oz. Butter.	Parsley.
2 yolks of Eggs.	Browned Bread-crumbs.
	Pepper and Salt.

Method—

Peel the mushrooms, trim them, and remove the stalks. Then wash them in several waters with a little

salt, and dry them in a cloth. Trim and wash the stalks in the same way, and chop them rather finely. Chop also the shallots and the parsley. Melt the butter in a small saucepan, put into it the chopped stalks and shallots, and cook them for a few minutes over the fire. Then add the yolks of eggs, parsley, and seasoning, and allow the mixture to thicken. Fill the mushrooms with it, smoothing them with a knife to a point in the middle. Place them on a greased tin, sprinkle them with browned bread-crumbs, and cook in a moderate oven for twenty minutes. Then serve on a hot dish, and garnish with parsley or watercress.

III.—POTATO CURRY.

Ingredients—

1 lb. raw peeled Potatoes.	½ pint Milk.
1½ oz. Butter.	1 tablespoonful Cream.
1 Onion.	Pepper and Salt.
1 dessertspoonful Curry Powder.	A squeeze of Lemon Juice.
	Boiled Rice.

Method—

Cut the potatoes into small blocks, and slice the onion very thinly. Melt the butter in a saucepan, and stir in the curry powder until smooth. Then add the potato and onion, sprinkle with pepper and salt, and cook slowly for about ten minutes. Add enough milk to almost cover the potatoes, about half pint, and simmer slowly for fifteen minutes, or until the pieces of potato are cooked, without being reduced to a mash. Add the cream and a squeeze of lemon, and serve hot with a border of boiled rice (Recipe No. 112) round, or in a separate dish.

112.—RICE (TO BOIL FOR CURRIES).

Required—

Patna Rice. Salt. Boiling Water.

Method—

Well wash the rice in several waters, until the last water that is poured off looks quite clean. Have ready on the fire a saucepan three parts full of freshly boiling water, add salt to it in the proportion of one dessertspoonful to one quart, and throw the rice into this. Boil quickly with the lid off, stirring it frequently with a fork to prevent it sticking to the pan, and also that it may be well tossed about with the water. Cook from twelve to fifteen minutes, or until the grains will rub down easily when one is tested between the finger and thumb. Then strain through a sieve or strainer, and finish cooking and drying it, either by putting it back into the saucepan by the side of the fire, or leaving it on the sieve, which may be placed either on the rack above the fire, or on a plate in a moderate oven. While drying, stir lightly with a fork every now and then, to keep the grains separate.

113.—SAVOURY BAKED RICE.

Ingredients—

3 oz. Rice.	1 or 2 Eggs.
1 gill of Water.	Pepper and Salt.
$\frac{1}{2}$ pint of Milk.	A little made Mustard.
3 oz. grated Cheese.	1 tablespoonful browned
1 oz. Butter.	Bread-crumbs.

Method—

Wash the rice, and put it into a saucepan with the water and butter; bring it to the boil, and cook for ten

minutes. Then add the milk and seasonings, and simmer slowly until the rice is quite soft and has absorbed all the milk. Stir occasionally to prevent the mixture burning. When ready, remove the pan from the fire, and add one or two eggs well beaten, and nearly all the cheese. Mix thoroughly, and taste if well seasoned. Mix the remainder of the cheese with the bread-crumbs, coat the inside of a well-greased mould or basin with them, and pour in the mixture. Bake in a moderate oven for half hour, or until firm to the touch. Turn out carefully on to a hot dish, and serve immediately.

NOTE.—A little brown or tomato sauce may be poured round.

114.—SPARGHETTI SAVOURY.

Ingredients—

2 oz. Spaghetti.	1 oz. Butter.
1 gill Tomato Sauce.	2 oz. grated Cheese.
Warm Water.	Pepper and Salt.

Method—

Break the spaghetti into small pieces, and put it into a saucepan with the butter, and well cover it with warm water. Simmer slowly from ten to fifteen minutes until quite soft, then add the tomato sauce (Recipe No. 136). Season to taste, and add the cheese last. Serve very hot, and garnish with sippets of toast or fried bread.

NOTE.—Spaghetti is an Italian paste, and is very light and nourishing. It is sold at any of the large stores or Italian warehouses.

Macaroni may be used in the same way as above, but it will require longer cooking.

115.—TOMATOES À L'AMERICAINE.

Ingredients—

6 small Tomatoes.	2 tablespoonfuls Bread-
1 gill Tomato Sauce.	crumbs.
1 teaspoonful Curry	2 tablespoonfuls grated
Powder.	Cheese.
1 teaspoonful Red Cur-	$\frac{1}{2}$ oz. Butter.
rant Jelly.	Pepper and Salt.

Method—

Choose small firm tomatoes, not over-ripe. Put them into boiling water for a minute or two, then lift them out, dry and peel them. Then grease a fire-proof dish, and place the tomatoes in it. Sprinkle them with half the crumbs and cheese, and a little pepper and salt. Add the curry powder and red-currant jelly to the tomato sauce (Recipe No. 136), and pour this over the tomatoes. Put the remainder of crumbs and cheese on the top, then the butter in small pieces, and bake in a moderate oven about twenty minutes. Serve hot. This dish may be garnished with rolls of bacon.

MISCELLANEOUS.

Chocolate.
Coffee.
Tea.
Marmalade.
Orange Jelly.
Crumpets.
Milk Rolls.
Scotch Oatcakes.
Barley Meal Scones.
Wheaten Meal Scones.
White Scones.
Dry Toast.
Hot Buttered Toast.
Milk Toast.
French or Wet Frying.
Maître d'Hôtel Butter.
Brown Sauce.
Curry Sauce.
Devil Sauce.
Mustard Sauce.
Tomato Sauce.
White Sauce.
Glaze.

MISCELLANEOUS.

116.—CHOCOLATE.

Probable Proportions—

1 oz. Chocolate.
1 pint Milk.

1 Egg or
A little Cream.

Method—

Shred the chocolate with a knife, and put it into a saucepan with the milk. Stir over the fire until dissolved, but do not let it boil longer than is necessary. Break the egg and remove the speck from it; put it into a jug, and beat it up with a fork or whisk. Strain the chocolate over it, stirring all the time. Stand the jug in a saucepan of boiling water and whisk until frothy.

The egg may be omitted, and instead a little whipped and sweetened cream put on the top of each cup.

Tastes differ as to the strength of the chocolate, so the above are only probable proportions. The amount of chocolate required may vary slightly according to the different kinds.

Avoid cheap chocolate. If the above is found too rich, half milk and half water may be used.

117.—COFFEE, AND HOW TO MAKE IT.

Coffee is a beverage which has for long been highly esteemed on the Continent, and now in this country the appreciation of it is becoming more and more general.

To get good coffee is often one of the difficulties of the housekeeper, and yet it need not be so. The making of it is very simple. It just requires some nicety and care.

Coffee, to be good, should be freshly roasted and freshly ground. When this cannot be done at home, it should be bought in very small quantities, and kept in a tin box with a tight-fitting lid. Coffee should also be kept apart from other strong tasting or smelling substances, as it very readily absorbs any foreign flavour.

If pure coffee is wanted, chicory must not be used. Chicory imparts a slight bitterness to the coffee and darkens the colour, and some people prefer coffee with it. The usual proportions are 2 oz. chicory to 1 lb. coffee. The water, as for tea, must be freshly boiled. It is also important to have the coffee-pot very clean. There is an oily substance in coffee which not only adheres to the sides of the pot, and clogs up the holes of the percolator, but if not removed, will give the next coffee made in the pot a bad flavour. The coffee-pot must be taken to pieces, and each piece well washed with very hot water, then rinsed and dried.

There are many different kinds of cafetières, and some of them are more complicated than others, but the method is nearly always the same. Whatever

kind is used, it must be one in which the straining is perfect, or the coffee will not be clear. First fill the cafetière with boiling water, let it stand until thoroughly heated, and pour the water away. Then put in the required amount of coffee—the quantity will vary according to the taste of the consumer; but a very good proportion is one tablespoonful coffee to each half pint of boiling water. Pour the boiling water gently and gradually over the coffee, and let it filter slowly through. Keep the pot standing in a warm place, and serve as hot as possible. Coffee, to be good, must be hot. If there is no percolator attached to the coffee-pot, it is a good plan to have an iron ring made to fit the top of the coffee-pot inside. To this ring sew a muslin bag, and fit the bag into the pot. Pour some boiling water through it, and when it is well warmed, pour the water away. Put the coffee into the bag, and proceed as before.

Coffee can also be made in a jug. Heat the jug thoroughly with boiling water, and pour the water away. Put the coffee into the jug, and stand it on the top of the stove for a few minutes until the coffee is hot. Then pour the proper quantity of boiling water over it, and stir with a spoon. Cover the jug with a lid or thickly folded cloth, and let it stand by the side of the stove for fifteen minutes. Have the jug or pot in which the coffee has to be served made very hot. Stretch a piece of muslin over it, and strain the coffee through.

To Serve the Coffee.—When milk is served with coffee, it should be scalded but not quite boiled. The proportions are equal quantities of strong coffee and milk, or two-thirds milk to one-third of coffee. This is *Café au lait*. A little cream may be added.

Café Noir is very strong coffee served without milk; sugar is handed with it. It is served after dinner, not for breakfast.

118.—TEA, AND HOW TO MAKE IT.

Tea is so largely used in this country that it may seem almost unnecessary to give directions for making it, and yet it is so often rendered injurious and deprived of its proper flavour through being badly made, that a few hints upon the correct method of preparing it may not come amiss. Tea, boiling water, and a teapot or infuser are the requisites. The first thing is to choose good tea. It is almost impossible for any one but an expert to tell whether one tea is genuine or another is not from the appearance of it; all that can be done is to buy it from a good dealer, and to be willing to pay a fair price for it. Good tea at a fair price will be found the cheapest in the end. The cheapest teas are sometimes adulterated by having old, damaged, or spent leaves dried and coloured and added to them.

The different qualities of strength and flavour found in tea are due to the different varieties of the plant, the soil, and climate in which it has been grown, and the manner in which it has been prepared. Tea may be bought in large quantities, but should be kept in a tea-chest or tin box with a tight-fitting lid.

The water used for making tea must be freshly drawn and freshly boiled. Water that has been standing or slowly simmering in a kettle for several hours has lost its gases, and is unfit for making good tea. The kettle used for boiling it must be kept clean both inside and out, and the water must be quite boiling.

A silver or metal teapot is better than a china or earthenware one for drawing out the flavour of the tea. Whatever kind is used, the greatest care must be taken to keep it clean. It must on no account be put away with the tea-leaves in it, but be thoroughly washed and well dried after using.

To Make the Tea.—Half fill the teapot with boiling water, let it stand a minute or two until thoroughly hot, then empty it. Put in the requisite quantity of tea (the old rule of a level teaspoon for each person and one over is a good one, but for a number a smaller proportion may be allowed), and pour on gently enough boiling water to half fill the teapot. Take the teapot to the kettle, and never the kettle to the teapot. Cover with a cosy or let it stand in a warm place to infuse for three minutes, then fill up the teapot and pour out the tea. Tea is never good if allowed to stand too long, and the use of a tea-cosy is to be deprecated if it is employed to keep tea hot for a long time until it becomes black and bitter. If the tea has to be kept hot for any length of time, it should be poured off the leaves into another teapot, or some teapots are fitted with an inner case which contains the leaves, and which can be removed when the tea has infused sufficiently.

When sugar and milk or cream are used, they should be put into the teacup before the tea. The addition of milk makes the tea more wholesome, that of sugar less so.

Although tea has little nutritive value, if taken in moderation it is strengthening, refreshing, and exhilarating; but if partaken of too fully, is injurious to the nervous and digestive systems.

119.—MARMALADE.

Ingredients—

3½ lb. Marmalade	13½ pints cold Water.
Oranges.	½ pint boiling Water.
3 Lemons.	Sugar (see below).

Method—

Wipe the oranges and lemons with a damp cloth, and cut them in halves. Squeeze out the juice on a lemon squeezer, and strain it into a basin. Put the pips into a smaller basin with the boiling water, and let them stand to extract the flavour. Cut the skins of both oranges and lemons into very thin strips, put them into a large basin or crock with the cold water, and let them soak twenty-four hours. Then pour into a preserving pan, and boil until the pieces of peel are quite tender. Put the seeds with their water into a smaller saucepan, and boil for fifteen minutes; then strain the water from them into the preserving pan beside the rest. Pour again into the basin or crock, add the orange and lemon juice, and stand for at least twelve hours longer. Next day, measure, and allow 1 lb. of preserving sugar to each pint of liquid. Boil together in the preserving pan about twenty minutes, or until the marmalade will jelly. Then pour into pots, and cover while hot.

120.—ORANGE JELLY.

Ingredients—

4 lb. Marmalade	2 Lemons.
Oranges.	4½ pints Water.
Preserving Sugar.	

Method—

Wipe the oranges and lemons with a damp cloth, and grate off the yellow rinds only. Then remove all the white skin, which is not used in the making of the jelly. Cut the inner part of the oranges and lemons into small pieces, and put it into a preserving pan with the water. Boil for half an hour, stirring frequently, then strain through a hair sieve or jelly bag, and allow the juice to drop without pressure.

Measure this liquid, and put it into a clean preserving pan, with the grated rinds and 1 lb. preserving sugar to each pint of juice. Bring to the boil, and boil from ten to fifteen minutes, or until it will jelly. Skim well, pour into jars, and cover while hot.

121.—CRUMPETS.**Ingredients—**

$\frac{3}{4}$ lb. Vienna Flour.	1 Egg.
$\frac{1}{2}$ teaspoonful Salt.	Milk.
$\frac{3}{4}$ oz. Baking Powder.	1 oz. Butter.

Method—

Sieve the flour, salt, and baking powder into a basin, and make a well in the centre. Add the butter melted and the egg well beaten, then gradually enough milk to make a thinnish batter. Grease some muffin rings, and lay them on a hot and greased girdle. Pour a little batter into each, and watch until air-bubbles begin to rise. Then remove the rings, turn the crumpets, and brown on the second side. Repeat

this until all are finished. Toast the crumpets lightly, spread them with butter, and pile them one on the top of the other. Cut in four, and serve hot.

122.—MILK ROLLS.

Ingredients—

1 lb. Flour.	2 teaspoonfuls Baking Powder.
2 oz. Butter.	About $\frac{1}{2}$ pint Milk.
$\frac{1}{2}$ teaspoonful Salt.	

Method—

Sieve the flour, salt, and baking powder into a basin, and rub in the butter as lightly as possible. Then add enough milk to form all into a dough, and turn out on a floured board. Divide the dough into eight or ten portions, and form each quickly into a little roll. Put them on a greased and floured tin, and bake in a quick oven from fifteen to twenty minutes.

NOTE.—This dough should be handled as lightly and quickly as possible.

123.—SCOTCH OATCAKES.

Proportions—

1 teacupful of fine Oatmeal.	A pinch of Salt.
1 teaspoonful melted Butter or Bacon Fat.	A pinch of Carbonate of Soda.
	Hot Water.

Method—

Put the dry ingredients into a basin, add the melted fat and enough hot water to make a softish paste.

Turn this out on a board that has been well sprinkled with oatmeal. Flatten out with the hand or roll with the rolling pin until very thin. Rub over with more oatmeal, and cut round with a saucepan lid. Then cut into four or six pieces, and slide the cakes carefully on to a hot girdle. Cook them over a moderate fire until they begin to curl up, then toast them in front of the fire for a few minutes, or put them on a tin in the oven for a short time until dry and crisp.

NOTE.—The scraps which are left over from cutting should be put back into the basin, and made up again with the next oatcake. A larger quantity than the above should not be made at one time, as it is sufficient for one rolling up. Oatcakes must be made as quickly as possible.

124.—BARLEY MEAL SCONES.

Ingredients—

$\frac{3}{4}$ lb. Barley Meal.	1 dessertspoonful Bak-
$\frac{1}{4}$ lb. Flour.	ing Powder.
1 or 2 oz. Butter.	1 Egg.
A good pinch of Salt.	About $\frac{1}{2}$ pint Milk.

Method—

Sieve all the dry ingredients into a clean dry basin, and rub in the butter until free from lumps. Then make a well in the centre, and add the egg well beaten and enough milk to make a smooth soft dough. Turn it out on a floured board, and leave the basin as clean as possible. Work the dough lightly with the hands until free from cracks, then flour a rolling pin, and roll it out about half an inch in thickness. Cut this

out in shapes with a small round cutter or lid, and place them on a hot girdle. When brown on one side, turn them over and brown them on the other. They will take from ten to fifteen minutes to cook, and when ready, should feel dry at the edges.

NOTE.—These scones may also be baked on a greased tin in the oven.

125.—WHEATEN MEAL SCONES.

Ingredients—

$\frac{3}{4}$ lb. Wheaten Meal.	1 or 2 oz. Butter.
$\frac{1}{4}$ lb. Flour.	$\frac{3}{4}$ teaspoonful Carbonate of Soda.
$\frac{3}{4}$ teaspoonful Cream of Tartar.	$\frac{1}{2}$ teaspoonful Salt.
Buttermilk.	

Method—

Sieve the flour, salt, carbonate of soda, and cream of tartar into a basin, and add the wheaten meal. Rub the butter into these dry ingredients, until free from lumps, and then add enough buttermilk to form all into a softish dough. Turn out on a floured board and form into one round scone. Mark across in four with the back of a knife, place it on a greased and floured tin, and bake in a good oven from twenty to thirty minutes, until of a nice brown colour, and firm to the touch. Then break the scone through into four pieces, and stand them on end until cool.

NOTE.—Sour milk may be used instead of buttermilk, or sweet milk with two teaspoonfuls of baking powder instead of cream of tartar and carbonate of soda.

126.—WHITE SCONES.

Ingredients—

1 lb. Flour.	1 Egg.
2 oz. Butter.	$\frac{1}{2}$ teaspoonful Cream of Tartar.
$\frac{1}{2}$ teaspoonful Carbonate of Soda.	$\frac{1}{2}$ teaspoonful Salt.
	Buttermilk.

Method—

Rub all the dry ingredients through a sieve into a basin. Add the butter, and rub together with the tips of the fingers until free from lumps. Then make a well in the centre, and add the egg, well beaten, and enough buttermilk to make a light dough. Turn out on a floured board, and work very lightly with the hands until free from cracks. Flour a rolling-pin, and roll the dough out into a neat round shape, rather more than half-inch in thickness. Cut with a sharp floured knife into six or eight pieces, and place the scones on a hot girdle. Cook over a moderate heat until brown on one side, then turn and brown on the other. They will require from fifteen to twenty minutes to cook.

NOTE.—These scones may also be baked on a greased tin in the oven.

127.—TOAST, DRY.

This is seldom well made, simply from want of care. Cut the bread in even slices, quarter of an inch thick, and trim the pieces into even and uniform shape.

There should be no waste in this, as the crusts and scraps can be dried and crumbed. If the bread is fresh, warm it gently some way from the fire, or put it in the oven for a few minutes. Then place it on a wire toaster or hold it on a toasting fork in front of a clear fire, and colour each side a nice even brown. Toast requires careful watching or it will burn or be unevenly coloured. It should be crisp outside, but soft, though quite dry inside. Stand it on end as soon as it is ready ; if laid flat on the table, it loses its crispness and becomes soft. Toast should not be made until it is required. Serve it in a toast rack.

128.—HOT BUTTERED TOAST.

Cut the bread about half an inch in thickness, remove the crusts and trim the pieces to an even and uniform shape. Toast the bread rather quickly before a bright clear fire until of an even brown colour on both sides. Then spread quickly and rather thickly with slightly warmed butter. If fresh butter is used, sprinkle the toast with a little salt. Place another slice of toast on the top of this first one, butter it also, and repeat, piling one slice on the top of another until there is as much toast as is wanted. The butter should penetrate the toast readily. When all is done, cut the slices in quarters, and serve on a hot plate, placed over a bowl of boiling water, or on a hot-water plate.

129.—MILK TOAST.

Ingredients—

1 slice of Toast.	1/2 oz. Butter.
2 tablespoonfuls boiling Water.	A little Salt.
1 teacupful Milk.	1 teaspoonful Flour.

Method—

Cut the bread in an even slice one half inch thick, colour it evenly while toasting, and make it quite dry. Then spread the toast with some of the butter, and sprinkle it with salt. Place it on the dish in which it is to be served, and pour the boiling water over it. Cover it, and steam in the oven for a few minutes until the water is absorbed and the toast is tender, but it must not lose its shape. Put the remainder of the butter in a saucepan; when it bubbles, stir in the flour, and let it cook a minute without colouring. Add the milk, and stir all the time until boiling. Cook for two or three minutes and add a pinch of salt. Pour this thickened milk over the softened toast just before serving.

NOTE.—Cream may be used instead of milk, then no thickening would be required, but the cream scalded before using.

130.—FRENCH OR WET FRYING.

This is cooking in a large quantity of fat, sufficient to cover the article to be fried. Clarified fat, oil, or lard may be used for the purpose. Put the fat into a plain iron saucepan, neither tinned nor enamelled, as the great heat would destroy the lining. Success

depends upon getting the fat to the right degree of heat. It must be quite still, and a blue smoky vapour should be seen rising from it. It should then be used at once. Do not fry too much in the fat at one time, and always bring the fat to boiling point again before adding more. If the fat is not sufficiently hot, it will soak into the articles fried, and make them greasy instead of crisp. Either a frying basket or perforated spoon may be used for lifting out what is fried, and always drain on kitchen paper before serving. Always dish fried things on a d'oyley or dish-paper.

131.—MAÎTRE D'HÔTEL BUTTER.

Ingredients—

1 teaspoonful chopped Parsley.		1 teaspoonful Lemon Juice.
1 oz. Butter.		

Method—

Put all on to a plate, and with a knife work them well together to form a neat pat. Stand the plate slightly on end that the lemon juice may run out of the butter again, and set in a cool place or on ice until wanted.

The parsley should be very green and very finely chopped to make this butter look well.

132.—BROWN SAUCE.

Ingredients—

1 oz. Butter or Dripping.	1 dessertspoonful
1 oz. Flour.	Ketchup.
1 pint brown Stock.	1 teaspoonful Harvey's
1 small Onion.	Sauce.
A small piece of Carrot.	Parsley and Marjoram.
Turnip and Celery.	1 Bay Leaf.
Pepper and Salt.	1 blade of Mace.
A sprig of Thyme.	3 or 4 Cloves.

Method—

Melt the butter or dripping in a saucepan and let it brown. Add the onion skinned and cut in thin slices, and stir with an iron spoon until it is brown. Add the flour and brown it also. Then draw the pan to one side, pour in the stock, and stir over the fire until boiling. Boil for a few minutes, and remove all scum with an iron spoon. Have the other vegetables prepared and cut small, and add them next with the seasoning. Simmer the sauce slowly for at least half an hour, stirring occasionally and skimming when necessary. Strain through a fine strainer or sieve, and reheat before using.

NOTE.—If the stock is well flavoured, some of the vegetables may be omitted.

133.—CURRY SAUCE.

Ingredients—

1 oz. Butter.	1½ gills Stock or Broth.
1 teaspoonful Curry	1 teaspoonful Chutney.
Powder.	½ oz. Rice Flour.
1 Onion.	A squeeze of Lemon
½ gill Cocoanut Milk.	Juice.
	Salt.

Method—

Skin and slice the onion thinly, and put it into a saucepan with the butter, curry powder, chutney, and salt. Fry very slowly about fifteen minutes, but do not allow the ingredients to discolour. Then add the rice flour and stock, stir until boiling, and simmer gently for half an hour. Add the cocoanut milk (see note) and lemon juice, and strain or not as desired.

COCOANUT MILK.**Ingredients—**

2 oz. Cocoanut.	1 gill boiling Water.
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Method—

Scrape and pound the cocoanut, pour the boiling water over it, and stir occasionally until cold. Then strain, pressing the cocoanut well.

134.—DEVIL SAUCE.**Ingredients—**

$\frac{1}{2}$ oz. Butter.	$\frac{1}{2}$ oz. Glaze.
$\frac{1}{2}$ oz. Flour.	1 dessertspoonful
$\frac{1}{2}$ pint Broth or Gravy.	Worcester Sauce.
1 tablespoonful Mar- sala.	1 dessertspoonful
1 tablespoonful Chutney.	Ketchup.
1 dessertspoonful Made Mustard.	$\frac{1}{2}$ teaspoonful Red Currant Jelly.
	1 teaspoonful Chilli Vinegar.

Method—

Melt the butter in a saucepan, add the flour, and mix well together. Pour in the gravy, and stir over

the fire until boiling. Then add all the other ingredients, and simmer for ten or fifteen minutes. Strain before using.

135.—MUSTARD SAUCE.

Ingredients—

$\frac{1}{2}$ oz. Butter.		1 teaspoonful French
$\frac{1}{2}$ oz. Flour.		Mustard.
1 gill Water or Stock.		A pinch of Salt.

Method—

Melt the butter in a small saucepan and stir the flour into it. When thoroughly mixed, remove the pan from the fire, and add the mustard slowly, incorporating it thoroughly. Next add the stock or water with a pinch of salt, and stir over the fire until boiling. Cook two or three minutes, and strain into a hot sauce-boat.

136.—TOMATO SAUCE.

Ingredients—

$\frac{3}{4}$ oz. Butter.		A small piece of Carrot.
$\frac{3}{4}$ oz. Flour or Rice		Turnip and Celery.
Flour.		1 Onion.
4 or 5 fresh Tomatoes or		A sprig of Thyme.
1 breakfast-cupful		Marjoram and Parsley.
tinned Pulp.		A squeeze of Lemon
1 oz. lean Ham.		Juice.
$\frac{1}{2}$ pint Stock.		1 lump of Sugar.
		Pepper and Salt.

Method—

Melt the butter in a small saucepan, put into it the ham and vegetables cut in small pieces, and fry them for

a few minutes. If fresh tomatoes are used, wipe them and cut them in slices on a plate. Add the tomatoes next to the ingredients in the pan with the rice flour, and mix well. Pour in the stock, and stir until boiling. Season to taste with pepper and salt, and allow the sauce to simmer for at least half an hour, stirring occasionally. If it becomes too thick, add more stock. Strain through a fine strainer or hair-sieve before using, and add the lemon juice and sugar.

NOTE.—If tinned pulped tomatoes are used, rather less stock will be required. Celery seed may be used instead of fresh celery. Quarter of a teaspoonful tied in muslin will be sufficient.

137.—WHITE SAUCE.

Ingredients—

1 oz. Butter.		$\frac{1}{2}$ pint Milk.
1 oz. Flour.		White Pepper.
	Salt.	

Method—

Melt the butter in a small lined saucepan, add the flour, and mix smoothly with a wooden spoon. Cook for a minute or two over the fire without discolouring, then draw the pan to the side and pour in the milk. Return to the fire, and keep stirring constantly until boiling. Boil for two or three minutes so as to thoroughly cook the flour, and season to taste with white pepper and salt.

NOTE.—The above proportions will make a fairly thick sauce, but more milk may be added if necessary.

A plainer sauce can be made by using half milk and half water.

138.—GLAZE.

Glaze can either be bought by the ounce or made at home from stock. Glaze as a rule costs 2d. per ounce, and this quantity will be sufficient to glaze an ox-tongue or a fair-sized piece of meat. Put the glaze into a small saucepan with sufficient water or stock to cover it, and allow it to melt slowly over the fire. Or put it into a jar with a very little water or stock, and stand the jar in a saucepan of boiling water until the glaze is melted. It will then be ready for use.

Home-made glaze can be very easily procured in houses where there are large quantities of stock and bones at disposal. Any good brown stock can be used, and the second boilings from meat and bones is almost preferable to freshly-made stock, as it is more gelatinous. Free the stock from all grease, and put at least one quart into a saucepan. Allow this to boil quickly with the lid off the pan until reduced to about half pint, skimming when necessary. Then strain through a very fine strainer or piece of muslin, and reduce again in a smaller saucepan until the glaze becomes as thick as treacle, when it will be ready for use.

If not required at once, it should be poured into a jar, and if a little melted lard is poured over the surface the glaze will keep good for weeks. In fact, this is a very good way of preserving any surplus stock, as a little glaze is useful at all times for enriching soups and sauces as well as for coating meat, &c., and diluted with water it will again take the form of stock.

To Glaze Meat.—Have the glaze prepared as

above and in a melted condition, but not too hot. Use a small paint-brush or egg-brush, and paint the meat all over with it in even straight strokes. If one coating is not sufficient, allow the first one to cool, and brush the meat over again as before. Meanwhile keep the glaze in a melted state by putting the pan or jar containing it in a saucepan half full of hot water.

Do not waste any glaze that is left, but pour it carefully into a clean jar ready for future use; and rinse the brush and saucepan with boiling water, which pour into the stockpot.

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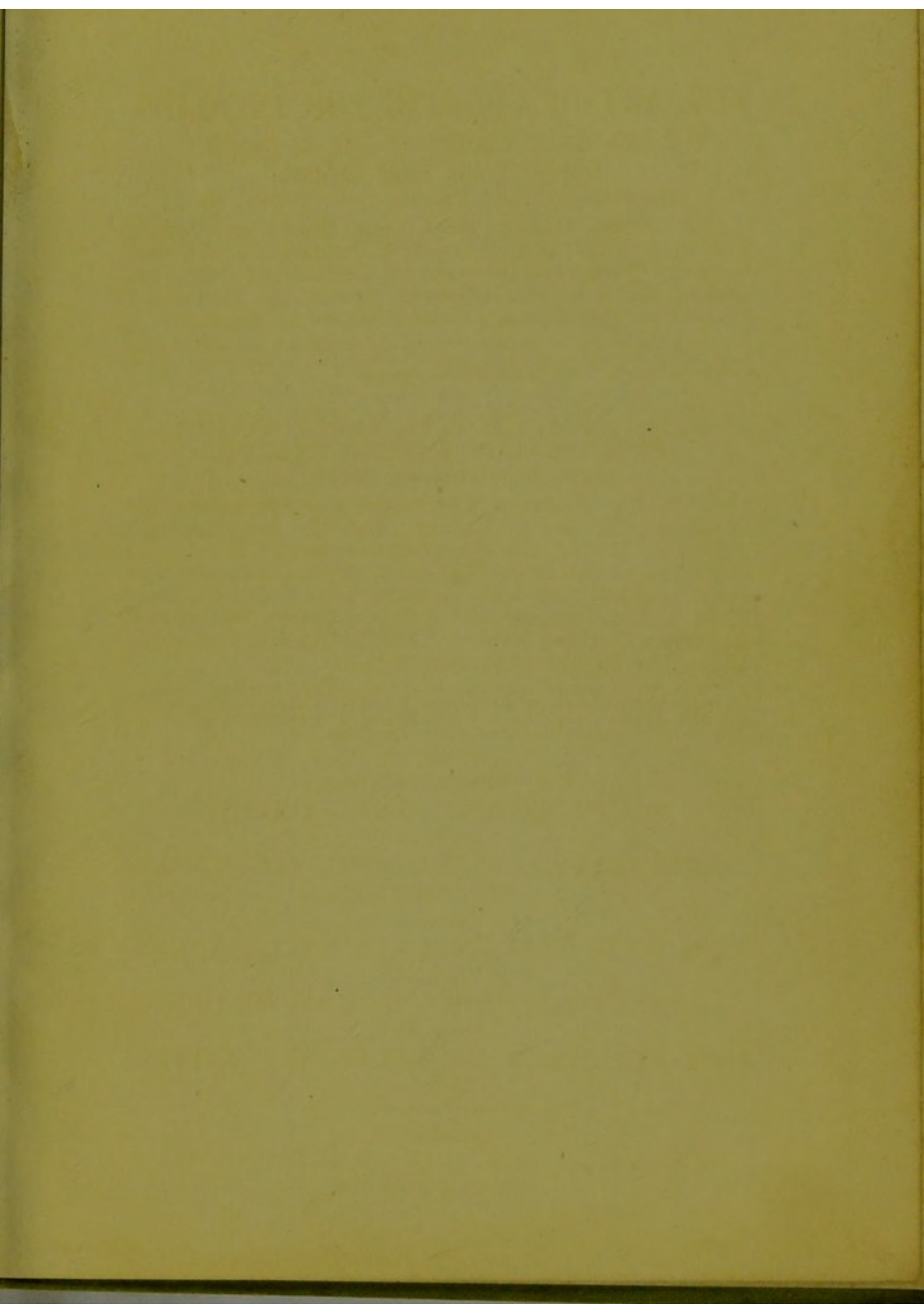
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