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POPULAR

LESSONS ON COOKERY.

BY A

FORMER STAFF TEACHER OF THE NATIONAL
TRAINING SCHOOL OF COOKERY.

“There are scientific principles lying at the foundation of the Art of Cookery, as of every other human art : and if you neglect to apply them —if you neglect to educate your cooks in them—you must expect to suffer.”—DR. LANKESTER.

1885.

This book professes to be nothing more than a faithful transcript of demonstration lessons given in various parts of London, its suburbs, and the country. It is published by the desire of numerous pupils, and will, it is hoped, prove useful to the general public as well as to those at whose request it is sent forth.

GREENLEAF LANE, WALTHAMSTOW,

June, 1880.



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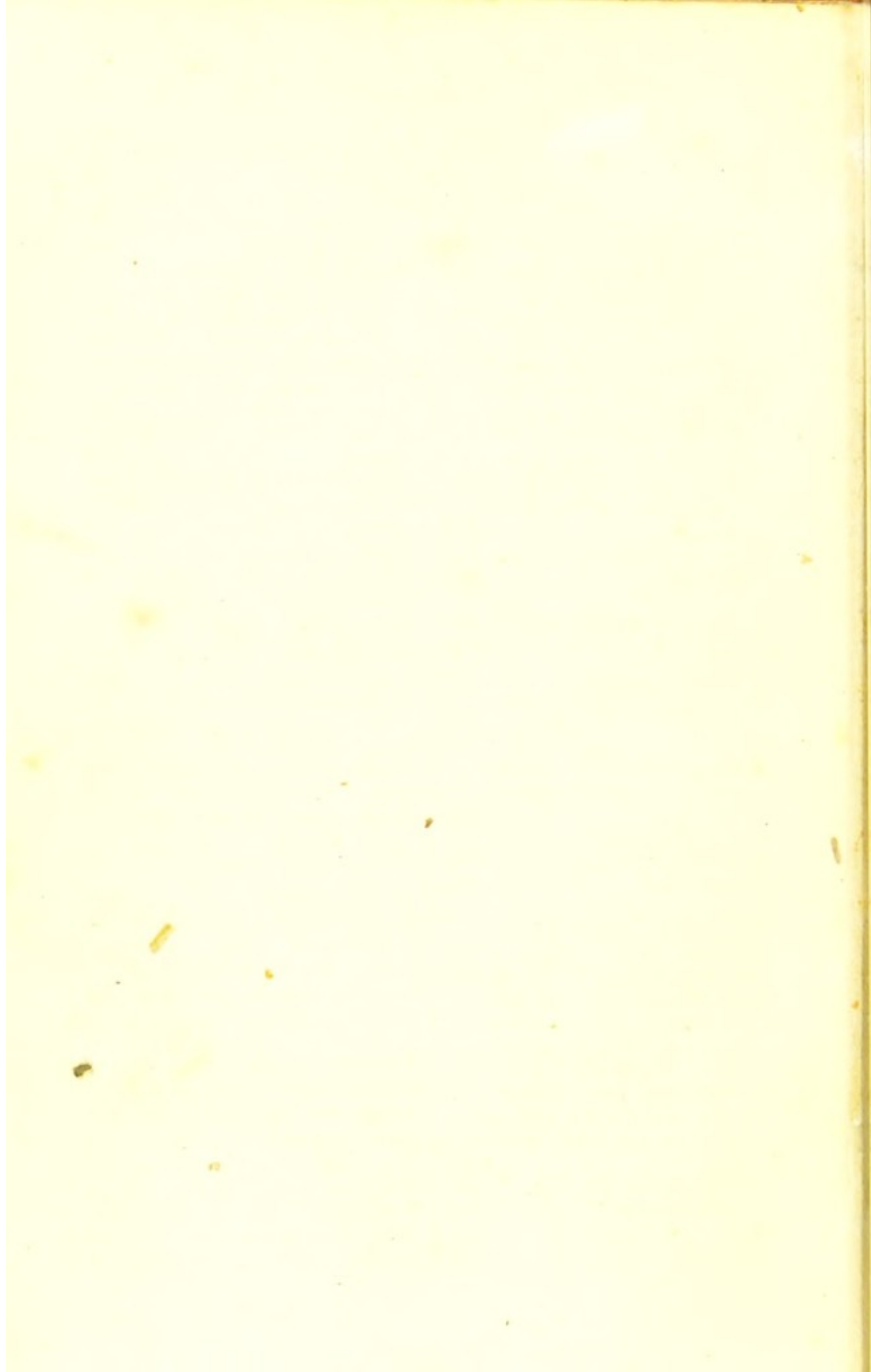
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PLAIN COOKERY.

FIRST LESSON.

ROASTING, AND PUDDINGS GENERALLY EATEN WITH MEAT.

THERE are six primary ways of cooking meat, *Roasting*, the most savoury; *Baking*, the easiest; *Stewing*, the most economical; *Boiling*, the simplest; *Frying*, the quickest; *Broiling*, most wholesome and easily digested.

The rules in every case are founded on the same principles, and I must first teach you a little of the action of heat upon the four principal component parts of meat, Albumen, Fibrine, Gelatine, and the Red Juices. Albumen is hardened in proportion to the amount of heat you apply to it; the white of an egg is the most familiar example of this. Fibrine also is hardened and contracted by great heat; it is the chief part of the lean of meat. Gelatine becomes hard, horny, and indigestible in a dry heat, but dissolves readily in a moist. The red juices are the most important to preserve in cooking, since without them meat is comparatively valueless.

The rules for roasting are three. 1st. You allow 15 minutes to the lb., and 15 over, for red meats, beef and mutton; 20 minutes to the lb., and 20 over, for white, such as pork and veal. If your joint is a very solid piece of meat, such as rump of beef, allow 20 minutes to the lb. 2nd. Put it close to the fire for the first 5 minutes, then draw it further away. 3rd. Keep it basted and turned frequently. If you learn the reason for every rule, you will remember them better. The first requires no explanation; the second you will understand in a minute, if you think of what I

have just now said of the effect of heat. We want to preserve the red juices. By putting the meat close to the fire, the albumen and gelatine harden, and the fibrine contracts on the exposed surface, thus forming a case from which the juices cannot escape unless we make a hole in it. Five minutes is sufficient to effect this; if left longer close to the fire, the hardening process would continue, until the meat was indigestible, that is to say, insoluble. Everything we eat must be converted into blood before it can nourish our bodies, and what is not capable of solution by the digestive fluids is of no use to us. The object of cookery is to prepare the food in the most digestible, as well as palatable manner. The third rule is that you must keep it well turned, so that all sides are equally cooked; baste it frequently to assist the process, and prevent its drying up. Meat shrinks if not well basted.

The first thing before roasting is to attend to the fire. Sweep the hearth, and make up a good one, so that it will last till the joint is done. If it is necessary to mend it while the meat is roasting, draw the coals forward with a shovel, and add fresh at the back. Put a tin down to catch the dripping, and have a spoon ready on a plate to baste with; if you leave it in the dripping-pan the handle gets too hot to hold. A meat-screen economises the coals by reflecting heat and keeping off currents of cold air; even a clothes-horse and clothes answer the latter purpose. The stove and screen should be beautifully bright, so as to reflect the heat. Highly polished surfaces reflect, while dull ones absorb; hence keep the sides of saucepans and kettles bright, and the bottoms black. Now consider the meat. There are rules for the preparation of the joint. 1st. Trim off all superfluous fat. Take for example a loin of mutton. I should pare off nearly half an inch of fat. Some may object and say, "It would keep the meat from shrinking, and will turn to dripping."—True; but I am teaching you to cook meat, so that it will scarcely shrink at all; and to prepare the fat so that it can be used for pastry or

cakes, for which dripping is of too strong a flavour. 2nd. Never wash meat; it prevents its browning, and draws out the red juices; wipe it thoroughly instead. 3rd. Never use skewers, they make holes which let out the red juices; fasten your meat into shape with string. 4th. Hang the thickest part downwards; the greatest amount of heat is at the bottom of the fire. 5th. Never flour your meat to make it brown; burnt flour is unwholesome, and thorough basting produces a better colour, with greater succulency. Loin of mutton requires jointing between each bone with a chopper; the flap, or thin piece, must be rolled up underneath. It must then be tied with string, and weighed to ascertain how long it must roast. Put the hook through the string if possible, or in a firm part, where there is least juice, as it will unavoidably make a hole. Wind the jack before the meat is hung up; then draw it close to the fire, and see that it is turning properly before you leave it. After five minutes, draw it further away, and baste frequently by pouring the fat that has run into the pan upon it. When you roast in a Dutch or American oven, put the bony side to the fire first. In winter, if the meat is frozen, bring it into the kitchen an hour or two before cooking, that it may thaw gradually.

The next consideration is gravy. Too many people use a little hot water to rinse out the dripping tin and pour over the meat, and call it gravy. It is much better to take some bones, or pieces (the shank-bone from legs and shoulders), and put them in a saucepan with one pint of cold water, half a teaspoonful of salt, a little pepper, an onion in its skin, and a bunch of herbs, to simmer while the meat is roasting. Onion skins colour gravy; French colouring is made of them. Cooks throw salt on the joint to make gravy; but it is to the detriment of the meat. Whence does it come? It is the red juice the salt draws out; and that is just what should be kept in. It is far better to boil down bones or pieces. I will finish it when the meat is ready. The rules for roasting

apply to baking, therefore there is no special lesson on it. It is a favourite way of cooking, because it gives very little trouble; but it is not economical. That meat wastes more in baking is the experience of practical people, though scientific experiments may prove the reverse. The ventilator in the oven should be open, to produce a current of air, and let the gases generated from the meat escape. Set your joint on a trivet over a tin which will catch the dripping, and do not put water under it; it would make it sodden and prevent its browning.

I will now teach you to clarify fat. You may buy caul or fat from the butcher, or use pieces you have trimmed from meat. Beef, mutton, pork, or veal fat, cooked or uncooked, may be rendered down together for clarified fat, a far better preparation than dripping. Flare, or pork fat alone, makes lard. Cut the fat in half-inch squares, removing any lean from cooked fat; all that is brown must be cut away. Beef fat is softest when clarified, and therefore preferable for pastry and cakes; mutton is harder, and more suitable for frying. Put the pieces in a saucepan with half pint of cold water, cover it, and let it boil gently for one hour; the steam purifies and whitens the fat. Stir it from time to time with an iron spoon. After the hour, let it boil without the lid till all the water is evaporated, and nothing remains but liquid fat and shrivelled pieces of skin. Let it cool for a few minutes before straining, or it will crack the pan; and then press the pieces to squeeze out all fat. Half pint of cold water gives sufficient steam to clarify four pounds of fat; more must have one pint. Be careful that all the water is boiled out, or the fat will not be good for pastry or frying. Two signs will guide you. No steam will rise when you stir, and the liquid will be clear and transparent; while water is there, it looks opaque and milky. The pieces of skin are called scraps, and can be eaten with bread and salt, or made into scrap rolls. Clarified fat is an excellent substitute for butter in cakes

and pastry, and is better and cheaper than lard for frying. It costs you, if you buy the fat, from 7d. to 8d. a lb. In our second lesson we shall use it for pastry and frying. Dripping is clarified differently: it is poured quite hot into cold water. All impurities sink to the bottom, and, when cold, the fat can be taken off the top of the water in a firm cake, the bottom of which requires scraping. Remember, dripping is the droppings from meat; clarified fat, that which has been boiled down in water.

I shall now teach you Suet Pudding. The first thing is to put on the saucepan in which to boil it. I might give you as a rule, always consider your means of cooking first, and next get together your materials. Here we want a quarter lb. suet, a half lb. flour, a half teaspoonful baking powder, some water, a pudding-cloth, and string. Either beef or mutton suet will do; beef is the richer, mutton the more digestible. To chop it properly, sprinkle your board with flour, remove the skin and any lean, and flake it; that is, cut it in very thin slices with a sharp knife. It is no use cutting it into thick pieces. Good habits are invaluable in cooking, and you will find things come much more easily by and bye, if you have got into right ways of doing them at first. Then sprinkle a little flour over the suet, and chop small quantities at a time, until it is as fine as bread crumbs; chop lightly or the pudding will be heavy. Put the flour into a basin, mix the suet in lightly, add the baking powder, and mix it with cold water into a firm paste. You should mix with your hand; it is lighter than a spoon. Add the water by degrees; it will take about a quarter of a pint. (As a rule flour takes up half its weight of water; the better the flour, the more water it takes up). Put the water into a well in the centre of the flour, and mix from the sides by degrees. It should be sufficiently stiff to take the form of a ball easily. If it is too wet, it will not be light. Roll the ball round the basin, so as to leave it free from flour or paste. An untidy cook wastes enough

to make a dumpling. Dip a pudding cloth in boiling water, squeeze it dry, dredge flour over the wet centre, shake off what does not adhere, put your pudding on it, gather up the cloth evenly all round, and tie it securely, but not tightly, leaving room for it to swell. Put it into the boiling water which must be enough to cover it, turn it about once or twice, to be sure it is not sticking to the bottom of the saucepan, and leave it for an hour to boil. If you boil it in a basin, grease the basin, and give it an hour and a half.

When you take up a pudding, do not be in a hurry to turn it out, or it is sure to stick; allow it to cool slightly, untie the string, reverse it onto a dish, and gently draw back the cloth; don't drag it up or you will peel off the outside of the pudding. The cloth should be washed in the water in which the pudding was boiled, then rinsed in hot water and dried off quickly in the open air. Sussex pudding is a long shaped suet pudding, taken up half an hour before dinner, cut in slices, and laid in the dripping tin under the meat to brown.

I am next going to show you how Yorkshire pudding is made. This should be prepared some time before cooking; it improves by standing. To 1 pint of milk allow 2 eggs, a pinch of salt, and a half lb. flour. Put the flour into a basin, break the eggs one by one into a cup, and add them separately, for fear one should be bad and spoil the flour. Stir them with a wooden spoon, (wooden spoons should be used for mixing, and metal ones for measuring), until they have taken up sufficient flour, then begin to stir in the milk by degrees. Always stir with the back of the spoon towards you, from right to left, the way you unscrew a screw, which is less fatiguing, and not so likely to splash. This is one of the good habits I referred to. Some things must always be stirred in one direction, and if it has become a habit, you will be in no danger of making a mistake. When you have added half your milk, beat the mixture thoroughly with the back of

the spoon. Batter is the old Saxon word to beat, and batter puddings must be well beaten. If you try to mix all the flour with the two eggs it will be stringy, if you add the milk too fast it will be lumpy, and your only remedy is to beat it until perfectly smooth ; straining out the lumps robs the batter of flour and leaves it too thin, This mixture makes boiled or baked batter pudding ; fried it makes pancakes, and roasted in a hot dripping tin under the meat it is Yorkshire pudding. For this the tin must be put under the meat in the dripping pan for fifteen minutes, to catch the dripping and get hot, then pour in the batter, and set it under the meat for half an hour. It must not be more than half an inch thick or it would not get done through, and must be turned round once so that the opposite side comes nearest to the fire.

The French way of roasting is *en casserole*, or in a saucepan. As they have no open fires, the meat, with one table-spoon of fat to a lb., is put into a saucepan, which it nearly fills, covered and set over a very slow fire. I take a sheep's heart as an example, as that will enable me to teach you veal stuffing. This is made of one table spoonful of suet, one of bread-crumbs, one dessert-spoonful of chopped parsley, one tea-spoonful of mixed herbs, pepper, salt, and either a little milk dripping or egg to bind it. Chop your suet without flour, pick the stalks off the parsley, wring it quite dry, shred it fine and then chop it, holding the point of your knife down on the board with your left hand, and working the handle up and down as a lever with your right ; you can chop more easily, more quickly, and with less noise in this way ; use only the leaves of thyme, lemon, and margoram, rub them through a strainer if dried, if green chop them as you do parsley. Rub the crumbs of stale bread through a wire sieve, season your stuffing rather highly, then mix all the ingredients with the egg or milk. You *must* wash heart (and rabbit) before roasting (these are exceptions to the rule), in order to remove the clotted blood ; but wipe it perfectly dry, then

cut off the loose pieces at the top, leaving only just enough to cover the cavities which are to be filled with stuffing. You can make them into one by dividing the partition, fill them and draw the top together over the stuffing with needle and twine. As nothing will brown that is wet, dredge over a little flour, and then wipe it off to be sure that it is thoroughly dry. A heart being very lean needs 2 oz. of dripping, which is put into a saucepan to get hot, then lay in the heart, set it over a slow fire, and baste it frequently, turning it over so that it cooks equally. Any joint can be done in this way, proportioning the time, dripping, and saucepan, to the size of the joint. The time is the same as for roasting in front of the fire. A sheep's heart takes three-quarters of an hour, a calf's requires twice as much stuffing and time, a bullock's heart four times as much. The flesh of heart is close, but very nourishing if well prepared. It cools very quickly; to remedy this, stew it for a quarter of an hour in the gravy after it is roasted. The gravy, such as I have shown you, should be thickened for heart, veal, and poultry. One dessert-spoonful of flour must be smoothly mixed with a little cold water, then poured into the boiling gravy, and stirred while it boils ten minutes to cook the flour. For colouring, many people push an iron spoon with some moist sugar between the bars of the kitchen grate, this wastes the sugar, and spoils the spoon. The proper way is to prepare caramel, or "black jack" as it is called; put one tea-spoonful of cold water into a little saucepan, with one oz. of loaf sugar, set it over the fire, let it burn till it is dark brown, then pour in half a gill of cold water, boil it until the burnt sugar is dissolved, strain it, and you will have a liquid which can be kept in a bottle and used to colour gravies. Pour the dripping from the heart, strain half-a-pint of gravy over it, and let it simmer gently a quarter of an hour; take out the string and serve on a hot dish with the gravy over it. When you take up a joint, pour all the dripping out of the pan, pour into it the gravy from the bones, sprinkle

over a little salt, stir it over the fire, till the brown droppings are washed off, then pour it round the joint, never over it, or it will destroy the crispness.

Now I will teach you to make Norfolk dumplings. Where people make their own bread, these are simply pieces of dough formed into round balls the size of a hen's egg and thrown into boiling water; or they may be made of flour, baking powder, and water; half a lb. of flour makes four. Put it into a basin with half a tea-spoon of baking powder, and mix with a quarter of a pint of cold water. Make it into four balls without a crack in them. This is done by putting the ball into the palm of your left hand and working it round and round with the right, pressing all the cracks to the top with your thumb. Throw them into boiling water, stir once to keep them from sticking, let them boil twenty minutes with the lid on, take them up with a slice or wire spoon, and serve quickly. I shall conclude by telling you the three virtues of a good cook; cleanliness, economy, and punctuality, of which cleanliness is the most important.

SECOND LESSON.

WHAT TO DO WITH THE COLD MEAT.

THERE are numerous ways of warming up cold meat. I shall only illustrate six of them, giving you the general rules, and directing your attention to those points which require the greatest caution. Firstly, a hash, which is so generally ill-made, that it has passed into a proverb, "to make a hash of it" being synonymous with failure. Take from your joint the best slices for a hash, then cut every scrap of meat from

the bone; the tiniest pieces will come in for dishes where mince is used. Next make gravy of the bones, with a piece of carrot and turnip, a small onion, bunch of herbs, pepper and salt, in three-quarters of a pint of water; simmer it gently with the lid on, until a quarter of an hour before serving. Mix upon a plate one table-spoonful of flour, one tea-spoonful of salt, one salt-spoonful of pepper, and lay each slice of meat in this seasoning, so that both sides are well covered, and then place them separately on a plate. The flour covers the meat with a thin coating, which keeps the juice in, and thickens the gravy sufficiently. For serving the hash, strain the gravy, return it to the saucepan (put the bones in the stockpot), lay in your slices of meat, and keep it close to the fire, till it just comes to boiling point, to cook the flour, but on no account let it continue boiling, or your meat will be tough. People often wonder why a tender leg of mutton makes a tough hash, simply because it has been allowed to boil. Add one table-spoonful of ketchup or Harvey's sauce, and in serving lay the slices neatly on a dish, pour the gravy over, and decorate it with triangles of bread, not toasted, but fried in boiling fat.

I shall next teach you to make a Shepherd's Pie of slices of cold meat and cold potatoes. This is an illustration of the virtue of economy, which consists not only in not wasting, but in so preparing and combining what you have as to get the greatest good out of everything. Potatoes alone are not nourishing, they belong to the force-producers, or heat-giving foods. Meat is a flesh-former. To have a perfect diet we require a due proportion of each, which, according to Church, is $1\frac{1}{4}$ flesh-formers to $5\frac{1}{2}$ force-producers. And because potatoes are deficient in fat, we take fatter slices of meat than those used in the hash. Fill up a pie dish, seasoning each layer, and, if liked, sprinkling some mixed herbs over. Some people add chopped onion, but it is too strong in flavour. Fill the pie dish two-

thirds full of water or gravy. Mash one lb. of boiled potatoes very smoothly with a fork, or, better still, rub them through a wire sieve with the back of a wooden spoon. Put one table-spoonful of milk and half oz. of butter into a saucepan, and when hot pour it over the potatoes, stirring them quite smooth. Always boil the milk and butter for mashed potatoes; they do not taste the same if mixed in cold. Make of it a smooth crust over the pie; if you have an egg broken, brush the top over to make it shine. Then put it in the oven for about half an hour to get hot through and to brown; the ingredients are already cooked. There is another way of making potato crust. Take equal quantities of flour and mashed potatoes, knead into a dough, and roll it out on the board like ordinary pastry; but this is not so light as the other, unless you add some shortening, such as fat or dripping.

I am now going to show you plain pastry, and use it for Patties and Goblet Pie. This is not a pastry lesson; I shall therefore only teach you the simplest short crust. Three-quarters lb. flour and quarter lb. of the fat I taught you to clarify last lesson. One-third as much fat as flour makes a good plain crust with three-quarters tea-spoonful of baking powder, and a gill and a half of cold water. Some people object to baking powder, saying only bad cooks use it who cannot make light pastry without. Baking powder makes the pastry more digestible, and it also saves the butter or fat by making it light with a smaller proportion. That is why we recommend its use. Put the flour into a clean, dry basin, break up the dripping, and rub it in lightly. If it is hard, flake it into very thin slices before rubbing. Never warm your dripping; one secret of good pastry making is to mix the fat in cold. Don't rub with the palms of your hands, that would make it hot and heavy, but between the tips of the fingers, till it looks like fine sifted bread crumbs; then add the water by degrees. Do not make it too limp.

For a Goblet Pie, we take equal measures, not

weight, of six ingredients, finely minced meat, finely chopped suet, plums stoned and chopped, currants rubbed clean, chopped apples, and moist sugar. You will find it easier to chop the plums and apples at the same time. Then mix them all together. It is a sort of roughly made mincemeat (without spirits, spice, or peel), and takes its name from the old recipe, "a goblet full of each." Pack this mixture in a pie dish, then take a third of the crust, flour your rolling-pin, board, and your hands, and roll it a little larger than the pie-dish, and a third of an inch in thickness, cut from the outside a strip one inch wide, wet the edge of the pie-dish, lay this on, letting it project a little beyond the edge, take up the crust and cover the pie with it, pressing the edges together that they may adhere. Take up the pie-dish in your left hand, dip a knife in flour and trim the edges round, cutting from you, keeping the knife slanted outwards, because the crust will shrink in baking, and would leave the edge of the dish bare. Ornament the edge, sprinkle some cold water and loaf-sugar dust on the top, put it in the hottest part of the oven first, then in a cooler part for half an hour altogether.

Patties are little meatpies baked in patty-pans, greased with clarified fat, not butter, which would make the pies stick. The crust should be rolled a quarter of an inch thick, and pieces cut from it, with a clean saucepan lid, half an inch larger than the patty-pans. We cut out all the tops first, then put together the cuttings, roll them out again, and cut the bottoms. The pastry is never so light when rolled the second time, therefore we use it for the bottom crust. Line each tin with crust, and fill them with finely minced cold meat, seasoned with pepper, salt, and minced herbs. If the patties are of veal, some ham or bacon is an improvement. Wet the edge of the bottom crusts, put on the covers, and press lightly just inside the edge, to be sure they are joined. Some people cover their patties with a large piece of crust, then trim off the edge after, as I taught you in goblet

pie, but it is not nearly so neat, nor the pastry so light. Put them on a baking sheet in the hottest part of the oven for a quarter of an hour, then put them in a cooler part for another, and five minutes before they are done, brush them over with a little egg. Patties are best made of cooked meat; fresh meat requires more cooking than the crust.

I shall next teach you to curry cold meat. The flavour of curry powder is so strong that it overpowers every other, and when everyone is tired of cold meat this is a useful way of warming it. This is the plainest and simplest; in the Third High Class Lesson you will find a more elaborate curry. For one lb. of meat we want half-a-pint of stock or water, one dessert-spoonful of curry powder, one table-spoonful of flour, one small apple and onion, and two ozs. of dripping and salt. Put the dripping into a saucepan, and when a faint blue smoke arises from it put in the onion to fry. In order that it may cook to pulp cut it from the crown to the root in thin slices—it always preserves its form if cut across—and then mince it. In a really good curry the gravy is thickened with the pulp of onion and apple, and no pieces should be perceptible, as they generally are in an English curry. When the onion has fried brown put in the apple, also minced; if apples are out of season, green gooseberries will do as well. While the apples are frizzling with the onions mix the curry powder, flour, and water in a basin with an iron spoon (curry discolours and flavours the wooden spoons), pour the mixture into the saucepan, stir till it boils, then lay in the pieces of meat, and keep the saucepan by the side of the fire for the meat to warm and become flavoured with curry powder while you boil the rice; on no account let it boil. Few people succeed in boiling rice well; for a curry every grain should be distinct, and yet thoroughly cooked. The first mistake is using too little water. A gallon of water is not too much for a half lb. of rice. The second mistake is using Carolina; Patna is the proper

rice for a curry. Carolina is a round grain with obtuse ends, Patna is long and slender with pointed ends. The third mistake is not to have the water hot enough when the rice is put in. It must be hotter than boiling; this is only to be accomplished by putting in two table-spoonfuls of salt, which raises the temperature to 218° Faht. Wash the rice well, then throw it into the rapidly boiling water, and let it boil very fast for exactly thirteen minutes, then throw into the saucepan a quart of cold water to wash off the loose starch, strain it through a sieve or colander, which must then be stood in front of the fire, or in a cool oven, till the rice is dry. Stir it occasionally, to keep the grains separate, with a fork, not a spoon, and do not cover the colander—that would keep in the steam and prevent its drying. Some people strain the rice, take it to the tap and pour on cold water; this cools the rice very much, and it takes a long time to dry and get hot again. The water in which the rice has been boiled contains sufficient starch to stiffen muslin blinds or aprons. For serving the curry we put the meat in the centre of a dish, shake the rice from the colander round the edge, and pour the sauce over the meat.

The last recipe I shall give in this lesson is for Rissoles. The ingredients are very like those of veal stuffing, and prepared in the same way. You want two table-spoonfuls, of minced meat, the same of suet, the same of bread crumbs, one of parsley, one desert-spoonful of herbs, pepper, salt, and an egg. Put your ingredients in a basin, except the egg, which must be slightly beaten in a cup, then pour half of it into the mixture, and press it firmly together with the hand; make them as dry as possible. Flour your board and hands, divide it into six portions, roll them into balls, dip each in the remaining egg, then roll them in two table-spoonfuls of crumbs, spread on a sheet of paper; and, lastly, roll them round very gently on a clean part of the board to make the crumbs stick securely. Have a lb. and a half, or two lbs., of clarified fat in a

saucepan on the fire, and put the rissoles into the fat, when you see a film of blue smoke over it; if sooner, they will spoil. Drop them in very gently, let them be in three minutes, take them out with a wire spoon or slice, drain them on kitchen paper, and serve them on a dish paper or cloth. They should not be darker than golden brown.

You may ask, Why is it better to warm up cold meat? Because it is more nourishing. You require to eat more cold meat to do you as much good, for a little of it is spent in reproducing the warmth in your stomach, which its entrance has chilled away. That is why people take hot drinks in a morning. The normal temperature of the body is 98° Faht., but it cools in our sleep, and if for our first meal we took everything cold we should be losing half our breakfast, wasting it, in fact, for it would be spent in restoring the heat we had lost in the night, and which could have been just as well brought back by a draught of hot tea or coffee, and the food would have gone to make flesh and muscle, and repair the daily waste of tissue.

THIRD LESSON.

BOILING MEAT, TRIPE, VEGETABLES.

IN this lesson much that I said in the first will recur to your minds: The principles are the same, though they may differ in their application, for our object is the same (to cook the meat so as to retain all the red juice, and make the other components more digestible), and the rules are nearly identical in character. You must learn by rule in the first instance, whether it is cooking, art, music, or anything else. Then, when

you have mastered rules and principles, comes the apparent licence which is born of the knowledge and power gained by experience.

The rules for boiling are three. 1st. Plunge your meat into boiling water sufficient to cover it. This is to harden the surface and keep in the juice. 2nd. Keep it simmering gently, not boiling afterwards. This is to prevent the albumen, fibrine, and gelatine from hardening. 3rd. Remove the scum as it rises. Scum is a little of the albumen and a great deal of refuse, and if not removed, settles and adheres to the meat, looking very unsightly. Salted meat is put into tepid water to draw the salt out. Unfortunately, in drawing out the salt we draw out the red juice too, so that it is never so nourishing as fresh meat. The time for boiling is exactly the same as for roasting; the preparation is the same. Joints must be wiped, not washed, weighed, jointed, and secured into shape with string, not skewers. Boiled meats are not generally stuffed; the gravy (which is a little of the liquor in which they are boiled) and the sauces are always poured over them, while the sauces for roast meat are served in a tureen. Always put your joint in the saucepan that side downwards which is coming uppermost to table. Keep the lid on. Boiling is the simplest way of cooking food, yet the one in which fewest people succeed. It is no trouble, requires little fire, few utensils, and yet it is the commonest thing possible to find it almost uneatable. The secret of success is to keep the pot simmering, not boiling; this is, of course, more easily done on a gas fire or kitchener than on an open grate. With an open grate the best plan is to make up a good fire at the beginning, and to keep the pot over the oven or the boiler, where the heat is more regular than over the fire itself, and to look at it carefully from time to time to see that it does not stop cooking altogether. Properly boiled meat is easier of digestion than roast, though it does not suit all constitutions nor all states of health. One chief difference

in the effect of boiling upon meat as compared with roasting is upon the gelatine, which it thoroughly softens, and that is why in dividing a leg of mutton it is better to roast the top half and boil the knuckle, which contains most gelatine. In Captain Warren's cooking pot the meat cooked never really boils—the heat in the inner vessel never reaches 212° , which is boiling point.

If we boil a piece of brisket of beef, we allow half an hour to a lb., and half an hour over, as it is particularly hard, though tender and mellow when properly dressed. It is very fat, but in the long-continued cooking so much of the oily part of the fat is drawn out that it is not too rich. It must be well tied up with string, or you will find on taking it up that the meat has drawn over to one side, leaving the bones bare. Let it boil very gently. If you intend to serve it cold as spiced beef, tie up mace, allspice, cloves, and peppercorns in muslin to boil with it; pull out the bones while hot, and press the meat between two boards with a weight on the top till next day. Reduce the liquor it was cooked in, by boiling it with the lid off, until only two table-spoonfuls of glaze remain, of the colour and consistence of treacle, brush this over the meat. The brisket may be sent to table as a hot joint, and the remains pressed and glazed as described. It is very good cooked without the spices, which to some people are objectionable.

The root vegetables served with boiled meat should be cooked in the same saucepan; the flavour of both is improved. In preparing these vegetables wash them clean, scrape the carrot from the crown to the point, peel the parsnip thinly, and the turnip thickly, to get below the woody fibre which lies about one-eighth of an inch under the outer skin. The onion is simply peeled. All vegetables when prepared should lie in water till cooked. There are certain rules about boiling them. All go into boiling water except potatoes and peas. All are boiled with salt in the water except peas and haricot beans,

which would slip out of their skins if so treated. The peas are boiled with sugar in the water, beans with a small piece of fat. All root vegetables boil slowly, with the lid on; all green vegetables fast, with the lid off. All vegetables should have plenty of water; the proportion of salt is one heaped table-spoonful to half-a-gallon. The carrots will take an hour, so will the parsnips, unless frosted, when they cook in three quarters; the onions take three quarters of an hour, the turnips half an hour. Parsnips and turnips are occasionally mashed; after being well drained, they are rubbed through a wire sieve with the back of a wooden spoon, and a small piece of butter, pepper, and salt is added.

To boil pickled pork we allow twenty minutes to the lb. and twenty over. Salted meat, I have told you, is not so nourishing as fresh; the salt has drawn out the animal juices of the meat, and continuous feeding on it produces scurvy, which, however, can be counteracted by eating vegetables containing potash. An hour and a half will boil a piece of streaky pork of any size, because it is of the same thickness, only wider and longer. Scrape the skin, then put it into a saucepan of tepid water, skin downwards, and let it simmer very gently. Hams should be soaked all night before boiling, and be well scraped. The large hams at the cook-shops are boiled in a copper; when done, the fire is drawn out, and the hams are allowed to cool in the liquor in which they have been cooked. It makes them very mellow, but they will not keep so long as if taken out of the water directly they are done. Ham or bacon has the skin removed, and brown crumbs sprinkled over.

I am now going to teach you how to dress tripe, which is the inner lining of the stomach of the ox and cow. There are five sorts, all parts of the same, known as blanket or double, honeycomb, monks hood, reed, and another only eaten in Scotland. The two first are most esteemed, the others are inferior in price and quality, the last is not cleaned in England, being only sold as dogs'

meat. Tripe is exceedingly nourishing and suitable for invalids, being as easy of digestion as boiled chicken. It is very cheap, the best being 7d. a lb. in London. The tripe most often called blanket from its rough appearance, but sometimes known as "double tripe" from its being folded with fat between, is the dearest; honeycomb, so called from its cellular appearance, is a little cheaper, and by some preferred to the blanket. Tripe when taken from the animal has to be thoroughly cleansed, then boiled from sixteen to eighteen hours before it is ready for sale. In the long boiling a large quantity of fat is drawn out which tripe dressers sell at 7d. a lb. It is useful for frying, and making cakes and pastry, having no flavour of meat. Tripe can be cooked in many ways. I am going to dress it with onions, and shall require one lb. of tripe, four onions, half a pint of milk, half-oz. of butter, half-oz. of flour, pepper, and salt. First blanch the tripe with the onions, cooking both till tender. The onions boil more quickly if cut across at the root. Drain them in a colander, and chop them, and cut the tripe into squares of about two inches. Put the flour, pepper, and salt into a basin, and mix the milk in by degrees. Melt the butter in the saucepan, pour into it the thickened milk, stir till it boils, or it will stick to the bottom and burn; then lay in the tripe and onions, let it simmer by the side of the fire ten minutes, and then serve. Tripe may be carried by the recipe given in the last lesson, or fried in batter, as in Lesson 5, always remembering that it must first be cooked in water till tender.

I shall now show you how to dress cow-heel. This comes from the tripe shop; at the butcher's it is known as ox-foot, having been simply scalded to take off the hair. When you buy them in this condition they cost 1s., and must be boiled sixteen or eighteen hours to make them tender. This is done for you at the tripe dressers, who, getting the gelatine and neat's foot oil from them in the boiling, can then sell them as cow-heel for 7d. They are useful, for jelly stock, for soups

and for stews, as I shall show you next lesson. I am now going to make milk jelly from it. Cut half a cow-heel into pieces, and put it in a saucepan or Nottingham jar with one pint of milk, having previously greased the bottom with a little butter, to prevent the milk burning. Let it cook very gently till the meat will slip off the bones (about four hours), then strain it off, sweeten it, flavour with a little essence of lemon or vanilla, and pour into a mould wetted with cold water. It will be a firm jelly when cold, far more nourishing than blanc-mange, which is stiffened with cornflower, &c. It is equally nice to eat hot. The pieces of meat can be served with onion sauce, parsley and butter, or matrimony sauce.

I shall next teach you to boil a rabbit. If you have to paunch and skin it, make a slit down the body and remove the intestines and the liver from the chest, behind a skin called the diaphragm are the lungs and heart, which also remove; then begin on one side, loosening the skin from the flesh towards the hind leg, turn the skin off it inside out, the way you turn the fingers of a tight glove, and do the same with the other, chopping off the first joint of each leg; draw the skin off the body carefully to the shoulders; turn the skin off the fore legs, as you did the hind, chopping them off also at the first joint; cut the ears off with the skin, and peel it away carefully at the nose; take out the eyes with the point of a knife, and wash the rabbit, cleaning it with salt wherever there is blood settled, then dry it. There are two ways of trussing, London and country. Use needles and string, not skewers. Put your rabbit on the board, pull the hind legs as far forward, and the front legs as far back as you can; put your needle through the end of one hind leg and the end of one fore leg, then through the body of the rabbit through the other front leg and hind leg; turn the rabbit's head round, looking back, and put the needle through its jaws; tie the ends of the string tightly. This is country trussing; for the London way, you cut

the hind legs nearly off the rabbit on either side of the tail, as far as to the joint, so that they lie flat on the board, then truss it the same as before, keeping it quite flat. A small rabbit takes half-an-hour; a large one, three-quarters; a large Ostend, an hour. These last are, however, more suited for stewing. It may be boiled with the pork, which is generally eaten with it, and served with parsley and butter sauce.

First, I teach you to make good melted butter, for it is the foundation of most English sauces. Talleyrand said we had thirteen religions, but only one sauce. Few people make really good melted butter; it is either oily, pasty, or lumpy. You need twice as much butter as flour; one oz. of butter and a heaped dessert-spoonful of flour for half a pint. Some people think enough butter to keep it from hardening and sticking is sufficient; but that makes paste, not melted butter. Melt the butter in a saucepan, then stir into it the flour quite smoothly till it looks like honey; pour in half a pint of cold water, stir it over the fire till it boils, and it is done. There is no fear of its being lumpy or oily; putting the flour into the hot butter prevents that, and it also cooks the flour. Never use milk for melted butter, and if it is to eat with meat or fish, use the water in which that has been boiled, instead of fresh; but you must add it by degrees as it is hot, carefully stirring it smooth after each addition before adding more, or it will be lumpy. This can be converted into parsley and butter, fennel sauce, caper sauce, &c., by the addition of a dessert-spoonful of chopped parsley, fennel, or capers. Chop the parsley very finely, and add it the last moment before serving; it does not require cooking, which only spoils the colour. In serving the rabbit, draw out the trussing string and cover it with the sauce. The liquor in which meat has been boiled should be saved for making soups and stews.

I shall teach you to boil a potato. All sorts will not cook equally well in the same way, some will steam,

others will bake best. It is certain that potatoes of unequal size will not boil together, small ones go to pieces before the larger ones are done. Having selected your potatoes, the first thing is to scrub them clean in water before peeling. It is most economical to cook them in their skins, for the best part of the potato lies on the outside; as I told you, they are not nourishing, they supply warmth and force as they contain starch, but they make no flesh. Seventy-five per cent is water, and the remainder starch and mineral matter. One lb. of bread is always cheaper than two lbs. of potatoes, even if it costs more, because it contains all that is absolutely necessary for food and can be subsisted upon alone, whereas potatoes must have something of a flesh forming nature added to them. Potatoes should be peeled as thinly as possible, the eyes and specks removed, and then be laid in cold water till they are cooked. It is a mistake to boil them in a small quantity of water, the chief thing to bear in mind is that they must cook slowly; the more cold water they are in the more slowly they will cook. Put in with them the usual proportion of salt, and when they have boiled gently twenty minutes try them with a cooking needle; if tender, pour off all the water carefully, holding the lid against the top of the saucepan to keep in the potatoes, replace the lid, stand the saucepan near the fire, but not over it, to finish the cooking in their own steam. In five minutes remove the lid to let them dry. They should be like balls of flour. New potatoes are prepared and cooked differently. You want to keep them perfectly entire without a crack, put them into boiling water and watch them carefully so that they do not over-cook. When they are first taken out of the ground the skin is very easily removed by rubbing with a coarse flannel, after they have been soaked in cold water. In large establishments where they are used in great quantities they are put in a pail and whisked round with a birch broom, or shaken in a sack with salt, the friction of which rubs off the skin.

They keep a better colour if boiled without the skin, but they are more likely to crack. You should never actually peel new potatoes when they are too old for the skin to rub off; soak and scrape them. Steaming is a very simple way of cooking potatoes; put them in a vessel called a steamer with holes in the bottom, which fits tightly over a saucepan of boiling water, and let them remain till tender. For baking you should choose large potatoes, scrub them clean, wipe them dry, and bake them in a modern oven three quarters of an hour. They cook better parboiled before baking. This is the plan adopted by vendors of baked potatoes. Frying, and other ways of preparing them you will have in future lessons.

I must now teach you to boil green vegetables. In the general rules you were told they must boil fast in a large quantity of water with the lid off. This is to keep the colour, and if you attend to these rules your greens if fresh will be of a good colour without the use of soda, which spoils the flavour and is unwholesome. Wash greens in salt and water, and look carefully behind the leaves for insects, &c., cut cabbages in half and tie them together again with string; pick kale from its stalks, which take longer than the leaves to cook, leave cauliflowers in salt and water an hour to draw out caterpillars; put them all into boiling water, keep them frequently stirred down, and boil till tender. The time they take depends more on the age than the size; the fibre in the young plants takes less time to soften. Kale, Brussels sprouts, and young greens take about fifteen minutes, cabbage and savoys from twenty to forty minutes. Try if they are tender with a needle, drain all the water from them, and press them very dry in a colander: cut them across for convenience in serving. Brussels sprouts, which must not be pressed dry, are returned to the saucepan, with a small piece of butter, and shaken over the fire to evaporate the moisture. So are green peas and beans. Green peas are the exception to the rule of boiling fast and of

putting salt in the water; put a little sugar in and boil them gently, or they slip out of their skins. French beans are cut in straight and fine slices; scarlet runners diagonally and in broad slices, and boiled as fast as possible from ten to fifteen minutes. Colcannon is made of an equal quantity of cold potato and kale rubbed through a wire sieve together, mix them with one oz. of butter and two table-spoonfuls of milk which have been warmed together, and serve in a mound. Spanish onions can be cooked in many ways, they take a long time, two or three hours, and are very wholesome and nourishing. They may be plainly boiled, or boiled in milk and served with a little butter and pepper, or stewed in their own juice in a saucepan, with an oz. of butter, pepper, and salt, by the side of a fire in a moderate heat for three or four hours. Haricot beans are a very nourishing vegetable, the pulse of peas and beans contains more flesh-forming matter than meat itself. They should be soaked overnight in cold water to swell, and then boiled very gently for two and a half hours with a little fat in the water to prevent the skins cracking. As they are flesh-forming food they should be eaten with force producers—beans and bacon, as well as bread and butter, liver and bacon, are combinations to which instinct and custom have guided us, but which, nevertheless, are founded on truly correct principles. When haricots are boiled tender, drain off the water, put in half-oz. of butter, a dessert-spoonful of chopped parsley, pepper, and salt, shake them over the fire for a minute or two, and then turn them into a vegetable dish.

FOURTH LESSON.

SOUPS AND STEWS.

STEWING, which I am teaching you in this lesson, is the most economical way of cooking—soups, also,

may be classed with it, for they can be made of anything and everything that is eatable; nay, even of bones. The general rules for soup-making are three: 1st, Allow to every lb. of meat one pint of water and half an ounce of thickening, and add one pint extra. 2. Add the vegetables after it has boiled and been skimmed. 3. Boil gently and skim frequently. In boiling meat for soup, our object is the reverse of that in boiling it for eating. Then we wanted to keep the goodness in; now to get it out, therefore, we put it in cold water.

I shall begin with bone soup. For this put two lbs. of bones, cooked or uncooked, in a saucepan, and cover them with three pints of cold water; put it on the fire to come slowly to the boil, while you are preparing the vegetables. Take one carrot, one onion, half a parsnip, half a turnip, bunch of herbs, twelve peppercorns, six alspice berries, and a blade of mace; clean the vegetables, and cut them in four, lengthways. When the soup begins to simmer, put in one dessert-spoonful of salt, skim it well, and add the vegetables and spices, then draw it one side to simmer gently for two hours; after which strain and thicken it, or cut up the vegetables and serve them in it. Sago, rice, tapioca, flour, oatmeal, &c., may be used for thickening, or boiled maccaroni cut into short pieces may be put into it. If you have no scales and weights, it is useful to know that a heaped table-spoonful is one oz., a dessert-spoonful half an oz., and a tea-spoonful quarter of an oz. These thickenings do not all take the same time to cook: rice, tapioca, and sago want from a quarter to half an hour; flour, oatmeal, and semolina, ten minutes. A little caramel improves the colour if this soup is made from uncooked bones. It is a very inexpensive and yet nourishing dish, for soups are easier of digestion than any other form of food. As three parts of the human frame is water, which wastes more quickly than anything else requiring to be constantly renewed, the amount of liquid taken in soups is not too great; and in it we find valuable

mineral properties useful for purifying the blood, which are lost when vegetables are served without the water in which they have been cooked. If you do not want soup, boil the bones all day for stock. A good cook should never be without a stock-pot on the hob, to turn to account her bones and pieces. I must warn you against two things: 1st, Don't continue boiling the same bones and vegetables day after day, till you have evaporated all the flavour, and your stock is tasteless; one whole day is sufficient, then strain off the stock, thoroughly clean your pot, dry it in the air, and start with fresh water. The bones may go in a second day, they still contain gelatine, if nothing else, but the vegetables should not. 2nd, Don't make the stock-pot a "culinary dust-bin," into which everything is thrown; nothing must be added unless some goodness can be extracted from it. If you have no stock, the water in which meat or vegetables have been boiled is better than water as a foundation for soup. Soups and stock should be kept in uncovered shallow vessels, and never allowed to cool in the saucepan in which they are made. Vegetable soup should not be kept after the day it is made, particularly in hot weather.

Shin of beef soup is made from the shin or leg of beef; four lbs. of meat, including bone, two carrots, two onions or leeks (if leeks are used, put the white part only in your soup), one turnip, half head of celery, bunch of herbs, twenty-four peppercorns, twelve allspice berries, and five pints of cold water. Cut the meat into pieces small enough to eat with a spoon, and the vegetables into dice, then proceed to make the soup by the rules I have given you. If you like your soup dark, fry the meat in one oz. of dripping. If the butcher sends some bone, remove the marrow, which would make the soup greasy. Let it simmer gently four hours, then take out the onion and bunch of herbs, and by serving meat and vegetables in it, you will make a more substantial meal than soups generally afford

I shall next teach you to prepare Ox tail Soup. Until the Huguenots came to England at the revocation of the Edict of Nantes, the tails, heads, and feet of the bullocks were sent in the skins to the tanner as not worth the trouble of skinning. The poor French refugees, having lost all they possessed and often distressed for food, used to buy or beg these, and make of them many of the nourishing and tasty dishes we now enjoy, à la mode beef, oxtail soup, stewed oxtails, ox palates, calf's foot jelly, &c. The ox tail is so full of flavour in itself, it requires no vegetables but an onion and a bunch of herbs, pepper, salt, one oz. flour, one dessert-spoonful of ketchup. Cut the tail through every joint with a sharp knife, chop the largest joint in two lengthwise, roll each joint in the seasoning made of flour, pepper, and salt, and fry them till brown in two oz. of dripping, afterwards fry the onion cut in rings. If you wish your soup clear, do not roll the meat in flour before frying. Then put your ingredients in a saucepan, or stone jar (called a Nottingham jar), with four pints of water, and let it simmer very gently on the hob or in the oven four hours. Before serving skim it carefully, add the ketchup, lay the meat in a tureen, and strain the soup over. You will learn vegetable soups in your high class lesson, No. 2; if made of peas, lentils, or beans, they are as nourishing as meat itself.

Stewing is the slowest, most economical, and most digestible way of cooking meat. I shall give you three examples: à la mode beef, haricot mutton, and ragout of rabbit. It is most economical, because very little heat is required, and so only a small amount of *fuel* is used, because after it is fairly simmering no more *time* need be spent upon it until the hour of dinner, and because by long continued and slow cooking the inferior and *cheapest meat* can be rendered palatable and digestible. If roasting is our national mode of cooking, stewing is the French, which is a sufficient evidence of its economy. In saying stewing is the slowest, I have explained why it is the most digestible method of

cooking meat, for I hope you understand now that the secret of good cooking is very gentle heat sustained for a sufficient period. Nottingham jars are well adapted for stewing, as they stand on the hob, in the oven, or even on the hearth, where there is often heat enough to cook a stew. The rules to be observed are: 1st, Allow three quarters of a pint of water to every lb. of meat, and one oz. of thickening to each pint; 2nd, Add the vegetables when cold or when nearest boiling point, and after skimming; 3rd, Never allow it to boil, but only simmer gently. From 165° to 185° is sufficient for your purpose.

A la mode beef is made of ox-cheek and cow-heel. To two lbs. of the beef take one lb. of cowheel, four carrots, two onions, two ozs. of dripping. Cut the beef into squares of an inch, roll them in flour, salt and pepper, and fry them in the dripping. Cow-heel is too gelatinous to fry, it would only burn. Cut the onion in rings, and fry it next; put the meat into a jar, then add the vegetables cut in slices, and the cow-heel; pour over two and a quarter pints of cold water, set it in the oven or over a very slow fire for four hours; the gelatine in the cow-heel will thicken the gravy, and it is good eaten either hot or cold.

I shall teach you next how to make a ragout of rabbit. It can be stewed whole, or be cut into joints. Skin the rabbit; put the liver and heart in boiling water to parboil for ten minutes. They are then to be minced, added to some veal stuffing, and put in the body of the rabbit, after washing and wiping it very dry. You learnt veal stuffing in Lesson I. The addition of the heart and liver improves it for rabbits and game. Truss a rabbit for stewing, so that it appears to be sitting. Draw the hind legs forward, doubled at the first joint; draw the fore legs backward, also doubled. Pass the needle through one of the hind legs at the first joint, through the fore leg, and then through the body out through the fore leg and first joint of the other hind leg. Bring back the needle through the shoulder blade,

the back of the neck (so as to support the head), and the other shoulder blade, and tie the string securely. After wiping, in order to dry the rabbit very thoroughly, dredge it with flour, but do not leave a thick coating on it, or it will peel away in stewing, leaving the flesh white. Fry the rabbit on both sides and on the back in two oz. of dripping or clarified fat, then put it in a saucepan with a quarter lb. of rashers of bacon, one pint of cold water, an onion with the skin on, a bunch of herbs, six peppercorns, and let it simmer gently from an hour to an hour and a half, according to its size. A very large Ostend rabbit will need one quart of water, A quarter of an hour before serving, skim off all the fat, make a thickening of one dessert-spoonful of corn flour and two of ketchup, pour it into the gravy, and stir till it boils. After removing the trussing strings, serve your rabbit on a dish with the bacon round, and the gravy strained over it. It looks much better if the ears are left on, and skinned like those of a hare.

Haricot mutton, which is my last example of stewing, is a very easy recipe to remember and to carry out; one lb. of meat, one carrot, one onion, one turnip, one oz. flour, three quarters pint of water, one oz. dripping, pepper, and salt. The cheapest parts of mutton, such as scrag and breast, will do for this. If neck chops are used, it becomes an *entrée*. Cut the meat into neat pieces, and fry in the dripping till a rich brown on both sides, then fry the onion cut in rings, being careful not to let it burn, or it will embitter your haricot. Cut the carrot and onion into neat pieces; if you can get a few silver skin or button onions, use them whole; next mix the flour, pepper, and salt smoothly with the cold water, The peculiarity of a haricot is that the thickening is added at the beginning, not at the end, as in other stews. Put it in a saucepan on the fire with the meat and vegetables, stir till it boils, simmer it for an hour, and dish it up, with the meat laid neatly round the dish and the vegetables piled high in the middle, pour the gravy over the meat.

FIFTH LESSON.

FRYING AND BROILING.

THE subject of your lesson to-day is, I think, one on which instruction is more needed in England than upon any other, for there is not one cook in fifty, certainly not one in twenty, who can either broil or fry decently well. They are two of the quickest ways of cooking, and therefore need the greater skill to carry them out to perfection. I shall first teach you to broil. Like stewing, this is a most digestible method of cooking, though it is also the quickest way for meat. The heat in broiling is so intense, owing to the meat being put directly over the fire, that both sides instantly become slightly hardened, and none of its goodness can escape. The pieces usually broiled are not large, and consequently take but a short time. Thin slices are not well adapted for this style of cooking, they would harden through and become dry; they should be always an inch thick, at least. If anything large is broiled, such as a fowl, it should be split open first. Chops, steaks, and so on should never go into the frying-pan, unless protected by a covering of some sort, as in the case of cutlets. Cooks as a rule wont take the trouble to broil well, although it is very simple. There are three rules. You must have a perfectly clear smokeless fire, and broil *over* it, not in front; that is sometimes done when the top is not fit, but the flavour is much inferior. You must turn your meat only once. It is not an uncommon thing to find in cookery books, "turn your meat rapidly five or six times." Now, if you think a minute, you will see what an absurd mistake this is. Our object in cooking is to retain the red juice, which can only be done by sealing up the outside of the meat and making a case of it; if you keep turning it rapidly before either side has been long enough exposed to the fire, how can you expect the gravy to do otherwise

than run out and leave your steak hard, white, and tasteless. You should let one side get fairly cooked, then turn it, let the other do the same, and it is ready. And the last rule is, you must never use a fork to it. Slip a knife or spoon under and turn it with that. If you cannot manage without using a fork, stick it into the fat, not on any account into the lean, or you will defeat your object, and by piercing the outer case lose the gravy. Your fire then must be your first attention; a charcoal fire is really the best as it gives neither smoke nor flame, with coals you will sometimes need to throw on a handful of salt or sugar, either of which will clear it. Hotplateranges and American stoves can be used for broiling as well as the open stoves, you only have to remove the piece of iron over the fire. There are two sorts of gridirons made, single and double according to whether you cook above or in front. The single one is for the top. The double gridiron is made to hang up in front of the fire, and possesses many advantages. It opens like a book, and has three small hooks at the top upon which you hang your meat, you then close it with a catch near the handle, and hang it on the bars. There is no fear of the fat falling into the fire, and when the meat is ready to turn you turn the whole gridiron. When you broil in front of the fire you should arrange your meat with the lean downwards, as then the melting fat bastes its surface as it trickles down. Of course you should serve all broiled meats the moment they are done on very hot dishes. I ought almost to have given you as rules, "always grease the bars of the gridiron thoroughly," "if there is a choice, put the cut surface to the fire first" (a kidney will illustrate the meaning of the latter, as it lets all the rich gravy escape if the side covered with skin is cooked first), and "broiled meats should never be salted;" but that I hope you would know as well as I from your previous lessons. Salt should never be applied to uncooked meat except for purposes of pickling. I have here one lb. of rump steak to broil. If cooked in the frying-pan the outward

appearance would be similar, but the meat would be hard, colourless, and comparatively difficult to digest. Buttock steak is rather cheaper, very full of gravy, and almost as good if well cooked. Cut an inch thick it will take ten minutes to broil on one side and four on the other. I grease the bars of the gridiron, and it is a wise plan to heat them slightly, then lay on the steak, and having a bright, clear fire, place it above it. Meanwhile, chop finely a desert-spoonful of parsley, mix this thoroughly on a plate with one oz. of cold butter, half a dozen drops of lemon juice, and a little pepper and salt; they will want some working before you can get the lemon juice and butter to blend. This is called Maître d'Hôtel butter, and is used frequently over broiled meats and fish. Maître d'Hôtel *sauce* is parsley and melted butter. When the steak is done, lay it on a hot dish, and spread the pat of green butter over it. When the steak is cut it will be found full of gravy, none other is needed with broiled meats than the liquid butter and what it makes itself. A mutton chop takes seven minutes in the same way, and on being taken up should have Maître d'Hôtel butter or half an oz. of butter, a table-spoonful of ketchup and pepper put upon it and be put in the oven for half a minute to melt it. A chump chop is the most economical, there is less weight of bone. A fillet of mutton, which is a thick slice from the middle of the leg, is cooked like a steak. One secret of successful broiling is to have so good a fire that they shall not take long in doing, it wants sharp cooking to close the pores of the meat at once, and it should not be a great way off the fire. Having told you that everything is best broiled *over* the fire, I will now give you an exception, bacon, which should always be toasted in front. It is so exceedingly fat you could hardly manage it over the fire, and it would completely dry up. As I intend to serve this with a dish of veal cutlet, I shall cut the slices in short lengths from two to three inches, and roll each, tightly threading them on a skewer. They

will take three minutes, and must be turned. I shall then set them on one side whilst the veal is broiling. For this dish of veal cutlets you will want one lb. of lean veal off the fillet, a quarter of a lb. of streaky bacon cooked in this way, one table-spoonful of chopped parsley, one tea-spoonful of mixed and powdered herbs, two table-spoonfuls of bread crumbs, some pepper, the fat that runs from the bacon, or an oz. of butter melted on a plate, to which you must add the parsley, herbs, and pepper, mixing them very thoroughly. Cut the veal into thin round pieces about the size and shape of the top of a teacup, trimming away skin from the edge, as it would contract and draw up the cutlet. Have the bread crumbs on a piece of paper and the gridiron ready greased. Dip each cutlet (you want seven at least to make a nice dish) into the hot butter and herbs on both sides, using a skewer so as not to handle it, then lay it in the crumbs and shake them well over, lift it carefully on to a clean part of your board, and with the blade of a knife gently pat it over so as to flatten the crumbs and press them on firmly. Now put it on the gridiron, and do this with each in succession. They will take fully fifteen minutes to cook, veal requiring a long time, and they must be turned once. Be careful that the bread crumbs do not get charred. By using the bacon fat instead of butter, you practise economy and add to the flavour of the veal. Prepared in the same way, with an egg in the place of the grease, they can be fried. Arrange them in a circle upon a napkin or dish paper, placing the rolls of bacon in the centre, and as a finishing touch, squeezing some lemon juice over the meat. If you have no lemon thyme amongst your herbs the grated rind of the fruit is very good with the parsley. This makes quite an elegant little dish at a small cost.

To pass on to the frying. There are two ways of frying, known in French by the terms "sauter" and "frîter," in English by the inelegant epithets "dry frying" and "wet frying." And it is in distinguishing these two

modes and knowing which to use that most people fail. Dry frying is cooking in the frying-pan with as little fat as possible. Of this I shall give you four examples—sausages, liver and bacon, pancakes, and omelettes. Sausages are equally good broiled, and take the same time, seven minutes. You will want one oz. of dripping in which to fry one lb. Put it in your pan to get hot, and prick the sausages well all over to allow of the escape of steam and prevent their bursting. Lay them in the fat, and keep them well turned till they are an equal brown all over. Don't cook them over too quick a fire; they will shrink, and the fat in them melts till they look half their original size. If there is much soaked bread in their composition, it is almost impossible to prevent bursting, it swells so much. When nearly done (they are most unwholesome if at all raw), put a slice of crumb of bread to fry with them. In serving arrange them upon the bread, which, if it has had the fat drained from it, will be found a nicer accompaniment than toast. They are usually served thus or with mashed potatoes. Many people prefer sausage meat to the sausages. Make it upon your board with a knife into small round cakes, using just enough flour to prevent it from sticking, and fry in the same way. Another method of preparing them common in London is to cover them with egg and bread crumbs before frying. This is a great improvement if the skin is only taken off first. The fat from them is not to be wasted; it will do to fry other things in. I may, in passing, tell you of a breakfast dish which is very nice. It consists of a slice of fried bread, upon which is piled plenty of cold boiled potatoes left from the previous day, which had been chopped into dice and fried a rich brown in bacon fat; and slices of the bacon, leaned against it all round. For a dish of liver and bacon you must have one lb. of liver and half lb. bacon, half-pint water, one dessert-spoonful of flour, pepper and salt. Calves' liver is considered the best; it is the palest in colour. Butchers occasionally steep sheep's liver in strong soda

and water to whiten it, and then sell it as calves'; it is nearly as good, and very generally eaten because more plentiful. Bullock's liver is somewhat coarse; it is sold at two pence a lb., and eaten by the very poor. Cut the bacon in thin slices, and trim off any rusty parts and the rind, which by extremely careful people can be boiled down for orrawn; put them in the frying pan to cook in their own fat whilst you prepare the liver. Wash it whole in cold water, but do not let it soak; wipe it dry, then lay it on your board and cut it in slices one third of an inch thick straight downwards, not in the way silver side of beef is cut. Lay the pieces in a clean cloth, and wipe them to make sure all the congealed blood is removed, but do not wash them again on any account; all the flavor would be gone, and you would not be able to fry it. Mix the flour, pepper and salt on a plate, and rub each slice in it so that both sides have a good covering. This serves to protect the meat from the very intense heat which would otherwise completely harden it; and it also keeps in the richness. The texture of liver and of most internal parts is so exceedingly close they need very careful cooking. It is a nourishing food, indeed too much so, as the proportion of flesh formers to heat givers is not correct without the addition of some fat meat, such as the bacon, to give more heat producing food. Combining these two articles of food, we get more nearly the true proportion; bread and butter, beans and bacon, and so on, are all similar instances. When the bacon is done lay it neatly round the edge of a hot dish, and keep it warm whilst the liver is cooking. Lay the slices in the fat close to one another but not overlapping, and let them fry gently for seven minutes. Liver should be thoroughly done, and not show a suspicion of redness on being cut. The great art is to do it so that it is perfectly cooked and yet not hardened, and for this it must be done very gently, and be protected with a good coating of flour. At the end of seven minutes turn the slices for another seven. I ought perhaps to have

warned you to cut them all the same thickness and never less than one-third of an inch, or they will shrink and become hard. Whilst they are cooking, mix the remainder of the seasoning with the water smoothly. Pour the fat out of your frying pan, and strain it in. Keep it well stirred until it boils; it will need no caramel, the brown of the liver will colour it sufficiently, and it is not a sign of good frying to have every thing a dark mahogany colour, but rather the reverse. Leave the liver in the gravy to stew for a minute or two, then lay it in the centre of the dish; and that none of the pieces off the frying pan may spoil its appearance, strain the gravy over it, but not on to the bacon, which should be crisp and dry. The other two examples of dry frying are sweet. I will prepare the pancakes first. Make a batter; the same that I taught you for Yorkshire pudding will do very well (p. 6), only using half the quantities, one egg, quarter lb. of flour, half a pint of milk, and a little salt; and for finishing them you will require two oz. lard, some moist sugar, and a lemon. You, of course, remember that if we had time it would be infinitely better to let the batter stand before frying. You want a small round frying pan six inches in diameter, and sold for about eightpence. It is quite possible to fry pancakes in a large pan such as is used for the liver and bacon, but not nearly so convenient, as they are more trouble to keep in shape. Lard is always used, as it is not so likely to let them stick; failing that, clarified fat is preferable to butter. Now, as pancakes should be eaten as soon as possible after being cooked, get all you want in the way of utensils about you before commencing, that you may waste no time, and get a dishful ready as quickly as possible. A clever cook can keep three or four pans going at once, and I have been told that on Shrove Tuesday in the London eating houses a man and a boy manage fifteen between them. You will want a hot dish, a piece of kitchen paper, some moist sugar, with a spoon, a lemon cut diagonally at one end that the pips may not fall out,

the lard and a knife, the batter and a teacup, and a dredger containing castor sugar. Put into the pan as small a quantity of lard as it is possible to fry with, a piece about the size of a filbert, let it get quite hot, fill the tea cup half full of batter, and pour it in, tilting the pan so that it runs evenly all over, or your pancake will not be of equal thickness. Now half fill the cup ready for the next. When that is done, it will be fit to turn. This can be done by tossing, or with a knife. There is no object whatever to be gained by tossing except speed; it does not make them any lighter, and is only a display of skill, and one which I don't recommend you to attempt too early, for if the pancake, as is usually the case at first, is landed on the kitchen floor, the result is most disastrous. The best way to practise is to cut a round piece of bread to fit your pan, and keep on tossing that until you are perfect, as if it falls no harm is done. Most people are so anxious about turning it, that they forget all about its returning to the pan, and draw it away so that as it comes down, it goes either into the fire or on the floor. Remember always to keep the pan steady; give it an upward jerk so that the pancake goes about a foot high, and it cannot help turning over. There need be no fear of its coming down the same side uppermost again, for it will not. It is possible to turn them within an inch or two of the pan, but I don't fancy you will find that quite so easy at first. If you turn with a knife, choose an old one that will bend a little, slip it under the centre, lift it up, and just throw it gently over. You can always tell when pancakes are ready to turn by shaking the pan, they are quite free and you will find them a light brown. When both sides are that colour they are done. They only take about a minute, as the fire is very quick. Then slip them on to the kitchen paper, and pop another little piece of lard into the pan, which has got so hot it melts immediately. Pour in the batter you have ready in the cup, and set it over the fire. Sprinkle some sugar on the pancake you have

cooked, squeeze some lemon juice over, roll it up, and lay it on the dish. Now turn the other, and refill the cup; and so by fitting in all your operations you will fry a dishful very expeditiously. This quantity makes six to eight, according to their thickness and the size of the pan. I should tell you that the thinner and less greasy they are the better; that is why we always turn them out on to kitchen paper to absorb the fat. Some people grate the rind of the lemon finely, and mix that with the batter. Personally I think it a great improvement, as the juice gives acidity and sharpness, but not so strong a flavour. When all are dished up, laying lightly across one another, sift some castor sugar upon the whole. Omelettes are very little understood in England, and yet they are a delicious and inexpensive dish, not to mention that it is one of the most wholesome ways of cooking eggs. I shall show you to-day an omelette *aux fines herbes*. Take two new laid eggs and break them into a basin, add salt and just a little cayenne, mince exceedingly finely a piece of shallot no larger than a pea, and add that with a dessert-spoonful of chopped parsley. Beat the whole lightly together with a fork. Put one oz. of butter into the small pan I used for the pancakes, and let it get extremely hot; it must bubble well all over. Have a hot plate and a spoon or knife by your side, whichever you find most convenient. I always prefer a shallow spoon. Take it in your right hand, and with your left pour the mixture into the pan, begin stirring at once, and don't cease scraping it from the sides and bottom until it is getting almost firm everywhere, mixing the butter in as you do so. You see here we do not use lard, as it is not only a medium for frying, but becomes an ingredient in the dish. The egg begins to solidify at once, and you must not be alarmed and think it is getting lumpy. Most people leave it too long before they cease the stirring, and so produce for an omelette a substance as solid as a dumpling. At the right moment, when a portion of the egg is still in its original state, lift the handle of

your pan so that it is tilted, and scrape all into the part farthest from you; hold it so a few seconds—the omelette must not discolour,—then slip your knife or spoon behind it, lower the handle of your pan and at the same moment toss the omelette over to the other side. Keep it as plump as you can, and directly it is set, shift it gently on to your plate. The outside should be just so much hardened as to retain its shape, while the inside is somewhat liquid. The more eggs are cooked, the more indigestible they become, hence a well made omelette is not only a tasty, but a wholesome dish, inexpensive, too, for it only costs the price of the eggs and butter. It requires some practice to make them well and expeditiously. A sweet omelette can be made in like manner, substituting a tea-spoonful of sugar and some flavouring for the parsley, shallot, and seasoning. Another form of sweet omelette is just before scraping it to one side, lay upon it a tea-spoonful of jam, and then fold it over. A more delicate way of producing one “au confiture,” I will show in the lesson on High Class Cookery.

I hope from these examples to have made you fully understand the principle of dry frying. The most important cautions are to cook things in as little fat as possible, not to allow them to burn, and not to serve them greasy. No fried dish should have gravy to it, and chops and steaks should never be cooked in this way, nor indeed any meat, unless protected by an outer case of some sort. Fried fish will be shown in the fish lesson. Of wet frying I shall give you only two examples; for, though it is the less understood, it is very simple, and the same rules apply in every instance. It is, as I said before, “boiling in fat”; and having told you that, you will, I trust, at once recall the rules for boiling. Of course, the one as to time does not apply, though, like boiling, the process is carried on in a saucepan or frying kettle, not in the frying pan. You must have enough fat to cover whatever you are cooking, and it must be boiling. You must keep the friture well under, and skim the fat;

for although there will not be the same scum to remove, there will in all probability be morsels of batter or bread crumbs floating about, which, if not taken out at once, burn black, and adhering to your "friture," make it unsightly. You will possibly find it a little difficult at first to know when to fry in this way, and when to use the frying pan. Experience will soon guide you. Anything needing but a very short time to do, and which can be immersed, should be fried in this way, such as rissoles, fritters, croquettes, fish, and so forth; anything requiring longer, in the frying pan—such as meat, of which you have already had instances. The medium in which I fry is the clarified fat, prepared at the first lesson. I put quite two lbs. of it into the saucepan to get hot uncovered. Either iron or tin will serve, only the latter heats more rapidly, and must be the more narrowly watched, lest it burn. It is not in the least extravagant to be using so much fat. If I required it, I should not hesitate to put in three or even four lbs., for it is used over and over again until no more remains; in fact, it is never used up, for you will keep adding to it as it diminishes, in order to have enough at a time. Most people are astonished, and will argue that fat wont keep. In contradiction of that theory, I may mention the fact that I had some for over a year, identically the same, for I did not add to it at all, and had fried in it meat, fish, vegetables, and sweets, and yet it was perfectly good at the end of the year; and the last thing I cooked, a sort of sweet cream, known as crêmes frites, I tasted and found excellent, thereby proving, not only that it will keep sweet for an almost unlimited time, but that after frying fish even, it can be used for other purposes without imparting a disagreeable flavour. And lest you should think this is an exceptional instance, I may remark that I always use the same fat for every purpose. What I use to-day will re-appear on every occasion during the course when there is any frying to be done. I am particularly anxious to impress this fact upon you, because it is a matter of great economy.

A young housekeeper I know told me they have one lb. of lard a week for frying, and another still worse had seven lbs. in ten days! Of course we all know where it went, whereas the first couple of lbs., if saved, would have done the work of the whole seven lbs. If you are constantly using it for fish, it will at last begin to taste, but not in a general way. The best plan is, when you have used your first supply pretty frequently, to keep it for fish, having a fresh two lbs. reserved for meat and sweets; after a time pass that on to meat, and have more for the sweets, so that at last you get three supplies. When you have done with the fat it should cool a little, and be strained into an earthen jar, or a fresh saucepan, so that it is perfectly free from pieces or crumbs, and clean for future use. Your great care must be not to burn it, for if once burnt it is quite spoilt. It spoils the colour, and gives a nasty taste to anything that is cooked in it. There is a certain point at which it boils, and if left unused after that, it burns and becomes hotter and hotter, until at last it ignites. I need scarcely say how dangerous that is. There are three or four tests as to when it reaches boiling point. Contrary to water, it does not bubble, but is still, and a thin blue fume is seen rising from it. It is not like smoke, though it rapidly becomes so, if left on the fire. When once recognized, it is the best and most certain test. It is some little trouble to see at first. You must not come too near, and, if possible, have something black behind; then directly you see it put in whatever you wish to cook. Another test is to drop in now and then a small piece of crumb of bread, and as soon as it turns a nut brown the fat is ready, or a sprig of parsley may be dipped in; it should produce a sharp fizzing noise, and become instantly crisp. Very scientific cooks would, perhaps, employ an instrument known as a frimometer, which registers degrees of heat up to 600. You dip the bulb into the fat, being very cautious not to let it touch the iron, or it will snap at once; and it should register from 385° to 400°, according to the

amount of cooking your "friture" requires, 400° being right for those requiring least, 365° for whatever wants heating thoroughly through. You will not unfrequently hear people say that so much fat makes things sodden and greasy; it is a great mistake. They become so when put into the fat too soon, and allowed to lie soaking there whilst it gets hot, but never if it is of the right temperature; the very heat dries them, as the water dries off a boiled egg when it is done. Still you must never forget to lay fried things on a piece of whitey brown or blotting paper for a minute or two, to dry before dishing them up. This is always necessary, however well you may have cooked them, they cannot be too dry, and should always be served without gravy on a napkin or dish paper, arranged as lightly as possible so as scarcely to touch one another, or they will become sodden and lose their crispness.

The first example that I shall give you will be some apple fritters, for a dish of which you will require three apples or more, according to their size, a quarter lb. of flour, two dessert-spoonfuls of salad oil, a quarter pint of tepid water, some salt, and the stiffly whipped whites of two eggs. These latter ingredients are to make a batter. I have shown you one for pancakes, but frying batter, as you will judge from this list, is totally different. It is mixed on the same principles. Put the flour in the basin first, drop into the centre the substance most resembling egg—the oil; and having stirred in a little flour, add the liquid. Now most people imagine, by tepid water we mean finger-warm, and that if they feel nothing on putting their finger in it is right, quite forgetting that what seems to them tepid at one time will, if their finger happens to be cold, strike them as hot at another. In this, as in every thing, it is safest to have a rule; two-thirds cold and one-third boiling will give you exactly tepid water. Stir it smoothly into your batter, not forgetting to beat it, and lastly mix in as lightly as possible the egg, which must be so stiffly whipped as to stand alone.

In winter two table-spoonfuls of clean snow will answer the same purpose, and save the expense of the eggs. This is the best form of a plain frying batter that I know. A more simple one still can be made of nothing but flour and beer with a most excellent result. Unlike the other batter, this will not improve by standing. It may be left an hour with advantage, but after that the egg begins to fall and loses its lightness. Peel the apples, and cut them in slices (across the core) of the thicknes of a shilling. With the point of your knife cut away the core, leaving the apple in a ring. Have a sheet of kitchen paper by your side, and as soon as the fat is ready take up a ring of apple on a skewer, dip it in the batter, and, having covered it completely, drop in gently into the fat. Do the same to several pieces, as many as the pan will hold without their touching, for they will join if they do; and always use a skewer, and lift them by the hole in the centre, so that none of the batter may be knocked off. Now if you look into the saucepan you will find the small pieces I spoke of floating about. Strain them out, and as the fritters are floating, and have blown almost into balls, turn each over that they may brown on the other side also. Directly they are fawn-colour they are done enough. We cut the slices of apple very thin, on purpose that they might not take long to do; and you must remember that the heat of this fat is very intense, 385° at least, 173° higher than the temperature of boiling water, so they are soon cooked through, and the batter would be spoilt if left in longer, it would take too dark a colour, which is a sign of bad frying, and suggests the probability of the fat having been burnt. As each is done lift it carefully on to the kitchen paper, and set them in front of the fire to keep hot whilst the remainder are cooking. You must not omit again to watch for the blue fume, for very often the heat is lowered in the cooking of the first supply, and the next are spoilt because put in before it regains its required temperature. When all are done lay them one against

the other in a circle on your dish, and sift some castor sugar over. Any fruit can be served in the same way. Oranges and lemons, which are very juicy as well as sour, are best rolled in sugar before going into the batter, and need more skill to keep it over them. What are known as German fritters are delicious, though so simple, being only fancy shaped pieces from the crumb of a loaf soaked in milk, and then fried in this batter. Similar pieces of cake soaked in wine give you a higher class variety of the same thing. It is a quickly and easily made sweet, as well as economical and wholesome.

The same batter can be advantageously employed as a means of using up cold meat. Pork fritters are particularly good, and slices of cold mutton dropped into this batter and fried are excellent; so are pieces of boiled parsnip—for those who like vegetable; whilst it is one of the best possible ways of preparing that cockney delicacy, tripe. As you have had a lesson upon its preparation (p. 18), you will know that it must be well boiled first, and allowed to get cold. Then cut it into strips two inches long and one and a half wide, fry it in a coating of this batter, arrange it on your dish like the fritters, and fill up the centre with rings of onion which have also been fried in the batter. Real tripe lovers, especially if you have not removed the fat, will tell you that this is infinitely to be preferred to the more popularly known “tripe and onions;” any way, it is a change. Never make more of this batter than you are likely to use; it will not keep, and anything cooked in it should be eaten at once. If you want to warm it up again, the best way is to plunge it into the fat for a minute, and the next best to put it uncovered into the oven.

As an instance of the frying of vegetables, I will prepare and cook a few potato ribands and chips. Select round potatoes, and cut them in slices three-quarters of an inch thick. Peel the skin off each slice, so as to leave the surface smooth underneath, then,

with a narrow-bladed and sharp knife, keep on peeling the potato away very thinly until it is one long riband, unwinding it much in the same way as you would a piece of tape. It requires some practice to do it without breaking. Keeping the thumb of your right hand in advance of the blade is of some assistance, and you must strive to have the riband as thin as it can be cut. They must never go into water: "nothing fries crisp that is wet." Twist them up into true lovers' knots and fancy shapes, and drop some into the hot fat—not too many, or it will boil over, for it immediately bubbles right up to the top of the saucepan, owing to the water in the potato itself, which must all be got rid of before they can become crisp. As soon as the bubbles go down you will see the pieces, the same shapes that you put them in, of a golden brown colour, and so brittle that they crush with a touch. Lift them carefully out on to kitchen paper, sprinkle salt over them, and serve them with broiled meats or game. Potato chips are made by preparing the potatoes similarly, and then cutting the large slices into several thinner ones, of about the thickness of a shilling. From these examples I hope you will gather a clear idea of how to fry. It is no more difficult than any other process; they all alike require care and attention. It has been called an unwholesome way of cooking, and in some respects it is, especially if any of the fat is left about the thing fried; but it is remarkably quick, and very useful in the preparation of small and fancy dishes.

SIXTH LESSON.

PIES AND PUDDINGS.

I AM continually asked for new puddings, it seems a difficulty to produce a variety, and I fear you will be disappointed when I only show you to-day such simple ones as plum, treacle, gooseberry, rice, and custard;

and yet I think you will find there is something to be learnt about all of these.

As you already know, the first thing is to put the saucepan on to boil. One large one will do, for you can boil as many puddings together as the pot will hold without injuring them. Your second proceeding must be to grease the basins thoroughly, using dripping in preference to butter, because there is no salt in it. Use your fingers to rub the dripping on with, and having done so, look to see that there is none of the basin left uncovered. My experience is, that if the fat is melted it is not so efficacious in preventing the pudding from sticking as if used cold. The most important rule for you to remember in pudding and cake making is, mix all the dry ingredients together and all the moist before you put the one with the other. Of course you will find many exceptions to this, as there are such an immense variety of puddings, but I feel convinced it will save you from many mistakes, and will be found a generally correct rule. For a good plain plum pudding I shall require seven ozs. of flour, five ozs. of bread crumbs, quarter lb. of sugar, quarter lb. of currants, quarter lb. of plums, quarter lb. of suet, two ozs. candied peel, two eggs, one gill of milk, three quarters tea-spoonful of baking powder, and, for those who like it, half a salt-spoonful of mixed spice or of nutmeg, and it will take two hours to boil. Beef suet makes the richest pudding, but mutton suet the lightest. You know how to chop it; do so finely. More than the quarter lb. can be used for those who are very fond of rich puddings, in which case omit the baking powder. Put the flour in a very dry basin, add the baking powder, chopped suet, spice and sugar, stone the plums, and, in order that the pudding may look richer, chop them up. That is the secret of the dark colour of the puddings you see at small eating houses. There is a large amount of colouring matter in raisins, and still more in currants, which are sold by the people of Corinth for dye to the English, they not being aware of their use as food.

Rub these very thoroughly in a cloth, sprinkling a little flour over them. You will be surprised to see how dirty it gets. By this means also you rub off the small stalk which clings to the cloth, and have picked your currants twice as quickly as if you did each separately. Then, before putting them with the other ingredients, sprinkle them on a plate in case any small stones should accidentally have got among them; if there are, you will soon hear the sharp click they make in falling. Now we have got all our dry ingredients in one basin, break the eggs in a cup, one at a time, in case they are not both good, and put them in a little basin with the milk. Beat with a fork sufficiently to mix them, and add it to the dry ingredients, using a wooden spoon to mix with. It should be so stiff that the spoon will stand upright in it. Now pack it firmly in the basin, smoothing it down at the top with a knife; the basin must be quite full or the water will get in. Dip the centre of your pudding-cloth in the boiling water, wring it dry, and dredge flour over it. Don't smooth the flour on with your hand, that will make it stick, but shake it lightly over; then shake off what does not adhere, and lay the cloth upon the pudding; tie it firmly round with string just under the rim of the basin, which will keep it from slipping; take hold of the opposite corners, pull them out to tighten it and tie them in a knot at the top; do the same with the other ends, and you have secured the cloth from coming off and provided a handle by which to lift it out. Plunge it in and leave it for two hours—no longer. It is a common mistake to imagine that you cannot boil a plum-pudding too long; you can, unless it be an extremely rich and large one, which will take twelve or fourteen hours: a moderate one such as this will deteriorate if allowed to cook longer than its proper time. It would be done sooner, and be lighter, if boiled in the cloth; but its appearance would be somewhat sacrificed. You should flour your cloth in the same way and lay it inside a pudding basin; this is to

ensure its being a good round shape ; pack in the pudding, gather up the cloth, and tie it very securely, but not tightly. You must leave it room to swell, and remember, on putting it into the water, to lift it once or twice lest it sticks and burns. Indeed, it would be well to put a plate or saucer at the bottom, for, the fruit being heavy, it does not float like a suet pudding. If you want to bake the mixture, it must be slightly altered ; one egg less, half the sugar, and the bread-crumbs are not necessary ; you can use three-quarters of a lb. of flour only, and it can be made with either dripping or suet. Bake it in a greased tin ; it will take an hour.

I shall next mix a treacle pudding, a very economical and wholesome one, one lb. flour, one tea-spoonful of baking powder, quarter lb. of suet, quarter lb. of treacle, one egg, a gill of milk, and half an ounce of ground ginger. This also takes two hours to boil. If you are not studying economy, two ozs. of candied peel is an agreeable addition. Put the ingredients together, as I have just shown you, and it may be a trifle limper than the plum pudding was, but you must be even more particular about the way you tie it, for this is always singularly light. It can also be baked in a greased tin ; if of the shape of a cake tin, it wants one and a half hours in a moderate oven ; if in a shallower flat one, about three quarters of an hour to an hour.

For a meat or fruit pudding we prepare a mixture like the suet pudding, you have already learnt, only not quite so rich, three quarters lb. flour, quarter lb. suet, three quarter tea-spoonful of baking powder, moistened with just enough cold water to make it into a tolerably stiff paste. For people who like very rich crusts use half as much suet as flour : one third is a good medium. Six ozs. of flour and two ozs. of suet is ample for one and a half pint basin if fruit is to be used, as the crust cannot be too thin, provided it does not break. Meat puddings require the crust rather

thicker, and take two and a half to three hours to boil. I take one pint of gooseberries and two table-spoonfuls of moist sugar. Always sweeten your puddings and pies before cooking, the sugar has twice the effect. A quarter lb. to the quart of fruit is the proper proportion. Flour your pastry board and your rolling pin, cut off one third of the paste and roll out the rest till twice as large as the top of the basin, Now lay it neatly in, (the basin having been greased thoroughly), and leave no folds or creases, at the same time you must be careful not to break it. Don't trim the edges yet, put in half the gooseberries, previously topped and tailed, then the sugar, the rest of the fruit, piling it high in the centre, and about a half gill of water for juice as the gooseberries are young and woody. With apples also, when going out of season, a little water is necessary, but not with other fruit. Wet the edge of the crust round, roll the remainder out until large enough to cover the top, lay it over and press the edges well together. Now take up the basin in your left hand, a knife in the other, and trim the edges off, sloping the knife away from the basin at the point and cutting from you and downwards like an upright saw. With the back of your knife gently free it from the edge of the basin all round. Tie a floured cloth over, and boil it for an hour and a half. To make a meat pudding of it you would require, in place of the gooseberries, one lb. of beef steak and quarter lb. of bullock's kidney to give richness and flavour to the gravy, one table-spoonful of flour, pepper and salt. Mix these latter on a plate, cut your meat into pieces about an inch square, and roll them in the seasoning. The flour thickens the gravy, and you get the pepper in this way evenly distributed throughout. Use the same quantity of water, and finish and cook it like the gooseberry, only boiling it twice as long. In either of these cases dripping can be substituted for suet, and is by some people much preferred, the only difference in its use being that it is lightly rubbed into the flour, as I shall be showing you presently for the

short crust. Beef skirts is a cheap part very suitable for pies and puddings, it is not always necessary, indeed it is wasteful, to have the best rump steak, even buttock is almost too good, by which I mean inferior parts will answer the purpose as well. A small piece of milt is an improvement, it makes wonderfully good gravy.

A roly-poly pudding is made with the same crust rolled out very thinly, spread with jam or marmalade and rolled up. You must just wet the edges to make them adhere. Lay it in the centre of a narrow cloth, properly prepared, and sew it up. Pins are dangerous, they get imbedded in the pudding, and string makes an ugly mark. Moreover, the cloth should never be folded round and round, once is enough, and a needle and thread is the only means by which you can secure it comfortably. Allow room for the pudding to swell, and tie the ends very securely with string. It must be boiled in a saucepan wide enough to admit of its lying flat, and will take an hour and a half. A nice variety is the "Good Daughter's Christmas Pudding," in which, in place of jam, you sprinkle over the crust two table-spoonfuls of currants, the same of chopped apple and moist sugar, and a little mixed spice.

Should these boiled puddings be found too heavy for weak digestions, even if made with mutton suet, butter can be substituted, and will be lighter. The plum pudding is then most delicious, especially if steamed. Pastry can be shortened or made light with suet, butter, lard, oil, or clarified fat; but, as this is your pastry lesson, I think I shall use butter, and you must understand that clarified fat can be used instead in the same quantity and manner.

The difference by which pastry is made either short or flakey consists in the way in which the shortening or butter is added. For flakey crust, which I shall first show you, it is added after the flour is wetted and made into a paste. Take half a lb. of flour, a quarter of a lb. of butter, quarter of a pint of cold water, no baking

powder, because there is sufficient butter to lighten it without; it is only needed as an economy in plainer crusts to make them lighter, and, therefore, more digestible. Mix the flour and water into a tolerably stiff paste, about the same as the suet crust used for gooseberry pudding. Flour your board, rolling-pin, and hands, but only slightly,—good pastry makers never work much loose flour into the paste when rolling it,—and be careful to have no pieces at any time sticking to the board. Roll your pastry out as large as you can without breaking it; don't be afraid, you cannot hurt it, and it does not matter which way you roll it as there is no fat in it yet. Having done so spread your butter evenly over it as though spreading bread and butter, sprinkle a very little flour, and fold it in three one way and then in three the opposite way, so that you have nine folds altogether with layers of butter between them. Now you must be careful which way you roll—always from you, not from side to side, and don't roll heavily, but lightly and effectually giving the crust a push forward each time so that it gets gradually longer and longer. When it is rolled as far as possible without letting the butter come through (and you must carefully avoid squeezing it out), fold it again in three, turn it round so that what was the side is now nearest to you, and again roll it out straight from you.—Fold it once more in three, and now it is ready for use. You can roll it, lastly, without fear any way according to the shape and size of what you are making. The object of this frequent folding is to produce a number of flakes in the crust; each fold of the paste is a flake, and the farther from you you roll it, the thinner and therefore lighter the flakes will be. Always take the whitest flour for pastry-making, not because it is the most nourishing as you will hear in your bread lesson, but because it is most starchy and makes the lightest crusts; and, remember, the great secret of success is to mix the butter in without heating it in the process. This paste can be used for a small meat pie, in a

pint pie-dish, or two such of apple, the only fruit over which a flakey crust is correct, or for mince pies, patties or sausage rolls, which latter I shall use it for to-day. Half a lb. of sausages, the paste and an egg, will make six rolls; for you never find a whole sausage in one, it would be too large, they are always cut in half. Before doing so parboil them for five minutes. You can then very easily remove the skin, and the meat being thus partially cooked, you are not obliged to sacrifice the crust to the sausages. If you used them in a raw state, it would not be safe to consider the rolls cooked in less time than from half to three quarters of an hour, underdone pork is so unwholesome as well as unpleasant, but the crust would be ruined, for that only wants twenty minutes in a very quick oven; get over the difficulty by cooking the sausages first; then split them in half lengthways. Roll out your crust to a square and cut it in six, each piece about three inches by four inches. You will then have no waste. Lay half a sausage in the centre of each. Break your egg on to a plate, lightly beat yolk and white together, and then brush along one side and the ends of each square. Fold the side without the egg over the sausage, then the other slightly overlapping it, so that the egg will bind them together; keep the join along the centre, and to make sure that they join, gently press it with the back of your knife, and the same at the ends, which, if needful you must trim, though it is better not to do so if it can be avoided. Lay them on a greased baking tin about an inch apart, and bake in a very quick oven. Great care must be taken in the baking. If put into too slow an oven the butter all boils out, the crust does not rise, and tastes hard, though it may be partly due to the butter not having been well rolled in with the flour. They possibly require turning, but don't open the oven door for the first five minutes. After a quarter of an hour they must be brushed over with egg to glaze them; in twenty minutes they will be done, unless they are to be eaten hot. On being taken out they

should lean against the edge of a plate to cool. You will generally find that the top is the hottest part of the oven, except in those stoves where the flues run underneath and in gas stoves.

I showed you how to use this crust for patties in your second lesson; if they are made with fresh meat they will require to bake three quarters of an hour. Veal and ham, which is exceedingly nice in them with some chopped parsley, wants longer—about an hour. If previously cooked, it makes nice rolls in place of sausage meat. Short crust is by far the easiest for beginners. It differs from flakey in having the shortening added to the flour before the water, in being rolled out only once to half the thickness of flakey crust, and in generally being sweetened—as it is intended for fruit pies, tarts, and the edge of puddings. To save time and trouble it is sometimes put over meat; then omit the sugar.

For a fruit pie in a pint dish I shall want four ozs. of flour, two ozs. of butter, one pint of fruit, two ozs. of moist sugar, three quarters of an oz. of castor, and some cold water. Put into your dish half the green gooseberries, which have been topped and tailed, add the moist sugar and then the rest of the fruit; as they are not very juicy, pour in half a gill of water, and then make the crust. Put your flour into a clean dry basin, and with the tips of your fingers break into it the butter in small pieces, then lightly rub it between your fingers until it resembles sifted bread-crumbs; add half an oz. of castor sugar and the cold water by degrees, making it into a stiff paste. In very hot weather you will have some difficulty with the butter, and will need less water, for the paste must not be soft when you roll it out, or it sticks to the board terribly. Roll it in any direction you please, so that you keep it the shape of your pie-dish. It must be rather larger, to allow of your cutting off a strip to lay round the edge. Never turn it over while rolling, and don't put any dry flour on the top, it gives it a common appearance. Let the strip of crust be

really on the edge, and not partly into the dish, where it will only be sodden, heavy, and indigestible. Wet it slightly and lay on the cover, pressing them carefully together, take the dish up in your hand and trim the edges sharply off, slanting the point of your knife away from the dish as much as you can, so that the paste may slightly project beyond the edge to allow for shrinking, and ornament it in any way you please by markings with a knife, spoon, or fork, always remembering that the decoration of a fruit-pie must be *at*, not on the edge. Shake a few drops of cold water upon it and dredge the remainder of your castor sugar over. Put it in a quick oven for twenty minutes to half an hour; it will want turning. The crust only has to be considered, for the fruit stews so quickly it is always cooked when the pastry is. Never make a hole in a fruit-pie; the juice boils over, spoils the appearance of the crust, is wasted, and makes a disagreeable smell in the oven. These are examples of the two different ways of making pastry. They are by no means the only ones, but are the most simple and certain of success.

The trimmings off the fruit pie I roll out to line the edge of a pie-dish in which I am going to make a Baked Custard. First grease the bottom thoroughly, that the custard may not burn to it, and wet the edges to make the paste adhere, or it will slip off and be lost in the pudding. In this case I take particular care that it shall go well down the sides of the dish into the custard. No doubt you will think I am very inconsistent to warn you against this and then immediately to do it, but in this case there is an excellent reason. We want the custard solid, and the crust is to absorb the water, some of which is always found in milk; and, since it is never intended to be eaten, it is of no consequence that it becomes sodden. No doubt you are all familiar with the watery appearance a custard sometimes has when baked in a dish without a lining, owing to the whey or watery part of the milk not

having been absorbed. Ornament the edge by laying on leaves or fancy shapes cut out of the pastry, or even with markings only, and then mix the custard. Four yolks to a pint will give you a very good pudding; a plainer one can be made of two whole eggs; a white can always be put in to save a yolk, but your pudding will lose in delicacy and creaminess. They should be new laid if possible, and the milk should also be perfectly fresh. Put it on the fire with three lumps of sugar, an inch of cinnamon stick, some lemon rind, or any other flavouring you fancy, and bring it nearly to the boil. Beat the yolks together and pour in the hot milk, still beating; strain the mixture into your pie-dish, and set it in a moderate oven for three-quarters of an hour. It ought not to be moved until quite cold. Those delicious custards without a single hole that you get in country farm-houses are generally put into the brick oven when the bread comes out, and left there to cool. If moved, they "quackle," or are perforated; a perfect custard should be the same throughout.

Lastly, I make a milk pudding with semolina. If I had some pastry over, a little round this dish would be an improvement, though there is here no necessity for it. Puddings of this description—for the recipe I shall give you serves for rice, sago, tapioca, and so forth—can be made with or without eggs. As a matter of taste, everyone must decide for themselves; as a matter of economy always omit them, not only because it saves the actual cost of the egg, but because it would be "adding butter to bacon;" the pudding is nourishing enough as it is, and moreover, to bake an egg is the worst thing you can do to it so far as its digestibility is concerned. The less eggs are cooked, the better; the intense heat of the oven so hardens the albumen, as to render it completely insoluble, and I hope you remember what I told you in your first lesson about insoluble food. It could not nourish us, since everything before doing so must be converted into fluid and pass into the blood. I have chosen semolina because it is at the same time

very little known, and very valuable. I have often been astonished to find complete ignorance of its existence. It is a very fine grain of a yellow appearance, and is produced from the red wheats which grow on the banks of the Danube, and in southern Europe generally. It is the coarsest siftings when the corn is ground for flour, and is actually a part of the grain, a small chip, just as hominy is composed of chips of Indian corn. The wheat from which it is made is the richest and most nourishing that can be grown, and semolina being the same thing, must be equally so. Wheat produces bread, which all admit to be "the staff of life," and semolina is the wheat in another form, hence it must be as nourishing. An immense amount of ignorance prevails as to the dietetic value of sago, tapioca, and rice. They are starchy foods, heat-giving and force-producing chiefly, they make little bone or muscle; whereas semolina is a flesh-forming as well as force-producing food, both of which you know we must combine to obtain a perfect diet. It is, moreover, very rich in phosphates, which are bone-forming matter, and consequently it is an excellent food for children, superior to the others which derive their chief value from the milk with which they are cooked. Rice is the grain of a grass grown in the East and America chiefly, and though more largely consumed than any other cereal is not the most nourishing. The way the people die off in India in time of famine shows at what a low ebb their strength is, and an Englishman will do in one day fifteen times the work of a coolie. Sago is the pith of a palm tree (called the sago-palm), rubbed through a sieve and dried; it is purely starch, so is tapioca, which is prepared from the root of the cassava plant, being slightly heated in preparation, which causes it to assume the granular form with which we are all acquainted. These two, therefore, cannot make any muscle or flesh at all, and one lb. of rice can only produce, when digested, a little over one oz., whilst the same quantity of semolina will make more than twice as much.

Two table-spoonfuls to a pint is the proper proportion for these puddings. Melt a little fat in the saucepan first, so as to grease it; that often keeps it from burning; then pour in the milk, and bring it to the boil. If you use skim milk, half an oz. of suet boiled in it until dissolved restores to it the nutritive value it has lost by the removal of the cream. When boiling, sprinkle in the grain and let it cook fifteen minutes, stirring all the time; sweeten it with a dessert-spoonful of powdered white sugar, and add a few drops of any flavouring you please. Pour it into a greased pie-dish; it will only take a quarter of an hour to finish, in a moderate oven. If eggs are used, cool it a little when you take it off the fire, and then beat one in; it must not go in when the mixture is too hot, or it will be poached. Some people like a little grated nutmeg over the top. Tapioca will want stewing in the milk rather longer, and it is a good plan to soak it over night. If poured into a mould, which has been dipped in cold water, and left to get cool, it will turn out as a blanc-mange, a far more nourishing one than those generally made of corn-flour, which is nothing but starch. If three table-spoonfuls are used to the pint and it is cooked until very stiff and then put into the mould for a minute or two to take the shape, it can be turned out and served while hot. For children it is an excellent food, simply boiled in milk and eaten with sugar. But it is time to take up the puddings. Have your dish ready and a plate on to which you first lift them whilst you remove the cloth and the water drains away. I take up the plum-pudding first. Untie the string, you might cut the cloth if using a knife, and gently uncover it; above all things, don't be hurried. It is not an uncommon practice to plunge the pudding for a minute in a tub of cold water; the sudden shock loosens it from both basin and cloth, without making it cold. Next, take the back of your knife and gently draw the pudding away from the edge, where it might happen to stick.

Shake it well, and if it does not seem loose knock the side of the basin against the table, keeping the cloth between, so that you don't star the crockery. Then carefully reverse it over your dish and lift up the basin. Dredge a little white sugar on the top and serve a glass of brandy with it as sauce, if any is required, or the same quantity of wine, with two lumps of sugar and half a gill of water thickened with a tea-spoonful of corn-flour and boiled for two minutes. If the pudding cracks or bulges at the side, it is a sure sign it is not done enough. It can very well be boiled again in a freshly greased basin. If you know it is not cooked enough—sometimes it is convenient to partially boil it one day and finish it the next—don't turn it out, but hang it up as it is, then, in re-boiling, allow about a quarter of an hour extra for heating it through. You see it has increased considerably in size, and so has the treacle pudding, which I take up next, and with which a little warmed treacle may be served as sauce. In taking up a meat or fruit pudding, you must be particularly careful in reversing it upon your dish not to let the weight of the basin rest upon it, or it will assuredly crack and let out the juice, besides giving the pudding the appearance of failure.

SEVENTH LESSON.

CHEAP DISHES.

Most people come to this lesson, expecting to be taught how to get a dinner for nothing, or next to nothing. That would be cheap in one sense. What we mean to show, is dishes made from inferior, and therefore cheap parts of the bullock and sheep, combined with other articles of food, which supply those dietetic principles, in which the meat itself is deficient. We are not trying to teach English people to live on lentil soup,

or porridge, though that would be cheap, because English prejudice is so strong in favour of a "meat dinner," that it seems better to take the materials in common use amongst the poor, and show them how to make most of what they have got. And you must not think that we shall exhaust, or nearly exhaust the list of cheap dishes in one lesson, that were an impossibility; we can only point out principles, and leave you to introduce varieties. The first I shall show you, is the French national dish, Pot-au-feu. I fear it will never be so popular in England as it deserves, because English people are not so fond of soups as the French. With them, it is an especial favourite, because it suits their stoves, is no trouble to cook, needs only one pot for the soup, meat, and vegetables, and generally affords a foundation for the remaining meals of the week. The butchers in France cut up the meat somewhat differently from ours. Their joints are mostly lumps of flesh without bone, and such a piece of meat is correct for Pot-au-feu. If you can persuade a butcher to cut a joint of top-side in half, downwards, you will have a prime piece for your purpose, without bone or fat; failing this, you must content yourself with what you can get, and may be roll it up, and use string to keep it in shape. I have eaten this dish in France, made from shin of beef, and it was very good. It is cooked for an immense time, and the gristle and sinew become so softened, as to be quite agreeable. If such a part is used, the cost of the dish is very small, shin being at least twopence a lb. cheaper than other parts. Sticking piece, oxcheek, and chuck steak are also cheap. You must have at least four lbs., also two of each vegetable in season, carrots, turnips, onions, leeks, parsnip, some celery, a bouquet garni, twenty peppercorns, and dessert-spoonful of salt. A white heart cabbage, too, will be cooked in it. French people take their soups weaker than we, so that for four lbs. of meat they would use four quarts of water: I shall, however, prepare it by the English rule, one pint to the lb., and

one pint over. Cold water is to be used, and the meat should be put in the first thing in the morning, as it is to simmer nearly all day; four hours is the shortest time you must allow it. Most people imagine that the meat will be stringy, and perfectly tasteless. On the contrary, it cooks so slowly and gently, that it does not in the least go to rags, and rather gains in flavour than loses, owing to the presence of the vegetables. These, by the way, should not be peeled if you are preparing it in true French fashion, only well washed, and then tied in bundles, or put into a net, that they may not break up, and thicken the soup, and that they may be easy to remove. Wait until your liquor is really boiling, and then add the vegetables. A very careful housewife puts in the bundle of carrots, and waits until the pot again boils, before adding the next vegetable, as they never cook tender unless plunged into boiling liquid. Leave this simmering very gently for four hours, skimming now and then. Prepare the cabbage by cutting it in half, washing very thoroughly, and then tying it into shape with string; an hour before dinner this will go into the pot, to boil in the soup. If you are careful to skim well, and let it only simmer gently, you will find the liquor very like good clear soup, clearer than what passes as such with many people, and having a good meaty flavour. It will not, of course, be finished in the time allowed to this lesson, so I shall tell you now how it is served on the continent, that you may have the recipe complete. Take up the net or bundle of vegetables, and cut one carrot, and one leek, which latter, by the way, the French put them in with much more green attached than we should, and shred them very finely, *i.e.*, cut them in long thin strips across, not lengthways. Then remove the joint, and put these strips into the soup, which is served for the first course as *julienne*. Sometimes the liquor has crushed tapioca sprinkled into it, one table-spoonful to a quart, after which it simmers for fifteen minutes, and is called *Tapioca bouillon*; or it may be thickened with

ground rice, arrowroot, pea meal, &c., according to taste, though it is the general custom abroad to prefer clear soups to the thick, which better suit the heavy English taste. Meanwhile the meat is keeping hot over the stove. Rub the skins off the vegetables with a coarse cloth, lay them round the joint, and send that in as the second course, while for the third, you have the cabbage, (from which, of course, you remove the string); vegetables always forming a separate course. I should be glad to convince people of the value and savouriness of this dish, for it is both economical and digestible, and I am sure that once tasted, it will always be a favourite.

Dr. Lankester has said that "if flesh employed as food, is again to become flesh in the body; if it is to retain the power of reproducing itself in its original condition, none of the constituents of raw flesh ought to be withdrawn from it during its preparation for food. It follows, therefore, that boiled flesh, eaten without the soup formed in boiling it, (the *bouilli* without the *bouillon*) is so much the less adapted for nutrition, the greater the quantity of water in which it has been boiled, and the longer the duration of the boiling." This is why stews are so particularly good and economical, for both are eaten together. Had you not had a special lesson upon stews, all of them might have come in under the head of "cheap dishes."

We next go to Ireland for an example of economy, though I am told that this dish is not so often met with in that country as from its name you would suppose. For a small dish of Irish stew you require one lb. of meat, one pound of potatoes, half a pound of onions, salt, pepper, and half a gill of water; or better still, so far as the price and nourishment are concerned, one pound of meat, one pound of onions, and two pounds of potatoes: but this, I fancy, most people, except the very poor, would find too savoury to be agreeable. Still, it is cheaper; you have less meat, the most expensive article, and more vegetables to make it go a

long way; and the vegetables are very nourishing, at least, the onions are. You will constantly be assured by vegetarians, and with truth, that they contain the same nourishment as the meat, though they must admit, not in so compact a form. The meat I am using is the scrag end of the neck of mutton. What would be really better would be the short bones from the best end of the neck and the breast, because they are fatter, and potatoes being remarkably deficient in fat, by using the two together, we should be practising the highest form of economy. Cut the meat into moderate pieces, and put a layer of it at the bottom of your saucepan. Always begin with the meat; if potatoes are next the fire, they burn. Season it with pepper and salt. Then peel and slice the potatoes and cover the meat with them; next do the same with the onion, cut in rings; then another layer of meat, seasoning each as you add them, and so on until all the ingredients are exhausted. Lastly, pour in the water, which you may remark is very little, much less than the ordinary allowance for stews. It is a common fault for Irish stew to be too liquid, owing to the fact that both potatoes and onions consist largely of water, which is extracted by the heat, and mingling with the water you add, produces more than enough. Knowing the constituents of the vegetables, we make allowance for their nature, and get over the difficulty by only adding just sufficient liquid to prevent the meat from burning until the juice is drawn out. There is a Spanish way of cooking rabbits without any liquid at all, upon a bed of sliced onion which is founded upon this principle. Cover Irish stew closely, but set it by the side of the fire to *simmer* very gently indeed, for at least an hour, but two would be better. The grease flowing from the fat will be taken up and absorbed by the potatoes; and should that be thought too rich, it can be corrected by boiling the meat alone in water very slowly for an hour previously. All the oleine will be found floating on the top of the water, and can be skimmed away, leaving the fat

apparently undiminished in quantity, but without that oiliness which is the part that disagrees. Leaving that to stew, I will prepare some Cornish pasties. They are meat and vegetables enclosed in crust, and are much used in Cornwall by the miners, who find it a convenient form in which to carry their dinners. Gentlemen, also, take them out hunting; and the combinations in them are sometimes very odd—mutton and turnips, fat pork and apples, and even red herrings are occasionally used. They ought to have a suet crust, and if they are to be eaten hot, it is very good, but when cold, it is somewhat hard, so that dripping is preferable. The ingredients are three quarters of a lb. of flour, three quarter tea-spoonful of baking powder, quarter of a lb. of suet or dripping, eight ozs. of meat, and the same of a watery vegetable, pepper and salt. I am using steak and potatoes, both of which must be cut into small dice, and mixed together upon a plate with the seasoning. Make some short crust, as I taught you last lesson, and roll it out to the thickness of quarter of an inch. Cut it into eight squares—which should be about six inches each way—place in the centre of each two ozs. of your mixture—being one oz. of meat and one of vegetables—moisten the pastry at the edges with water, and fold it over, cornerwise. Press it together, and trim it round. Turn it up, so that the join runs along the top, and make a frill with your fingers by placing the first finger and thumb of your right hand against the crust, and with the first finger of the other at the opposite side of the pastry, gently forcing it between them. Gauffreing it in this way on the top distinguishes them from turnovers, which are sweet, and also serves to strengthen the join. Grease a baking sheet, and place them on it in a moderately good oven, to bake for an hour. If it is too slow to set the crust they fall and lose their shape. Five minutes before they are done, they must be brushed over with egg or sweet beer, and returned to brown. On being cut open, they will be found full of

delicious gravy, provided your pastry has had no holes in it and the join has not given way.

Next we go to Italy for a 'cheap dish' and we find macaroni cheese. Macaroni is a paste made from the flour of the rich red wheats grown in southern Europe, and which contain twice the quantity of flesh-forming material found in ordinary wheat. Sometimes a little cheese is mixed with it, and it is formed into a stiff paste with egg. Machinery then forces it through tubes, giving it the cylindrical shape we are familiar with, after which it is hung up until dry, and then is ready for use. Chesnuts and macaroni form the staple food of the Italian peasantry, a fact sufficient of itself to impress us with its nutritive value. They have a variety of ways of serving it. It can be stewed in stock and served with browned crumbs over it—"au gratin"—It can be cut up and used in soups and stews; it can be boiled in milk and eaten as a sweet with sugar; it can have egg stirred into it after being boiled, and then put into a pie-dish in the oven for a quarter of an hour, and you have a baked pudding, or it can be served as macaroni cheese. Besides these there are many fanciful ways of using it not shown in these lessons. However it is cooked it should always be first blanched. Put it into boiling water (not cold which allows the tubes to stick together in a lump), and let it boil for half an hour. Then strain away the water and proceed with your dish. I shall need quarter a lb. of macaroni, one pint of milk, two ozs. of strong dry cheese, salt, pepper, cayenne, and one oz. of butter. It will take one hour and a half to prepare. Having poured off the water, I add the milk and let it gently simmer for nearly an hour. It is a wise precaution thoroughly to wipe out your saucepan, and then make half an oz. of your butter very hot in it over the fire before putting in the milk; it is less likely to burn. Half an oz. of cheese stewed with it gives it a more mellow flavour. When it has stewed three quarters of an hour (you must not omit to stir it now

and then), take out some of the maccaroni and lay it on a flat dish, sprinkle it well with your grated cheese and seasoning, then put out more maccaroni, more cheese, and so on, pouring the milk over it at the last, it will have very much reduced in quantity. Cut your butter into little pieces and place them about the top, brown it in a very quick oven, in front of a fierce fire, or with a salamander, and serve it very hot. I have pointed out to you the great nourishment there is in the maccaroni, the milk will alone support life, and the cheese contains, weight for weight, more flesh-forming matter than meat; still this dish does not agree with everyone, their digestions not being strong enough to derive the full advantage of its nutritive properties. When it can be eaten and digested, cheese is a more satisfying, because more staying food than flesh. The fattest and most crumbly sorts are the more easily digested, but the hard dry kinds, such as are suitable for this dish, are the most nourishing.

One way of economizing, as you may have noticed, is to add to your meat some cheaper substance for bulk such as pudding, potatoes, or pastry. Toad-in-the-hole is a very pleasant combination, being meat and batter. The batter you have already seen in use for the pancakes and Yorkshire pudding would make this dish very well, but it is too rich for a lesson on cheap dishes; I shall use a plainer one—six ozs. of flour, one egg, one pint of milk, half a tea-spoonful of baking powder; this, with one lb. of meat baked for an hour, will form a delicious and satisfying meal. The meat may be anything you please. I believe it should be from the bullock, that of the sheep being “Frog-in-the-hole.” Steak must be cut up, sausages are very good, so are chops or bullock’s kidney; and, indeed, it is an excellent way of using up any small pieces, even of cooked meat. The batter must not stand in this case, because of the baking powder, which would lose its power if not cooked at once. You mix it as I taught you in your first

lesson. Grease a deep tin or dish, lay in the meat, pour the batter over and bake it at once. It must be sent to table in the dish in which it is cooked. Should you use the more costly mixture, let it stand in the basin, not in the tin, and stir it before you pour it over the meat.

For my last example of "cheap dishes," I return to the French—*Soupe maigre au lait*. They are very clever in making soup without meat, and some of their preparations are delicious. This is one: *Soup au chou-fleur*, does not sound so tempting to English ears, but it is, nevertheless, good; so is cabbage soup, made by cutting up a good-sized white heart cabbage in lengths, shredding it, in fact, as you would pickled cabbage, or a lettuce for salad, only not so finely, then putting the pieces into three pints of boiling water with two ozs. of butter, seasoning and boiling it for an hour, adding three quarters of a pint of milk, letting it boil up, and then pour it upon the crust of a French roll, and serve.

For *Soupe maigre au lait* you will want four large potatoes, two leeks or onions, two ozs. of butter, two quarts of water, one pint of milk, three ozs. of crushed tapioca or semolina, one tea-spoonful of salt, a salt-spoonful of pepper, and it will take one hour and a quarter to prepare. Peel the potatoes and cut them in four, remove all the green from the leeks; for this should be a white soup and that would discolour it; divide them lengthways. Put these with the butter and seasoning into the boiling water and let them cook for an hour. After that time, strain it on to the top of a wire sieve, which you must then place over your saucepan, and with the back of a wooden spoon rub through it all the vegetable undissolved by the boiling. To assist it in passing through, you can from time to time take some of the liquor from the basin and pour it over. When there is nothing left on the sieve but the fibre of the vegetables, turn it up and scrape underneath, then add the milk to the soup and bring it to the boil. Whilst it is boiling, shake in from a sheet of paper in your

left hand the tapioca whilst you stir it rapidly with the other. Let this cook fifteen minutes, and it is ready to serve. You can ascertain when the tapioca is cooked by its becoming transparent, and until then it must be stirred or it settles and cooks in lumps. In making this soup you must be particularly careful that your saucepans are perfectly clean; if not, instead of a white soup, you will have a grey one. The addition of a quarter of a pint of cream makes this soup fit for company. As I have shown it you, it is very cheap, costing from threepence to fourpence per quart, according to the price of milk. Any grain you please can be substituted for the crushed tapioca, though not so well, its gelatinous nature forming the best liaison. When finished, the meal of the potatoes ought to be sustained by the grain, so that every spoonful of the soup is the same. If it is not cooked enough, the meal and grain go to the bottom, then you have the milk and water with the butter floating on the top; when correctly made there is no trace of grease, the liquid is thick, and the grains are visible equally throughout.

EIGHTH LESSON.

FISH.

FISH is a valuable article of food, as it affords a supply of easily digested nourishment at a small cost. Its nutritive value is not equal to that of meat, since it contains a large quantity of water in proportion to the solid matter, but this is to a degree compensated for by the presence of the phosphates of lime, potash, and soda, all of which are essential ingredients in our diet, and particularly useful in forming and solidifying bone. The strength and hardihood of the fish-eating population round our coasts may assure us of this. White fish are the easiest of digestion, for, being furnished

with a liver, their flesh is less oily than that of salmon, mackerel, herrings, pilchards, sprats, eels, &c., though these contain, actually, the most nourishment. Mackerel may stand at the top of the list and whiting at the bottom. For the same sum you can obtain no other article of food so nourishing as the herring. Fortunately, the supply is plentiful; in one year twelve hundred millions were sold at Billingsgate alone. It is always wise to buy the fish that is cheapest; it will be the one most plentiful and therefore in season, and all are unwholesome when out of season. The fibre is then tough and stringy, and, instead of being white and curdy, has a bluish appearance. Your nose is the best test of its freshness, for stale fish betrays itself quickly. When perfectly fresh, the flesh will be firm and stiff, the skin and eyes bright; the redness of the gills is no test, it can be produced chemically. The scarlet spots on plaice fade away and eventually disappear as it becomes staler.

All the methods by which meat is cooked are applicable to fish, and in many cases the rules are similar. I shall commence by boiling a slice of cod, and I am bound to inform you that this is the worst way in which you can cook fish, so much of its nutritive value is extracted by the action of the water. If it has been previously salted, it is comparatively worthless when placed upon the table. The salt draws out some goodness; it is then soaked, thereby losing more, and, lastly, it is boiled. However, some sorts of fish are nearly always prepared in this way, such as salmon, brill, turbot, cod, mackerel, and several others, which are cooked whole. There is no rule as to the time it will require. That varies with the thickness of the piece, not its weight; for you might have two pieces, each weighing one lb., and yet one taking twice as long as the other, because of its shape. There are various tests by which you may know that it is done. The best is to pierce it with a skewer, and if it feels soft, not tough, near the bone, you may conclude it is.

When the fins and tail will pull out is another, but with that you will spoil the appearance of your fish: when it comes away from the bone also; but then I should say it was on the eve of falling to pieces, and decidedly over-cooked. When the eyes turn white, I once heard seriously asserted as a reliable test; but as every slice of cod or salmon is not furnished with eyes, it is scarcely a practical one. A fish kettle is generally used, being more convenient in shape, and fitted with a strainer, enabling you to lift out your fish without breaking it. Fill it half full of water, and add enough salt to make it as salt as the sea. When you can get it, sea water is correct for boiling fish. Some cooks add vinegar instead to make the flesh firm. Prepare your fish by thorough washing in cold water, and, to keep it in a good shape, tie it with string. When the water is boiling, rapidly lay it upon your strainer, and carefully lower it into the kettle. The intense heat at first is necessary for the same reason as in cooking meat, to harden the albumen, and keep in its goodness. Immediately draw it on one side, and let it remain *below boiling point* until it is cooked. The great mistake is to let it boil; the skin is so delicate it falls away, ruining its appearance, and the outside is cooked before the centre is more than warm. If there is any liver with your cod, boil it for ten minutes in a separate saucepan, and cook as much only as will be eaten; it does not warm up. Before dishing up, stand the strainer athwart the kettle, with a cloth over it, to drain. Fish should be served upon a dish paper or table napkin, and garnished with parsley and lemon. A very pretty effect is produced by laying round your dish alternately slices of lemon (with the rind on) and sprigs of parsley, and upon each piece of lemon a small heap of white of egg whipped very stiffly and a mite of lobster coral, or spawn sprinkled on the top. But this is a more suitable "garniture" for turbot, which is served with lobster sauce,* and should be well rubbed with lemon juice

* For fish sauce, see Lesson V. in the High Class Series.

before boiling to preserve the whiteness of the skin. The black skin of the turbot is esteemed a delicacy, and so are the fins, which should never be removed. It is particularly important with salmon to remember that it must go into boiling water, otherwise you would blanch it, and destroy its rosy hue. Small fish, such as whiting and mackerel, are occasionally cooked by being put on in cold water, and when it boils, they are done.

By far the better way of cooking fish is to bake it, it is both more nourishing and more savoury. All fish may be baked, though perhaps it is best adapted for the least oily sorts. They must have a covering of some description to prevent their drying too much. The best plan is to wrap them in buttered paper, and on removing it you will find a supply of juice drawn out in the cooking, which should be eaten with them or used in the sauce. It is a delicate way of preparing a sole for an invalid. Instead of the paper, they may have a covering of egg and bread-crumbs, and they should then be basted from time to time with dripping. I will give you the recipe for stuffing and baking such as codling, haddock, gurnet, shad, and all thick round fish. Two ozs. of crumbs, one spoonful of chopped parsley, one tea-spoonful of mixed and powdered herbs, pepper, salt, and egg, milk or fat to bind it with; the same as for veal, with another oz. of crumbs substituted for the one of suet.* I have here a haddock. All fish must be well washed, but not allowed to soak, and they ought to be cleaned from the gills. Unfortunately, English fishmongers slit them down underneath instead, as it is slightly less trouble. It does not look so well, and obliges you to sew your stuffing in. Remove the eyes from all fish except from the cod; those are considered a treat by some people. Scale them, if not already done, by rubbing with a knife from the tail to the head, then trim the fins and tail neatly with scissors.

* See Lesson I, Page 7.

Form your stuffing into a ball, place it inside, and with a trussing needle and fine twine fasten it there, taking as few stitches as you can. Before baking, if you can fasten it into shape so that it stands with the back uppermost, instead of lying on its side, your dish will be handsomer. To fix it in the shape of an S, run your needle through near the tail, then through the centre, and lastly, through the head; tie the string together underneath. This is a favourite way of trussing salmon and salmon trout, when they are served whole or for a cold mayonnaise. They should then be steamed, not boiled, it keeps them more perfectly whole; a potato steamer will hold a small one. There is another way of fastening the tail, in the jaws or through the eyes, but this stretches the skin and causes it to crack. Dry the haddock very thoroughly and brush it over with egg; hold it up by the string and sprinkle fine crumbs over it until perfectly covered, especially about the head. Put into a deep baking tin two ozs. of dripping, lay your fish in carefully, and bake it for about three quarters of an hour, basting occasionally with the dripping. When done it should be golden brown, and ought to taste very moist and savoury. Fresh water fish are delicious cooked in this way. If the back-bone is removed from pike and it is stuffed, it loses all the disagreeable muddy flavour. Other fish may also be baked; mackerel and herrings are split open down the back, one is laid in a tin, herbs, chopped parsley, onions, bread-crumbs and seasoning are sprinkled over it, and another similarly opened is laid on the top. The whole is covered with bread-crumbs placed in a deep tin with some dripping, and baked for twenty minutes in a good oven. This is known as Mackerel *à la Normande*. Soles are very good in this way, but you must bear in mind that if you over-bake fish at all, it is as dry and worthless as if over-boiled.

Broiling is the next best way of cooking fish. Slices of both cod and salmon are cooked in this manner, and should be first dipped into salad oil to

prevent their drying; smaller fish such as mullet, smelts, whiting, should be wrapped in greased writing paper. Having had a lesson on broiling, you will not forget to grease the bars of your gridiron. Dirty as it sounds, fish should not be washed before broiling, only well wiped, water blisters the skin. Split a mackerel or herring down the back; if you like to take out the back-bone, it can be done, sprinkle it with pepper, and place it on your gridiron. Broil the cut side first. This is a regular rule in broiling. A mackerel wants five minute's cooking. Serve it on a very hot dish and spread over it Maître d'Hôtel butter,* or a sauce made in this way. Make one oz. of butter very hot, put into it three quarters of an oz. of flour, and let it fry quite brown, as brown as coffee, pour in half a pint of cold water, and stir it until it boils. Just before pouring it over the mackerel, add one dessert-spoonful of vinegar, seasoning, and a table-spoonful of capers, and you will find it delicious. Fennel finely minced can be substituted for the vinegar and capers; or you can make a sauce piquante. Fry a shallot, a little carrot, and a few herbs, a sprig of each, in one oz. of butter, stir in three quarters oz. of flour, mix well, add half a pint of cold water, and bring it to the boil, squeeze in the juice of half a lemon, add one table-spoonful of mushroom ketchup, not omitting seasoning, and let it stand in a warm place to steep for about twenty minutes before serving. As a rule, neither baked nor broiled fish require a sauce. The French steep fish and steaks before broiling them in a 'marinade,' or pickle bath. It is a good plan making them mellow and tasty. Wine frequently is used for it, but an economical one can be made of one pint of salad oil, quarter of a pint of vinegar or tarragon vinegar, pepper, salt, parsley, two shallots, and any fresh sweet herbs you can get, the herbs, parsley, and shallot, being minced as finely as possible. If you lay your fish in this for some hours, turning them now and then, you will find it an immense improvement.

* See Lesson V. Page 32.

Frying is a suitable way to dress fish, and a favourite one. I am going to fry a sole; in order that you may learn how to prepare it properly, it has not been skinned. The cleaning of a sole is a very simple matter; make a small slit near the head, and remove the gills and inside. To skin it, lay it on a board, make a cut across at the tail, insert your little finger or thumb and run it first up one side, then the other. This loosens it. Now hold the tail firmly on the board, seize the skin with a cloth, it is apt to slip without, and draw it backwards, noticing carefully at the first that it is free from the flesh, or it may pull that up too and leave the the bones bare. Rip it off, and your sole is in the condition in which the fishmongers deliver them. There is still another skin, a white one on the opposite side which should be removed likewise. It is not so troublesome to manage. The difficulty you experience in getting them off is a capital test of the freshness of the fish; stale fish skin easily. If I were cooking this for an invalid, I should leave both on to keep in the goodness, and remove them before sending it to table. Trim off the fins and tail with scissors, wash it well, and it is ready for dressing. Too many people fry soles in about a quarter of a lb. of fat. This should not be an instance of dry frying, but of boiling in fat, and we consequently need at least one and a half lbs. I shall not surprise you by this quantity, for you know now it is not extravagant,* indeed, much less so, than buying a quarter of a lb. every time you have fried fish and throwing it away. If you have a frying kettle, which is like a fish kettle with a strainer made of wire grating, put your fat in it to get hot, if not, a frying-pan large enough to hold your fish will suffice. While the fat is heating dry the sole perfectly, a cloth is scarcely effectual, some flour dredged over and brushed off again answers better, then break an egg on to a plate, beat the yolk and white slightly together, lay the fish in, and brush

* See Lesson V, Page 40,

it all over. Now you must only use a skewer to shift it with, your fingers would take off the egg, and prevent the crumbs from adhering. Have some fine bread-crumbs on a sheet of paper at your side, let them be spread to the size of the fish, lay it on them, and shake the rest well over. Lift it carefully out with the skewer and lay it on a clean dry part of your board. Take a broad bladed knife and firm on the crumbs by gently pressing it all over. You can mend places imperfectly covered. Your fat is now ready; it must not be quite so hot as for frying fritters or potatoes, for we don't want the crust of the fish nicely browned and the inside raw, and if the heat is too great that is what will happen. The sole, if moderately small, will want about seven minutes; if a fine one, ten; and very large, fifteen. The larger it is, the cooler you must have your fat when you put it in. Lift it off the board and lay it down carefully. It should be completely immersed in the fat, if not, it will need turning, and it is in that operation cooks generally fail; as they slip the slice under to shift it over, they invariably knock off some of the egg and crumbs and leave the white flesh bare. Have a piece of whitey-brown paper at hand, and when it has had its time, lift it out and place it upon it to drain. A fried sole is scarcely ever neatly and evenly covered with the crumbs, partly because they are not finely and regularly made, and still more because they have not been properly firmed on. They are also uneven in colour, the fins being dark brown, and the centre pale, owing, no doubt, to their having been fried in insufficient fat. Fried, like boiled fish, should be served on a napkin or dish paper, and a little melted butter should be sent to table with it in a tureen. Some cooks manage to fry fish very decently in flour only. Batter, such as I taught you for fritters, is an excellent substitute for bread-crumbs. Pieces of plaice are generally dipped in it. That fish, by the way, seldom has its black skin removed, it is so exceedingly gelatinous and sticks so tightly that you

would destroy the fish in taking it off. It can be done, but it is not worth the trouble, it makes a good protection for the fish, which is of so watery a nature, it needs one. It is generally cut in pieces, through bones and all; but if filleted, it is thought by some people equal to sole. The pieces at the fried fish shops are only dipped into a batter of flour and water, and as I know from reliable authority, fried in horse oil! Beer and flour make a good batter for this purpose.

Potting is the only other way I shall illustrate of cooking fish. There are others. It may be curried or stewed, for instance; but, from what you have learnt, I feel sure you will be able to manage them. Oily fish are the best for potting, such as mackerel and fresh herrings; for the acidity of the vinegar counteracts their richness, and enables us to digest them. It is a dish intended to be eaten cold, and very useful at breakfasts, luncheons, and suppers. For two mackerels or four herrings, you must have a quarter of a pint of vinegar, thirty peppercorns, a blade of mace, a shallot, some salt, a few herbs, and a couple of bay leaves. Wash and clean the fish, then cut it into pieces one inch long. Lay some at the bottom of a Nottingham jar—you cannot cook them in metal, the acid would act upon it—sprinkle over a portion of your herbs, spices, and minced shallot; then another layer of fish, and so on, pouring in lastly the vinegar. The jar must be covered very securely with strong brown paper or a paste of flour and water, and set in a slow oven for quite six hours; or, if put into a baker's oven when the bread comes out, it may be left there all night. The long, slow cooking completely destroys the sharpness of the vinegar, which is so objectionable to some people. The whole contents of the jar are served up together. Scused mackerel is somewhat similar, but cooked fish can be used in this way. It is by far the best way of serving what is left in hot weather. It preserves it when otherwise it would go bad, and is a delicious dish. Acids are always more palatable in

summer. Lay your fish in a deep dish, with herbs and spices, as for the potted fish. Make a mixture enough to cover it of half vinegar and half the water the fish was cooked in, which must be boiling when poured on to the vinegar. The intense heat drives off some of its acidity in the same way as the long cooking. Pour it upon the fish while still hot, and leave it until the next day, when it will be found delicious. Salmon is equally good so treated. There are numberless ways of disposing of cold fish. Amongst the nicest is Fish Cakes. They are general favourites, and useful in that they use up also the remains of cold boiled potatoes. You must have equal quantities of each—one lb. of fish and one lb. of potatoes. I shall use this slice of cod. When fish is sent from table, it should be freed from all skin and bone. If allowed to get cool, the gelatine in it sticks them fast together, and gives you twice the trouble. However, you mean to re-warm it, this must be done. Mash your potatoes by rubbing them through a wire sieve. Make one oz. of butter and one table-spoonful of milk hot together, pour them into the potatoes, and stir them perfectly smooth. Next add the fish and some seasoning. Bind the whole with the yolk of an egg well mixed in, but don't break the fish more than you can help in so doing. It must not have the appearance of having been pounded. Break an egg on to a plate, and beat yolk and white together. Have your saucepan of fat on the fire hot, some fine crumbs on a sheet of paper by your side, and a piece of paper upon which to drain them, and your board dredged with flour. Divide your mixture into table-spoonfuls, roll them in the flour, so that they shall not stick to the board, but not in so much as to prevent the egg from adhering. With a broad bladed knife form them into flat round cakes about two-thirds of an inch in thickness, then roll them in the egg, then in the crumbs, and lastly firm them on with the knife, and at the same time perfect their shape, which has possibly got a little damaged. When about six are ready, drop them

one by one gently into the fat off a slice. Mind that they are not so close as to touch, and do not fall on top of each other. The fat may be hotter for these than for soles, for we only need to brown the outside and warm them through; they are already cooked. It must quite cover them, and as each is a golden brown, lift it out, beginning where you dropped in the first, and lay it on kitchen paper. When all are fried, arrange them on a dish paper in a circle, each slightly overlapping its predecessor. Another way of finishing them is to glaze them with egg, and heat them through in the oven, or dip them in grease and crumbs, and warm them in the same way; but frying is the favourite. Very artistic cooks can make of the mixture "fish pudding" by forming it on a tin into the shape of a fish, which is then glazed and baked. Unless cleverly done, this is an unsightly failure. Any amount of fish can be made up in this way by increasing the quantities I have given you. One lb. always wants the yoke of one egg, two lbs. the yoke of two, and so on. As a matter of economy, a whole egg can be made with care to serve for two lbs.; but the white does not bind so well as the yolk, nor is it so delicate. Any sort of fish can be made into fish cakes, those with white flesh being most usual for the purpose.

NINTH LESSON.

BREAD AND CAKES.

Of all the cereals, wheat is the only grain from which you can make fermented bread. In Northern Europe you meet with the "black bread," which is produced from rye; but it is close, heavy, and sour, and needs two-thirds of wheaten flour added to make it light and palatable. Barley-meal and Indian corn will also make bread with flour added. Oatmeal is too harsh for bread

making, but yields oat-cakes and biscuits. Wheat also contains more nearly than anything else, except milk and eggs, the true proportion of flesh-formers and force-producers necessary for our sustenance. It will grow in every climate, but that produced between latitudes 25 and 60 is the best. Flour is sold under various names: "Households," "Seconds," "Pastry Whites," "Brown Meal," "Biscuit Flour," and so on; and in order to appreciate the distinction between them you must understand something of the composition of the grain and the processes in the mill. The centre of the grain is a pure white substance, which is mostly starch; outside that is a layer of the flesh-forming matter known as gluten, and between this and the husk there are no less than six separate coverings. The different qualities of flour are produced according to the way in which it is sifted; the whole grain is ground together and then carefully shaken through fine sieves. The best (in the corn-chandler's sense) is the most sifted, from the centre alone, the next is not so fine—a coarser sieve having been used, some of the outer coverings are with it; but you must remember it does not follow that the best is most nourishing; on the contrary, "seconds" will yield better bread than "households," since it contains more gluten in proportion to the starch. Starch is a force-producer and heat-giver, and gluten a flesh-former, so that the whitest breads are not always the best food; they supply force, but make no flesh, and contain none of those mineral matters in the wheat which are so valuable in the formation of bone and the purifying of the blood. The white Vienna bread, for instance, is not a suitable food for growing children; a coarser sort, such as that made from brown meal, is infinitely better, always provided the brown meal is genuinely produced by the grinding of the whole grain, and not by simply mixing a quantity of bran with ordinary flour, as is often the case. The fibrous part of the bran is indigestible, and people, therefore, deny that brown bread is more nourishing than white. They are

partly right. The bran in some cases acts as an irritant, and hurries the food along the digestive canal before the full goodness can be extracted ; on the other hand, it contains a valuable ferment known as cerealin, which materially assists the digestion ; and they must remember that the flour of brown bread undoubtedly contains more nutritive matter than that of white. "Pastry whites," as its name implies, is chiefly used for pastry and cakes ; being principally starch, it is very light.

Sometimes bread is divided into two classes, vesiculated and unvesiculated. Biscuits, since they contain no air-bubbles, may be considered as unvesiculated bread. Ordinary bread, however made, is vesiculated, or full of holes. Unvesiculated bread is mentioned in Scripture as unleavened bread. Australian damper is of the same kind. The lightness of bread depends upon the carbonic acid gas stored in the dough. This, when exposed to heat, swells, and in so doing raises it, producing the bubbles in the loaf. Vesiculated bread can be made of two sorts, fermented and unfermented, and both alike owe their lightness to the carbonic acid gas, though it is produced by different means. I shall illustrate both, commencing with the fermented. Either leaven or yeast will produce fermented bread. Leaven is not much used now ; it is a piece of the dough kept from the previous baking until it turns sour and begins to ferment ; some of the starch in the flour is converted into glucose, then into alcohol, and, lastly, into carbonic acid gas. If this is then added to fresh flour it leavens the whole and makes fermented bread. The yeast most in use now-a-days is sold by corn-chandlers, under the name of German yeast. It has been well washed and dried before exportation, and will keep good for two or three days—longest, of course, in cold weather, and if under water. If it is fit for use it is pale in colour, and breaks off short and crumbly ; if it is sticky and soft, it is useless ; but perhaps the best test of all, since it possesses the pro-

perty of breaking up sugar, is to put it in a basin with a tea-spoonful and stir them together; if it works with the sugar and becomes a liquid syrup, you can use it—it will make your bread light. Yeast is a small plant which rises to the surface of the beer like scum during fermentation. That from small beer makes the best bread; porter-yeast is apt to be bitter and give your loaf a dark colour. It is used in the same way as German yeast, and two table-spoonfuls are equal to one oz. If too much is used the bread will be un-catable from bitterness, and it is a wise plan to commence by scalding it.

To make a quartern of flour into bread you will require one pint and three quarters of *tepid* water, one oz. of German yeast (one and a half ozs. is enough for two quarterns), one tea-spoonful of salt, and one of sugar. Cream the yeast with the sugar, and, if good, add to it the tepid water. Put three lbs. of your flour and the salt into a basin, make a well in the centre, and gently pour in the yeast, mixing, meanwhile, with your right hand, in the same way as the egg is worked into the flour for Yorkshire pudding. It must always be a puddle in the middle and as smooth as cream; if you mix it irregularly you will have lumps of dry flour through the loaf, known as “slut’s farthings.” Having added all the liquid, work it slightly. It must not be kneaded yet, only sufficiently worked, by turning it in from the sides to the centre, to blend all the flour, and make it an even consistency throughout. Sprinkle a little dry flour over the top to prevent its drying; cover the pan with a cloth, and set it near the fire to rise for two hours. The whole secret of bread making lies in hitting the happy medium. The heat must not be too great, or you will kill the yeast plant; neither too cold, or it will not work. If over kneaded, some of the carbonic acid gas will escape; if not kneaded sufficiently, it will be unevenly distributed, and the loaf full of large holes in one part and close elsewhere. The water must be exactly tepid,

and the pan must stand outside the fender, rather away from the fire, say in front of the oven. At the end of two hours it should have become twice its original size, and almost fill your pan; if not, let it stand until it does, it will not harm. Then sprinkle some of your half lb. of flour round the sides, and with that clean it away from the pan. Flour your board, turn the dough upon it, and commence the process of kneading. This is more easily taught than described, as there is a certain knack in it only to be acquired by practice. It must be done with the ball of the thumb and lower part of the hand. It is not so well to use your fists, they are heavier. Beginners invariably proceed to roll the dough like a roly-poly; that is wrong. As nearly as I can describe it, it consists of a continued repetition of two motions. Firstly, you place your fingers on the further side of the dough, and roll it half over towards you; then, without moving your hands, press the wrist upon the mass, and roll it back again, giving it a downward push at the same time. If this is rightly done, the join will have disappeared. Then turn your dough round, so that the ends are now facing you, and repeat the process, always keeping the smooth surface on the board. It is a continual turning of sides to middle, or outside in. The remaining half lb. of flour has to be worked in, and must only be done by keeping the board well floured; if any is sprinkled *on* the dough, it will not mix, but always remain dry. If you intend to make cottage loaves, more must be worked in, or the dough will not be stiff enough to stand. Close bread is produced by excessive kneading. Flour the tins upon or in which you bake the loaves; if they are new, greasing them first helps it to adhere. As I shall bake this in a tin, I knead it quite free from dry flour on the outside, form it into a ball, place it in the tin, prick a hole or two on the top, and set it again by the fire to rise until the tin is two-thirds full. The oven for bread baking should be of a regularly decreasing heat. The old-fashioned brick ovens answer best. The fire is lighted

in them, then swept out, and the bread put in its place. The door is shut, and it is left a given time cooling gradually. When the bread is taken out, it is found perfectly cooked. With care an ordinary oven answers as well; experience will soon teach you how to manage. A half-quartern loaf wants from an hour and a quarter to an hour and a half to bake; and when done, it will sound hollow from all sides if rapped with the knuckles. It should be turned out, and stood bottom upwards until cold. Whole meal bread is made in the same way; but as it is not so light, the loaves must be smaller. Larger batches of bread are made by setting the sponge overnight; the yeast, with a little water, is mixed in the centre of the flour, and left to work. Next morning more water is added, the rest of the flour mixed in, and the whole kneaded together. The principle of unfermented bread is to use with the flour an acid and an alkali, which, on combining, through the agency of the water, give off carbonic acid gas. Hydrochloric acid and bicarbonate of soda will do it; so will tartaric acid and carbonate of soda. Various mixtures of this sort are sold under the name of baking powders. We generally prepare our own, as we then know it is pure. Equal measures (not weights) of ground rice, tartaric acid, and carbonate of soda, passed through a wire sieve together two or three times—put a tea-spoonful into one lb. of flour, and you make patent self-raising flour at once. Dr. Daughlish entered a patent for making unfermented bread by introducing carbonic acid gas at the time of mixing. The flour is put into a large cylindrical trough made of iron, with revolving arms down the centre. The water, strongly charged with gas is pumped into it from another vessel, the whole is well mixed and dropped at the other end straight into tins, and carried to the oven. This is called aërated bread. It is particularly wholesome and pure, and much used in many of our large institutions. The fact of its not being touched at all by hand is a great recommendation.

In kneading large batches of bread bakers use their feet. Unfermented bread is useful if wanted hot for breakfast, for families who are fond of new bread, and where yeast is not obtainable. The loaves should never be large, half lb. of flour is the outside. It is quickly made and must be baked immediately, baking powder loses its virtue after being wetted if not put into the oven at once. A glass of sherbert will illustrate this, you all know it loses its effervescence in a few minutes, and those bubbles when in the dough are what we depend upon for making the bread light. The gas from them escapes if not set at once by heat. Take half a lb. of flour, add to it half a tea-spoonful of baking powder (fill one and level it off with your finger), and mix it with a gill of cold water to a stiff dough which does not require kneading. Salt destroys the action of the baking powder, besides being unnecessary, as some is produced by the combination of the acid and alkali. Cut off one third of your dough and roll each piece into a round ball free from cracks, place the smaller on the top and press your first finger into the centre. Stand this on a floured tray in a good oven for twenty minutes or half an hour. Home made bread keeps fresh longer than bakers' and is not so harsh. It may be useful to you to know that a loaf of stale bread is made new again and most delicious, by being slightly soaked in water or milk, and then stood in a sharp oven for a quarter of an hour. The analysis of stale bread shows that it contains the same quantity of water as new.

Milk Rolls are nice for breakfast and dinner, and also to split open and eat buttered hot. Rub two ozs. of butter into one lb. of self-raising flour, as for pastry, and mix it with enough milk to make a dough—about half a pint. Divide it into eight, and form them into balls with a cross slit upon the top, or, better still, form the whole into a long roll and cut it in sections. The reason for preferring this is that cut surfaces rise most. Being of the nature of bread, flour your tins and

bake them in a good oven for twenty minutes; when they have been in fifteen, brush them over with milk to give a slight glaze. Half an ounce of sugar can be added to them for those who like sweet bread.

Cakes are admittedly unwholesome; they have been defined as an effectual way of spoiling good material. Currants are a small grape sold by the natives of Corinth as a dye, they are never digested, neither are the skins of raisins; sultanas are the best fruit; but the plainer cakes are the better, such as sponge and Madeira, because they contain no fruit and scarcely any baked butter. Candied peel should always be very finely shred or cut into thin flakes, then it need not be chopped, and you can find large looking pieces which are yet tolerably digestible. For a plain plum cake you will need half lb. flour, quarter lb. fruit, two ozs. sugar, two ozs. clarified fat, half a tea-spoonful of baking powder, one egg, and nearly a gill of milk. Grease your cake tin thoroughly with clarified fat, it must be perfectly dry first, if not, wipe it out with flour. Rub the two ozs. of fat lightly into the flour, if you afford yourself butter it will be richer, though, I can assure you, the fat is not distinguishable. Kitchen raisins want stoning and chopping small, currants should be washed when you buy them and dried in the air, the oven takes all the sweetness out, then, previous to use, rub them with some flour in a cloth shaking them about from place to place. The stalks adhere to the cloth and the dirt to the flour. It is an expeditious way of cleaning them. By dropping them on to a plate you can soon ascertain that there are no stones amongst them, they would give a sharp click. As with puddings, mix all your dry ingredients together before wetting them. Break your egg and beat it with nearly all the milk, not quite, lest it should be too much; cakes mixed too wet are invariably heavy, the fruit and sugar go to the bottom. Now mix the whole with your hand; it should be quite stiff. Turn it into your tin and bake it immediately, like bread, in a

good oven at first and slower by degrees, as cakes want a long "soaking" to cook them through, the longer, in proportion to their richness. From one hour to one and a quarter should be sufficient. This can be enriched by using twice as much butter, adding two ozs. of candied peel, two ozs. of sugar and another egg. Some people are fond of a dough cake, it is easily made. Half a quartern of dough, half lb. of sugar, quarter lb. of currants, quarter lb. butter and two eggs. Put all the ingredients together in a basin and continue beating them well with the hand until thoroughly mixed. Then let it rise, as bread does, it will take about an hour or rather more to bake. Some people imagine that the more eggs they put into the cake the lighter it will be; it is a mistake, unless they correspondingly increase the amount of butter; eggs bind as well as lighten. A more wholesome cake can be made with seeds—ten oz. of flour, two ozs. clarified fat, two ozs. sugar, one egg, half gill of milk, one tea-spoonful of carroway seeds, and the same of baking powder. Make it like the plum cake, by rubbing the fat lightly in first, then adding sugar, seeds, baking powder, and lastly, beating the egg up with the milk and mixing the whole. It takes rather less time to bake as there is no fruit in it—about three-quarters of an hour in a greased tin. A favourite way of testing whether cakes are done is to run a knife into them, if it comes out clean, they are. I do not recommend it, it is apt to make them heavy. The last place a cake cooks is on the top, if therefore you press lightly with your finger, you can generally tell whether it is firm, and the smell alone ought to be sufficient. The seed cake is delicious with the substitution of two ozs. of shredded citron peel for the carroways. The ground seeds are the most wholesome to use, but they spoil the colour of the cake. The best flour, that is, the whitest and most starchy, always makes the lightest cakes. Egg powders are only coloured baking powder, so that they do not supply the nourishment of an egg though they may its lightness.

Half a pound of flour, quarter lb. of currants, quarter lb. sugar, quarter lb. clarified fat or butter, two ozs. of peel, one egg, quarter gill of milk, and one tea-spoonful of baking powder make capital little cakes for tea, called Rock Cakes; or the mixture may be baked all together, and is a good plum cake. They must be made even stiffer than the others. I prefer to use two eggs and no milk. You will find it gives them an extremely short taste to make the butter warm, and so add it to the flour instead of rubbing it in. Grease a flat baking tin, take up small portions of the mixture between two forks and set the rough little heaps on your tin quite an inch and a half apart. They want ten minutes in a very quick oven, and the great difficulty with them is the baking. A slow oven allows them to spread and lose their rocky appearance; too quick a one scorches them. Like all cakes when done they should be stood wrong way up upon a sieve or cane-bottomed chair to let the steam escape from all sides. There are, of course, numbers of other cakes, but they are nearly all made in the same way; in very rich ones the butter is sometimes creamed first by being beaten with the hand, and then the dry ingredients are worked into it; the whites of the eggs also are occasionally whipped separately to make them lighter.

Lastly, I shall make some gingerbread nuts. One lb. flour, quarter lb. butter, half lb. treacle, and half oz. ground ginger. They want twenty minutes in a moderate oven. No baking powder or even soda must be added or they will be soft and crack; nuts should be hard. Melt the butter first, then heat the treacle with it, and mind you do not make hard-bake. Put the flour and ginger into a basin, and when the butter and treacle are quite hot, stir them well in with a wooden spoon. It is too hot for your hands at first, but as soon as you can, put them in and knead it very thoroughly together, till all dry flour has disappeared. Take up a piece the size of a walnut and roll it between the palms of your

hands until perfectly free from cracks. Continue doing this as fast as you can until all the mixture is used up. You ought to make twenty-four, if you have fewer they will be too large to cook properly and remain soft in the middle. They must be baked on greased tins one inch apart. If the mixture is allowed to cool, you cannot roll them smooth. In winter, stand the basin over a saucepan of warm water, and take care that the butter and treacle are very hot before mixing.

I will conclude this lesson with a recipe for gingerbread, which I know to be good. 10 ozs. flour, quarter lb. brown sugar, quarter lb. treacle, two ozs. butter, one oz. candied peel, one salt-spoonful of carbonate of soda, three-quarters of an oz. ground ginger, one egg and little milk. The butter is to be rubbed into the flour, all the dry ingredients put together, the egg beaten with the milk and treacle, and the whole mixed together. It must be baked in a Yorkshire pudding tin, well greased, for about three-quarters of an hour.

TENTH LESSON.

COOKERY FOR THE SICK AND CONVALESCENT.

I do not pretend to teach you when to give the different preparations I am about to make, that, the doctor must decide; food is of almost more importance to the sick person than physic, and, if given at the wrong time, as harmful as a dose of wrong medicine. For instance, in recovering from inflammatory complaints, such as scarlet fever, mutton broth should be taken; after congestive illnesses, such as measles or small-pox, beef-tea; and Dr. Ridge says, that a mistake in giving a basin of mutton broth has even cost a life! I started this course with mentioning that cleanliness is one of the cardinal virtues of a good cook, and if it is so in general cooking, it is doubly important when preparing anything for a sick

person, since their palate is much more keen and ready to detect anything disagreeable. Perfect freshness is another essential. Never make at one time more than will be consumed in four and twenty hours, and never keep food in the invalid's room, its atmosphere is scarcely suitable for a pantry. A good nurse will always have a kettle of water boiling, and if anyhow possible, keep all her cooking out of the room. It wearies the patient to watch the preparation, minutes seem doubly long when you have to wait, and by the time the food is ready all taste for it has gone. I must give you one more caution, which, however, ought not to be necessary: never let the sick person see you taste the food, and above all never put the spoon back into it. When ill we are very fanciful. Of all the branches of cookery this is perhaps the most neglected. Doctors are often in despair at the nurse's inability to make even mutton broth or beef-tea decently, and when they form the staple article of any one's diet, it is of the greatest consequence they should contain the largest amount of nourishment capable of extraction from the meat, and in its most digestible form, since it is quite possible to draw the goodness out and then spoil it by over cooking. I hope you will not have forgotten what I told you in your first lesson about the action of heat upon the component parts of meat, it will help you to distinguish the difference between badly and well made beef tea. If at all times the true object of cookery is to commence the operation of digestion, and present the food in its most easily digested form, it is surely far more important to do so when the recipient is weak and ill. It has been said every physician has his own way of making beef tea, and really it seems true, they are so numerous; I shall show you the three best. The most juicy and inferior parts of the buttock yield the richest tea, not the leg or shin as was formerly supposed, they do excellently well for soup making; but from the large amount of sinew and gristle in them much gelatine is

extracted, which is unnecessary in an invalid's diet, except when they are recovering and the stomach is able to do more work. I want to teach you to prepare it for people who are so bad they can only just swallow; then anything which gives the digestive organs extra work is a mistake and should be avoided. Steaks from the rump are at the head of the list, but almost equally good and less expensive are those from the buttock and thick flank; if the patient is not desperately bad, any lean juicy part free from fat and gristle can be used. Shred the meat very finely (by this time you know that to shred is to cut in extremely thin slices across the grain), and lay it in an equal quantity of cold water, half a pound in half a pint, with a little salt if the doctor allows it; for even that must not be added without permission; in some cases it acts as an intense irritant and aggravates the malady. Whichever way you make your beef tea the meat should always soak first in cold water, since the whole of the albumen it contains, as well as the juice, is thus extracted. A few drops of hydrochloric acid will assist the process and also draw out the kreatine and kreatinine, two substances much resembling quinine; occasionally claret is substituted for the acid and sometimes lemon juice. Onions should never be allowed. If you have time, a very excellent beef tea can be made thus: Shred the meat and soak it twenty minutes or half an hour in its own weight of water (two tablespoonfuls of a liquid go to the ounce since you cannot heap them), then pour it into a Nottingham jar and cover it most securely, with the lid and strong brown paper, or a paste of flour and water. Stand this in a saucepan of boiling water for three hours. By cooking it in this way it *never* boils, and consequently the albumen and fibrine are not difficult of digestion. The jar may also be stood in a slow oven, but it takes rather longer, about four hours, and is often too savoury for a delicate palate. When done it should be stirred once or twice, and then poured off against the lid, not strained, which would remove the

brown particles. In spite of your care there may be a little fat upon the top, which must be removed when cold, or at once absorbed by soft paper drawn over the surface. Some people have an idea that we are burdening the invalid's stomach by the addition of water to the beef, they would give the simple essence, but it is found that the strong meaty flavour is generally repulsive, and that tea is easier of digestion. To make beef essence shred your meat, put it in the jar without any water, and stand it in a saucepan of boiling water for three hours; the liquid you can strain off is the extracted juice. Both veal and chicken tea should be made like this beef tea. The flesh of fowls contains even more kreatine than beef, and though it increases the expense considerably, only the flesh should be used. If you are ordered to give beef tea at once, and have none at hand, some can be made in half an hour, containing a surprisingly large amount of nourishment. Shred your beef finely and soak it in its own weight of water, with a few drops of acid or claret if admissible, for twenty minutes, then turn it into a saucepan and simmer very gently indeed for five. You will find, on pouring it off against the lid, a rich looking tea with a good flavour of the meat. In all beef tea making be careful that it does not boil, the heat should never be greater than 165° at the outside; meat cooks sufficiently at that point. Some invalids have a fancy for their beef tea cold, and like it stiff in the form of jelly. I would suggest the best way of making it so is to soak the proper quantity of refined isinglass in a little drop of cold water, (two tablespoonfuls will swell an ounce sufficient to stiffen one quart of beef tea), and stirring it in while hot, it dissolves immediately. As isinglass is the purest form of gelatine, it is often given to convalescents; a little may be dissolved in any of their warm drinks. I should recommend your procuring that which has been refined by an English maker; that from Russia, though

thought so much of, is not quite pure, it contains some of the tissue of the sturgeon's bladder, and, being sold loose, can be adulterated by the admixture of inferior sorts. Perhaps the most valuable beef tea is that known as cold infusion of beef, or raw beef tea. It is particularly useful in cases of diarrhœa, when nothing can be retained in the stomach, in typhoid fever, peritonitis, and for babies cutting their teeth. As it decomposes very rapidly I would not advise your making more than enough for the twelve hours; in the height of summer even less. Shred the meat as before, and soak it in an equal quantity of water for two hours, then strain it off without cooking in any way. The liquid will be bright red and the meat white and tasteless, it has parted with all its nourishment, the albumen, juices, kreatine and some fibrine. If the look of it is objected to, disguise it by giving it in a coloured glass, and if your patient is not allowed anything cold, as is sometimes the case, warm it to 100°, no more; the albumen would begin to coagulate at 105°. The taste of this beef tea is precisely the same as of that which has been simmered. Just to prove to you the amount of goodness this contains and the mistake made in boiling beef tea, I will bring it to the boil. At present it is a pure liquid, not quite clear, but still liquid. As it warms you begin to see little white threads, this is the albumen which is completely coagulated at 140°, at 150° to 158° the colour of the whole begins to change from red to brown, and at 212° the liquid is colourless with brown particles floating in it. We have hardened the albumen and fibrine and separated them from the fluid. If strained through muslin quite half the nourishment is lost. I hope this little experiment will be sufficient to show you how extremely unwise it is to boil beef tea.

Mutton broth requires even a longer time, it is best to make it the day before, a large quantity of fat is thrown up, which can be more easily and thoroughly taken off when cold. The scrag end of the neck is the

most suitable part to use. Cut it into small pieces, removing as much fat as you can, and put it into a saucepan with salt and the same allowance of cold water as for soup, one pint to the lb. and one pint over, let it simmer very gently for four or five hours. It must be skimmed occasionally, especially just at first, when the scum rises most plentifully. Strain it through a coarse hair sieve, the meat can, as a matter of economy, be eaten by people in health with a little parsley and butter sauce. Next day finish it by removing the fat and warming it. If it is ordered thickened, wash one oz. of Carolina rice and boil it in one quart for half an hour, or mix one table-spoonful of ground rice, cornflour, or arrowroot with enough cold water, and stir it in when boiling, let it simmer two minutes and then serve. It makes an excellent luncheon dish with the meat in neat looking pieces, the rice, some vegetables cut in dice, and one table-spoonful of chopped parsley stirred into it in the tureen.

I shall next make a simple Invalid Pudding, with three dessert-spoonfuls of chopped suet, three of flour, three of bread crumbs, three of sugar, thee of milk and an egg. This must only be given during convalescence. It is a great desideratum in a sick person's diet to produce variety, and if carefully and lightly prepared it is somewhat like sponge cake (at the same time it can be made very nasty), and a change from the everlasting milk puddings, upon which you have already had a lesson. Use mutton suet, it is lighter of digestion than beef, and chop it exceedingly fine; castor sugar also is better than moist. Put the dry ingredients together in a basin, beat the egg with the milk, and mix it lightly with your hand. Turn it into a carefully greased pudding basin, and cover it with a piece of whitey-brown paper well buttered. This is to be steamed for an hour, the basin must stand in a saucepan containing boiling water to the depth of an inch, the paper must not come so low down as to touch it, and must be buttered to prevent the drops of steam con-

densed on the lid from breaking through in falling, we do not want it watery. A cloth is quite unnecessary in steaming puddings. They are always lighter if cooked in this way, there is nothing to resist their rising, but they take a little while longer. This may be served with a boiled custard round it, that is quite harmless for an invalid.

Both Iceland and Irish moss can be boiled to a jelly. The former is a lichen, the latter a seaweed. Fresh or carraigeen moss contains iodine, and, made into a drink, is much taken by consumptive people and those with weak chests. Iceland moss is interesting as having formed the sole support of our Arctic voyagers. They are both very nutritive articles of food, and should both be washed and soaked previous to cooking. If Iceland Moss has a small pinch of carbonate of soda in the water while soaking, the unpleasantly bitter taste is destroyed. Boil one oz. of either in one quart of water for 5 or 6 hours to make a jelly; for one or two, if it is only required as a drink. It is exceedingly nasty, but can be made less so by the addition of lemon juice and wine. It can also be boiled in milk for a jelly. A far nicer beverage is Lemonade. In some cases, fevers for example, nearly all the patient wants are refreshing drinks, and it is well to have a good variety. Two lemons will make a pint with one oz. of lump sugar. Peel them very thinly. The white pith imparts a bitter taste; use the rind of one only, the other can be saved for flavouring puddings; rub the lumps of sugar well over the surface of the fruit, to extract the essential oil that remains in the pores of the skin, squeeze the juice of both into a jug, (a wooden spoon pressed into the fruit is a capital lemon squeezer), put to it the sugar and rind, and pour over it one pint of boiling water. This, like all hot infusions, must be closely covered until cold. You will think of this, if you remember that the best coffee pots are those where there is no escape for the aroma, it is a loss of flavour. Orangeade is made like lemonade with two

oranges and the juice of a lemon, to give it piquancy. Another very refreshing drink in hot weather, for people in health as well as invalids, is Apple water. Select six sharp and juicy apples, peel, core and slice them into a jug, add half oz. of lump sugar, the rind of half a lemon, one quart of boiling water, and cover it up until cold. This must not be taken for too many days consecutively, it is apt to produce diarrhœa. Never let infusions remain too long with the substance in them, pour them off into a fresh jug for use. Decoctions, which are made by boiling anything in fluid, should be strained while hot, an infusion is made by soaking in either hot or cold liquid, and the substance macerated should not be allowed to remain in above a given time. Having shown you a drink likely to produce diarrhœa, you shall now have one calculated to cure it—rice water. For this, you boil two oz. of Carolina rice (the best for this purpose, as it is most starchy) with one inch of cinnamon stick in one quart of water for an hour. You must first wash the rice in several cold waters, most of these grains are dirty. When boiled, strain it into a jug, and don't sweeten it or you will destroy its value for this purpose. Stir it now and then as it cools, or it will stiffen into jelly. This is a very safe drink for children, in summer, and in hot climates. The purple colour is due to the cinnamon, which is not only used for flavoring, it is a stomachic, and has a distinct medicinal value. A still more rapid and certain cure for diarrhœa, is one desert-spoonful of raw arrowroot, one of brandy mixed with two of water, and drank uncooked. Barley water is a most nourishing drink, it is sufficient to sustain life, and from its exceedingly clean taste upon the tongue, it is a favourite with invalids. It is much ordered for those suffering from gout. It can be made either thick or clear, according as to whether it is a decoction or infusion. For the thick, boil two oz. in one quart of water, with a small piece of lemon rind, for two hours. Strain it off, and cover till cold. For

the clear, pour upon the same quantity, and the rind of half a lemon, one quart of boiling water, cover and strain when cold. Sweeten both to taste. The same barley can be used a second time, and is even better. Bran tea is made like ordinary tea exactly, with three table-spoonfuls of middling sized bran to the quart, and a little piece of lemon peel. Coarse bran is too greasy. It is a soothing drink for hoarseness of the chest and throat. Let it stand in the pot five minutes to draw, then pour it out, adding butter and sugar or honey. A very general English drink in the summer, and one invariably badly made, is toast and water. To begin with, crust should always be used for it, not crumb, which soon turns sour; it should be toasted very brown, and plunged into the water, not the water poured upon it, which breaks it up and makes it thick; and the water should be cold and fresh, neither boiled nor boiling. It may be filtered if you please, but it is the greatest possible mistake to boil water for drinking, it loses all its gases, and is insipid and flat. Let your toast remain soaking, until the liquid is the color of sherry, and then pour it off. A little lemon rind with it, and even a squeeze of juice, makes it more refreshing. Perhaps instruction in the art of making Gruel is more needed than anything; at least, to judge from the complaints made of it on all sides, and yet it is so simple. If prepared from Embden groats, boil one table-spoonful of them in one pint of water for an hour, then strain it, and you will have a tolerably thin gruel, of a delicate flavour. Patent groats are more in favour just now, it is the same grain (oats) ground to powder, fine oatmeal is almost as good for the purpose. With them you can make a basin of gruel in ten minutes. Put one pint of water on to boil, mix one dessert-spoonful of groats with enough cold water, and when boiling pour it in, let it cook for ten minutes, and it is done. Those who like it thick, would use two dessert-spoonfuls to the pint. As it is a sudorific, it should be taken in bed, and if for a cold, with a piece

of butter, a spoonful of moist sugar, and half a glass of rum in it. Barley meal also makes a delicious gruel. Another cure for a cold is treacle posset, or white wine whey. Heat half pint of milk, and when in the act of boiling, pour in it for the former, one gill of treacle, for the latter a glass of sherry, cowslip, or any home made wine. The milk instantly curdles. It must stand for ten minutes, and then be strained through muslin, which separates the curd; the whey must be drunk hot, the curds are difficult to digest. French whey is produced by curdling the milk with half a wine glassful of lemon juice; this and the white wine whey require sweetening. A very foolish practice is to beat up eggs with brandy, the alcohol coagulates the albumen at once, as you may easily prove by trying with a little in a wine glass; it would be much wiser to use only water or milk, eggs are more digestible with something added. They should be beaten with a fork, for about two minutes, and then strained to remove the tread; few things are more revolting than to feel it in your mouth, it would turn an invalid completely against them. For a cup of arrowroot, mix one dessert-spoonful smoothly into a little cold milk, then pour it into half a pint of boiling, and cook it for fully two minutes, stirring all the while. It is a common error to suppose that pouring the boiling milk upon the arrowroot is sufficient. It is not; the starch grains burst and thicken, it is true, but is not cooked, it must be distinctly boiled. Contrary to the general belief, arrowroot is not in the least nourishing, it is one of the purest forms of starch, procured from the roots of a plant of the arum tribe, and taken in this way, is valuable chiefly for the sake of the milk. Made similarly with water, it has wine added, and both must be sweetened to taste. Some people like cornflour better than arrowroot, they are made exactly alike. As a pleasant change now and then, this may be converted into a soufflé pudding by the addition of two eggs. Let it cool somewhat, and then stir in the yolks thoroughly.

Beat the whites stiffly, and add them lightly, pour it into a greased pie dish, and bake it for fifteen minutes in a good oven.

HIGH CLASS COOKERY.

FIRST LESSON.

ROASTING, TRUSSING, BRAIZING, STEWING.

IN this course of lessons economy is not so much studied as the palate. You will notice that cream is frequently used, and as that is looked upon by some people as an extravagance, I shall not fail to point out where it could be omitted, or what could be substituted for it; still you must not be surprised at my using what seems a large quantity of butter, cream, and eggs, for I am now teaching you the *best* way of doing things, and you ought, by the help of what you have already learnt, to be able to modify the dishes to your requirements without spoiling them. After all the best cooking is not really so expensive as people are apt to fancy, it requires rather extra care and thought than materials, and in the hands of a thoroughly good cook, more will not necessarily be used. I must again caution you to be very exact in all your weights and measures. The favourite way of working with too many cooks is by rule of thumb. They think it lowering to their dignity, and a confession of weakness, to condescend to measure, and this is why they rarely make the same dish twice alike. One day it will be perfect, they have hit upon the right quantities; another, a complete failure.

In order to teach you the mysteries of trussing, I have

a duck to roast. To ascertain that it is a young one, observe that there is more down than feathers under the wings and over the body generally; that the feathers at the tip of the wings pull out very easily, that the beak is soft, and that the web between the feet is smooth and tender. There is a two-fold object in trussing; the poulterer wishes to make the breast appear as large and plump as possible, but it should also be borne in mind, that the bird must stand evenly and firmly on the dish, or it will be difficult to carve. If you kill your own, pluck them while still warm, and be careful not to tear the skin. This has been drawn at the shop; I shall be showing you directly how that operation is carried out on the fowl, and it is the same with all birds. Now pluck out all the remaining quills and the down, this latter is troublesome; professional trussers wet their thumb and rub it out of the skin. Singe off what remains by holding it over the gas, or with a piece of lighted paper. In shops, the bird is generally floured next, to make the flesh look white. Turn the duck on its breast, and make a slit in the skin between the shoulders, take one side of it in your hand, and insert the thumb of the other beneath the neck, working round until it is quite separated from the skin, then cut it off near the body. Now divide the skin, leaving a flap of quite two inches hanging to the breast. Do not forget to take out the crop, a bag of thin skin in the front of the neck, wipe the body out with a cloth dipped in warm water, and it is ready for stuffing and trussing. In preparing two ducks for table, it is usual to stuff only one, as some people object to the seasoning. Boil a couple of good sized onions until tender, chop them up with half a dozen of sage leaves, soak a slice of crumb in the water in which they were cooked, squeeze it and beat it small with a fork, put all together, adding pepper and salt, and insert the mixture in the lower end of the bird. Make a slit in the apron, and thread the parson's nose through it, which will close that end, whether stuffed or no, this should be done. Simply fold the

loose piece of skin at the neck behind the back. Ducks feet are esteemed a delicacy by some folks, and therefore are left on. The outer skin should be peeled from the feet of all birds. The common practice is to scorch it off by thrusting them between the bars of the grate; a cleaner and equally quick way is to stand them in boiling water for a minute, when it will come off as readily as a glove. Never use a knife to it, or you may bare the bone by rubbing up two instead of one, take it up under the foot in your fingers, and it easily peels away. Cut the wings off at the first joint, they can be used in giblet pie or soup, but are never cooked on the bird. I have warned you against the use of skewers, they are slightly less objectionable in poultry, though even here we avoid them as much as possible. Give the back of your duck a good blow to break the back bone (breaking the breast bone is a favourite trick, but a foolish one; it spoils the best cuts of the breast,) doing this does not spoil the bird for either eating or carving, and enables you to get the legs better under the body. Take them up in your left hand, and the breast in your right, now force them well down to the board, and under the breast, holding them tightly there with your finger and thumb while you drive a skewer in the tip of the wing bone, the upper joint of the leg on one side, through the body and out at the corresponding joints on the other side. Next twist the feet between the legs and body, so that they spread fan-like on each side. Now take a piece of string, draw the lower joints of the legs closely together at the end of the breast bone, twist the string first round one and then the other to hold them securely, then give each end of it one turn round the points of the skewer, draw tightly up, and tie very firmly across the back. Run the hook by which it hangs straight through the back bone at the upper end of the body. A duck or fowl will take three quarters of an hour to roast before a good fire.* It is not an uncommon

For roasting, see Lesson I. page 1.

practice to wrap it (or a small joint either, particularly if young meat, lamb for example) in buttered paper; it prevents the outside from burning and drying up. Some dripping must be put in the tin to baste it with, and the paper removed at least a quarter of an hour before it is done. Hare cooked in sportsman's fashion is roasted in the skin, and very good it is; in a general way, it is, or should be, basted with milk. The giblets are used for gravy, they will make it rich in flavour; good cooking is shown in sauces and gravies as much as anything, and here you may observe that it costs nothing but the trouble of cleaning the giblets. Cut the gall bag and all that looks green carefully out of the liver, pull the neck from the head, and lay them in warm water. Scald the head and skin with boiling water, and immediately pluck them, cut off the bill, remove the eyes, and turn the skin inside out to be sure it is clean. Cut gently through the whitest part of the gizzard, and peel it off as you do the skin from an orange. The middle is a bag full of small stones used to digest the food, and if you make too deep a cut you will break into it. Trim off all fat and loose pieces of red skin, and, having washed the giblets thoroughly, put them all in half a pint of cold water with some salt to boil. When boiling, add half a small carrot, quarter of a turnip, one small onion, and a little piece of celery, and let it simmer all the while the duck is roasting. When it is time to dish up, draw out the skewer, untwist the string, and strain a little gravy into the dish, the rest should be served in a sauce-boat, and the giblets are just sufficiently cooked to go into a pie or be warmed up as a stew. The gravy may be thickened, if liked, with half an oz. of flour, mixed with cold water, poured in and boiled two minutes. Apple sauce is not a luxurious accompaniment, but is most wisely served with duck, it would disagree with you more were it not for the acid of the apple. Peel four, core and slice them. Stew them in a sauce-pan, or pie-dish in the oven, with enough water to prevent

their burning and a table-spoonful of moist sugar, until reduced to a smooth pulp, stirring occasionally. They will take about as long as the duck does to roast.

Drawing poultry is not nearly so revolting an operation as you are apt to imagine. When done by novices I admit it is disgusting, but you will soon acquire the knack of drawing all out at once, and it is over in a few minutes. You may think it unnecessary to learn this, but it is not, even if you only have to direct others. I remember a friend telling me how their Christmas dinner was spoilt by the ignorance of a cook. The carver wished to serve some stuffing, and found only the crop full of the turkey's food! Except having been plucked, this fowl has had nothing done to it. First make a slit, as we did in the neck of the duck, between the shoulders, and in the same way remove head, neck, and crop, leaving a loose flap of skin. Now, insert your first finger at this end, and, keeping it quite close to the carcase of the bird, work it round, breaking as you go all ligaments you come across, so that the contents are free. If you carelessly force your finger into the midst you will tear the liver and may break the gall bag, making the giblets bitter. Nothing but the crop comes out at this end. Make as small a slit as you can at the other, just above the parson's nose, put in your finger and loosen in the same way. Now take hold of the gizzard, and if it has been well done, in pulling that out you bring everything else as one mass. Look through to see that it is clear, and wipe it out with a damp cloth. Remove all the stumps and singe the hair, taking special care not to blacken the fowl by so doing. The sailor's way of plucking birds is to plunge them under boiling water, which loosens the feathers so that they come out easily, but it has the disadvantage of making the flesh taste sodden. You can tell a young one principally by the feet, the claws should bend backwards without cracking, and there should be neither spur nor corn upon the legs; they begin to grow when a year old,

poulterers often cut them off, but it leaves a mark. It is not usual to stuff fowls; country people sometimes do. Use veal stuffing,* and put it where the crop would be. Trussing a chicken is a far more complicated matter than a duck. I will first show it you for roasting, then for boiling, the two are quite different, though it is not uncommon to find complete ignorance of the latter method. Thread a trussing needle with fine string, a skewer is not wanted at all, and would be very out of place in the saucepan, it gets in the way if you turn the fowl. Prepare your giblets, make a hole in the skin of each wing, put the liver through one and the gizzard the other. Twist the tops of the pinions backwards so that the tips are under the body. Scald and skin the feet, cut off the tops of the claws, place the fowl breast upwards, then force the legs well down upon the board, and into the sides of the body. Run your needle through the second wing joint into the upper joint of the leg, through the body and out at the corresponding joints upon the opposite side, draw it through, and turn the fowl on to the breast. Now fold over the loose piece of neck skin, and catch it up, feel for the mother-in-law's wing-bones, or sidesmen, they run parallel to the back bone, and on each side of it; if you can pass your needle *through* these, in tightening the string, you force up the other end of the bone and raise the breast; lastly, the string must be drawn very tightly, and securely tied where you first started from. At the other end, run your needle into the back just below the "parson's nose," press the legs closely together, and pull the skin of the breast well over them at each side, take a stitch through it on one side, pass your needle from side to side under the legs, through the skin again to catch it down on the other side, and out at the back, where it must be tightly fastened. A more simple, but not so effective way is to pass the string through the cartilage at the bottom of the

* See p. 7,

breast bone, over the legs, behind the body, and tie it. The sinew at the first joint of the legs must be divided, or they will draw up upon the breast. Fowl takes the same time to roast as a duck, and gravy for it should be made in the same way. Bread sauce though very nice is going out of fashion. It is made by soaking one and a half oz. of fine bread crumbs in half a pint of milk for a quarter of an hour, then boiling it in a saucepan, well greased with butter, for 15 minutes with the addition of an onion (whole), 6 peppercorns, and a pinch of salt. When serving, pick out the onion and peppercorns, and if you afford it, add half a gill of cream. For a boiled fowl, the legs should be cut off at the first joint. Slip your finger in at the lower slit through the carcass till you reach the skin of the leg, which carefully loosen without tearing. Press the leg bones from you with your thumb, and draw the skin towards you at the same time with your fingers, so that the legs can be slipped underneath and inside the body; you have literally drawn the skin quite off. The upper end of the bird is trussed as for roasting; at this end, bend the parson's nose upwards into the body, run your needle through the tip of the breast bone, then through the sides, and tie it safely. Some cooks will boil a fowl in a floured cloth to keep it white; greased paper answers as well, and enables you to cook it in the stock pot, and so save what goodness it may impart to the liquid. Tie it up like a parcel, and put it in when boiling* for three quarters of an hour. A large fowl may want one hour, but a spring chicken will cook in half an hour. When you take it up, if the liquor from the inside is red, it is not cooked enough. Whilst it is boiling make your egg sauce, one oz. of butter, half a pint of milk, one oz. of flour, two eggs, half a gill of cream, for which either substitute, one oz. of butter, or omit it altogether. This allowance of flour is unusually large, as it must be so thick as completely to cover the

* See rules for Boiling, p. 16,

fowl. Boil your eggs hard* and lay them in cold water. Melt the butter, mix the flour with it till like honey, add the milk, stir it till it boils, and let it cook two minutes. Divide your eggs, chop up the whites only, not too small, lest it should be mistaken for lumps in your sauce, and mix them in. Take up the fowl upon a plate that all moisture may drain away, draw out the strings, place it on a dish and carefully cover every part with the white sauce. Hold a wire sieve over the breast, place the yolks on the top, and rub them through with the back of a wooden spoon, so that the powder falls in a shower of gold upon the chicken's breast. This is a more effective way of making egg sauce, than chopping up the whole egg, and is suitable also for salt fish.

BRAIZING is the most perfect way of cooking, for it is done by the action of steam, and therefore there is no danger of your hardening the meat by galloping it fast. It is savoury too; for the joint should be raised out of the stock upon a bed of vegetables, the flavour of which passes into it. Birds or any piece of meat may be braized, the less fat the better; veal is generally chosen; it is an excellent way of using up the breast, but other parts will do as well. Braized joints are mostly boned, rolled, and stuffed. They are very suitable to serve cold. For three lbs. of breast of veal you must have a pint and a half of good second stock,† which you will learn to make next lesson, one large carrot, one turnip, one onion, one stick of celery, a bouquet garni, and some stuffing.‡ First prepare the meat by neatly cutting out the bones, lay the stuffing inside, roll it over, and sew it up with a few stitches; don't tie it round with the string, the marks look unsightly when it is cooked. Scrape the carrots and cut them in slices one inch thick, peel the turnips, and do the same. From these, with a French vegetable cutter, stamp out pieces wherewith to garnish your dish; the

* See p.

† See p. 109.

‡ See p. 7.

cutter is shaped like a tube, if you have not one, the end of a wine funnel or a penny pea shooter will serve. You must have about a table-spoonful of each, and the pieces will do to flavour the glaze. Place the carrot and half the turnip at the bottom of your stew or braizing pan, pack the bones in too with the celery, whole onion, and bouquet garni, and upon the top of this bed lay the veal. Pour the stock round, and put over the whole a piece of greased kitchen paper cut to fit the saucepan, buttered side uppermost. And lastly, the lid; it is most important none of the steam should escape. In a proper braizing pan the lid comes over the outside for greater security, and it is depressed in the centre sufficiently to hold hot charcoal; for braizing should be done with heat above and heat below. I am teaching you how to manage without the proper appliances. This must now boil gently for one hour and a half; you baste it occasionally by lifting the paper and pouring some of the stock over the meat. When it has had its time over the fire, remove the lid and the paper, and stand the pan with its contents in the oven to brown and finish; here, too, it must be basted. It will depend upon the heat of your oven how long it will take; it is best to allow half an hour. Boil the ornamental carrot for ten minutes in boiling water and salt, the turnips for five and strain them on to a hair sieve. Something green must be added, peas and green haricots, or scarlet runners cut in diamonds, these must be boiled with the lid off, the peas and haricots for twenty minutes, the beans for ten. When done and dry, put them all together in two table-spoonfuls of the gravy from your pan to warm through. By the time the meat is well browned the stock should have boiled away and reduced to about quarter of a pint of thick glaze. If it has not, keep the meat hot and boil it very rapidly over the fire with the lid off; there should be only just enough to cover the meat and the surface of the dish. Draw out the string which holds in the stuffing, strain your glaze over, and arrange the

macedoine or mixture of vegetables, in four little heaps round it. Be very particular that your glaze is not greasy, and if the meat is to be eaten cold, none will be wanted on the dish, so you may keep it until cool and then brush it over with an egg brush. If you have no second stock at hand, a thinner sort will do with a little gelatine added to stiffen it.

Stewed steak is so frequently hard and unwholesomely greased, that I am giving you a lesson upon it, although you have already had one on stewing. One lb. of rump steak, three quarters of a pint of stock, one carrot, half a turnip, one onion, a stick of celery, a bouquet garni, salt, pepper, one tablespoonful of flour, one oz. of butter, and one table-spoonful of ketchup, and it will take an hour to cook. This may strike some of you as too short a time, but remember that it is not the time, but the way you cook meat that softens it; longer would stew it to rags, but it does not follow that it would make the fibre more tender. Any stock will do for this purpose, or even water if you have none. First trim away all skin from the outside, it contracts with heat and draws up the meat, cut off also the fat, which is to be cooked separately so as not to make the gravy greasy, make the ounce of butter very hot in your saucepan, and lay the steak in to brown on both sides, in order to give the sauce a good colour. Cut the onion in rings, and as soon as the meat is coloured on one side turn it, and put the onion in to fry with it. Don't let the rings turn black, or the stew will taste disagreeably bitter; as soon as they are nut brown, pour off the grease and add your vegetables, cut in slices, the herbs, seasoning and stock. Cover the saucepan very closely, and set it near the fire, where it will only gently simmer for three quarters of an hour. Then mix the flour with the ketchup, and stir it in. At the same time put the fat cut into small dice on a tin in the oven to bake, or in a frying pan over the fire. The vegetables used in the stewing, have parted with all their flavour, and

should not be served with the dish; it is better to cut from them beforehand some pieces for a garnish, and they thus serve the two purposes. Take a slice of carrot an inch thick, and cut the sides round smoothly, with a vegetable knife peel off a thin ribbon, lay this on your board and shred it finely. Keep the point of your knife firmly on the board while you work the handle up and down, and with the other hand push the ribbon underneath, keeping the first joints of your fingers well against the blade so that you do not chop your nails. These strips must be cooked in boiling water and salt for five minutes; similar pieces from a block of turnip, cut in thin slices, take three minutes. In dishing up your steak, arrange small piles of these upon it alternately, with an atom of finely chopped parsley on the turnip, put the fat in the middle and strain the gravy round. Provided you have never allowed the heat to increase beyond 165°, the meat will be deliciously tender, and full of flavour. Half an apple sliced and stewed with it will ensure its being tender, even in hot weather, when the meat cannot be hung for long; the malic acid in the fruit softens and decomposes the fibre, and you do not detect the flavour of apple in the dish.

SECOND LESSON.

SOUPS AND PURÉES.

BEFORE learning to make soups it is necessary you should understand the manufacture of stock—that invaluable ingredient in so many dishes. It is of five sorts: “white,” “brown,” “first,” “second,” and “fish stock.” The latter is made with half mutton-broth and half the liquor in which a cod’s head or any inferior part of fish has been boiled for three or four hours, with a carrot and parsley; it is the foundation of all fish soups. The distinction between “brown” and

“white” comes from using beef for the one and white meat, such as veal or rabbit, for the other. First stock is the first boiling of the meat and vegetables; second stock is produced by putting them on again to boil in fresh water. The repeated cooking draws out more of the gelatine from the tissues and bones, so that second stock is always stiffer when cold than first; hence, it is preferred for braizing, as you learnt last lesson, and also for jellies. Some housekeepers object very strongly to the purchase of stock-meat, others have it several times a week. For the best clear soup it is absolutely essential that you should make stock expressly; for all others the boiling down of the bones and pieces of the household will suffice.* If it is wanted very dark in colour, the meat can be fried first, but pale soups are the fashion now-a-days. A very good coloured stock is made of half veal and half beef. Take two lbs. of shin of beef and two lbs. of knuckle of veal, two carrots, one turnip, two leeks or one onion, half a head of celery, a bouquet garni, thirty peppercorns, and a dessert-spoonful of salt. Cut the meat into pieces an inch square—the smaller it is the more chance you have of extracting the goodness, since there is a larger extent of surface exposed to the action of the water—remove all fat, break the bones and take out the marrow, then weigh meat and bone together and put them in a saucepan with salt and cold water, one pint to each lb. and one pint over, to allow for evaporation. It will have to simmer for six hours, and you will then have two quarts left. Bring it to the boil as slowly as you can; you remember what I taught you in making beef-tea about the action of cold water upon meat. Just before it reaches boiling point, skim it very carefully; the more thoroughly you skim stock, and the more gently you boil it, the less difficulty you will have in clearing the soup, for it is the gelatine from the bones that thickens it principally, and that is most extracted

* See lesson on Soups, p. 25.

at a great heat. When quite boiling put in your vegetables, properly prepared, and leave it to cook slowly. In the evening strain it into a basin through a hair sieve, and next day it will be a tolerably good jelly with a cake of cold fat upon the top. During its preparation you must watch that neither milk nor flour get in, or you will fail in clearing it. Before using this stock all the fat must be taken off with an iron spoon, its surface and the sides of the basin carefully wiped with the corner of a cloth dipped in boiling water. To make it into CLEAR SOUP you want one carrot, half a turnip, one stick of celery, a bouquet garni, some salt, and one lb. of lean beef for every five used to make the stock. I cannot tell you the proportion to the *quantity* of liquid; it is not that that wants clearing, but the extract of the meat in it, and the less there is in bulk from the five lbs. the greater need of the one lb. to clear it, since it is much stronger; thin liquids are naturally the least trouble to clarify. This two quarts of stock will need three quarters of a lb. of lean beef very finely shred, as for beef tea, put into the saucepan with it and the vegetables, which are to freshen the flavour. If celery is out of season, use half a salt-spoonful of celery seed, tied in a piece of muslin. It is economical to cut the vegetables you intend to serve in the soup before you clear it, then the pieces can go in for flavouring. Clear soup is the foundation of many others. If your vegetables are cut in wafers, it is called "printanière"; if in cubes, "brunoise"; in olives, "nivernaise"; in strips, like half a match, "julienne;" and if peas, beans in diamonds, carrot, turnip, lettuce finely shred, and sprigs of cauliflower are floating in it, it is "jardinière"; with savory custard it is "soup royale," and so on. Of all the processes you learn in these lessons, soup clearing is the most difficult, because it is brilliant at one particular point—a minute later hopelessly thick; great care and some experience are required. Put your stock, perfectly free from grease, your vegetables washed clean and cut small,

and your shredded meat into a stew-pan over a quick fire. It is essential that the fire should be very quick to clear it well. Stir this with a whisk or iron spoon (the whisk is better because it separates the meat) until you see white scum or froth rising to the surface and just a little steam, then leave off at once; one grand mistake, and a very common one too, is to continue stirring too long—you do not consequently notice that the soup has passed the right point, and is spoiling. Let it remain on the fire until it begins to bubble, at any point; it need not be all over or in the middle; then draw it gently on one side, place the lid over, leaving a crack for the steam to escape, and let it stand for twenty minutes. I would advise your arming yourself with a very bright spoon, silver if possible, and watching it carefully, taking up a little now and then from the sides and examining. At first it is thick, like the raw beef-tea, but browner. Then the liquid gradually gets clearer, and the pieces in it harder, until at the right moment the spoon shines through it brightly, and the brown particles are very distinct. The experiment with the raw beef-tea should help you to comprehend this, for the process is exactly the same. You remember how it was opaque before cooking, but became quite transparent when the albumen, which was suspended in it was hardened and separated; so with jellies and this soup. Some people use albumen from another source; white of egg for clearing their soups, but it should not be done as it completely destroys the flavour of the meat, whereas the lean beef adds to it. Don't attempt to skim your soup in clearing it, the more it throws up now the better, and above all things don't let the scum boil down again, it would thicken it irretrievably. Whilst it is standing prepare your cloth for straining it. Turn a chair topsy-turvy on the table and tie the corners of a very clean cloth to the four legs. Tammy or demet are the two best materials, being woollen they will absorb any grease you may have accidentally left; failing these, use

flannel, or a tea cloth of a loose make. Run hot water through first to ensure its being quite clean, then when the twenty minutes are over, pour all the contents of your stew-pan upon the top. What runs into the basin the first time will not be quite satisfactory, but if it has been well cleared, and is put through the second time slowly enough, a ladleful at a time, it may not require passing again. It will not be hurt however often it goes through the cloth, it must do so several times if not bright at first. I have found it a good plan after the second straining to boil it up once sharply with a small lump of sugar, and then pour it through the filter in the cloth for the last time. French people never finish these soups without sugar, it brightens them. It is now ready to be finished off in any way you like. Your vegetables must each be boiled separately (the green ones with the lid off and a mite of sugar in the water), strained on to a sieve to drain, and then slipped into the soup at the last minute before it goes to table. For olive-shaped pieces you use a special cutter; the cubes are cut with a knife, and for the wafers you peel a ribbon from the outside of a carrot, and with your French cutter stamp out some small rounds; turnip in the same way; and also the lightest green of the leek to give a variety in colour. For a SAVOURY CUSTARD you beat the yolks of two eggs with half a gill of the stock, strain into a well greased cup and cover it with buttered paper. Stand the cup in a saucepan containing boiling water to the depth of one inch, and draw it off the fire. Let it stand so, with the lid on, until you feel the centre of the custard quite firm, then lift it carefully out and don't move it again until cold. All these cautions are to prevent its quackling or being honey-combed, there should not be a single hole, and in this way of cooking it you cannot get them; if you try the quicker way "simmer it gently for fifteen minutes," they are nearly sure to come. When the custard is quite cold, turn it out of the cup and cut away all the outside, which, being greasy, cannot be used. From

the block left cut thin slices, and from these any fancy shapes you please, which, like the vegetables, must be slipped into the soup at the last minute. This custard is yellow; a white one can be produced with only the white of egg and stock, a green one by colouring the white with spinach juice, and a red one by the addition of a little cochineal. Made with beef-tea the Savoury Custard is a suitable dish for invalids, and not a bad way of getting them to take beef-tea when the fancy for it has gone. For "*consommé*," a richer form of clear soup, a fowl should be boiled down with the stock meat. On the continent, soups are far more general than in England, and rightly so; we take our nourishment in a more solid form than is absolutely necessary; two-thirds of the human body are water, and this wastes much more rapidly than anything else; and though all our solid food contains it, still it is necessary we should have some in a liquid state. Water is the carrier to our system, all our food is dissolved, and by its agency conveyed to the different parts, and it is a wise plan to commence dinner with a plate of some light soup.

PURÉE is the name given to any soup which is thickened by being passed through a sieve with the substance from which it has been made. Thus, a purée of shrimps, would be fish stock made into a thick soup by having the shrimps passed through a wire sieve and added to it; of asparagus, would be with the soft part of the vegetable pulped into it; and so it is possible to make a purée of almost anything. Vegetables are generally selected, and if not actually alike, these soups are all made on the same principles. For a purée of artichokes called JERUSALEM SOUP, you want two lbs. of artichokes, one and a half pint of white stock (second white stock will do), one stick of celery, one leek or small onion, pepper, salt, one oz. butter, and one gill of cream. This is to be made very quickly or it will be a grey soup instead of white, for artichokes change colour rapidly after being peeled unless kept under water. Wash, peel, and slice them, wash and cut up

also the celery, and only the white part of the leek. Melt the butter, and lay in your vegetables to "sweat" with the lid on for five minutes, they must be shaken or stirred now and then that they do not discolour. Add your stock and seasoning, and boil it until the artichokes are quite soft, it will take about half an hour, and if you hurry this part of the process you double the trouble of passing them through the sieve. If you have it, use a tammy, if not, a hair sieve; place it over a basin, the shallow side uppermost, and pour your soup upon it. Stand it now over the saucepan or another basin, while you rub the vegetable through with the back of a wooden spoon, using from time to time a little of the liquor to assist. Add the cream, bring just to the boil, and serve it with a plate of croutons, dice cut from the crumb of a loaf, and delicately fried in butter. As potatoes are not so watery a vegetable, one lb. of them would be sufficient for the same quantity of soup. For GREEN PEA soup, you must have one pint of peas, after they are shelled, and select two handfuls of the cleanest looking pods for thickening the soup. When peas first come in these are young and tender, and can be used quite as well as the peas which they thus economise. String them on each side, and remove the flinty lining by bending down sharply the end where the stalk grows, and then drawing it towards you. Boil the stock up first, then put in the peas and pods, and to keep them a good green, particularly when they first come in, cook with them a spinach leaf, some people like also a leaf or two of mint for flavouring. The lid must be left off the saucepan. Rub both the pods and peas through the sieve, and bring the soup again to the boil. You may very often have noticed soup at the top and all the thickening at the bottom of the tureen; this is for want of what is called a liaison, and will always happen unless it is made of something starchy, such as potatoes or tapioca. A liaison can be made of eggs, as you will see just now, or of arrowroot; even common flour will do, for it simply means something to bind

the soup so that it will support what it is thickened with. Mix three tea-spoonfuls of arrowroot with enough cold water to liquify it, and when the soup is quite boiling stir it in, let it cook for two minutes, then add the cream, and you will notice that the pea-meal is now evenly dispersed throughout. Some people use eggs in green pea soup; but I recommend the arrowroot as equally effectual and more economical. If cream is objected to, omit it, and substitute half a pint of milk for the same quantity of stock; don't increase the butter, or there will be stars of grease upon the top of your soup.

TAPIOCA CREAM is the name of a very convenient and quickly made soup. You most likely have all the materials in the house; it can be prepared in half an hour, and therefore could be easily added to a dinner if a friend dropped in unexpectedly. Any sort of stock can be used, first, second, brown, or white, the preference being decidedly given to white, as brown darkens the colour rather too much. A pint and a half of stock, two dessert-spoonfuls of crushed tapioca, the yolks of two eggs, half a gill of cream, pepper, and salt. Bring the stock to boiling point, then with your left hand sprinkle in the grain, stirring with the right or it will go to the bottom and cook in lumps. Add the seasoning, and in fifteen minutes the tapioca will be cooked, and have become completely transparent; if not, you know it is not sufficiently boiled. Now draw the soup from the fire to cool a little, while you prepare the liaison. Beat the yolks of two eggs with the cream, then strain it (you remember this is done to keep out the tread), mix it into the soup, stirring carefully. If your soup is the least degree too hot when the liaison is added it will be entirely spoilt, the eggs will be partially cooked, curdled as it is called, and will lose their property of supporting the tapioca. The most critical point in the preparation of this soup is returning it to the fire and cooking the eggs, the raw taste of which is always perceptible when this is omitted. If it boils, it is

ruined, and yet it must be so near boiling point that the eggs are cooked and thickened as in custard; if not, and you let it stand a minute, the egg and cream rise to the top, and all trace of the tapioca disappears, which is not as it should be, the object of the liaison being to make every spoonful exactly alike.

Whole tapioca cannot be used for this soup, semolina and sago can, but none of these grains are so suitable as the crushed tapioca, prepared by M. Groult. It cooks quickly, and is of such a gelatinous nature that it will act as a liaison itself, and is an agreeable addition to many soups.

THIRD LESSON.

ENTRÉES.

OF these I can only give you four examples in one lesson, for they take a long time to prepare. An *entrée* of fish is shown in your fifth lesson—lobster cutlets. Fish, flesh, or fowl, dressed in some fancy way, would constitute an *entrée*. Skill in the cooking and flavouring are, of course, essential, but success very largely depends upon the taste with which the dish is finished off and served. Frying is a favourite way of cooking *entrées*, and one which I trust you will not find difficult after all I have said on the subject. I shall give you one example of it—CHICKEN CROQUETTES. They are easy to make, and convenient also, since all but the actual cooking can be done in the early part of the day. You will require six ozs. of fowl (either boiled or roasted), two ozs. of lean ham, six button mushrooms, one oz. of flour, one oz. of butter, one gill of stock, half a gill of cream, half a tea-spoonful of lemon juice, pepper, salt, cayenne, one egg, some bread crumbs, and the use of frying fat. I say “use of the fat” purposely, for after frying the croquettes it will be care-

fully strained, and can then be used over and over again, as the actual waste is so slight as to be scarcely perceptible. Mince the fowl and ham, removing the skin, bone and fat; peel the mushrooms from the edge to the centre, remove the stalks, and cut them up. You should not wash them, it destroys the flavour and makes them flabby, and the buttons not having opened, are sure not to be dirty, and are free from insects. When fresh ones are out of season, the champignons sold in tins are an excellent substitute; being not quite so strong in taste, you must use rather more. The complaint of most rissoles and croquettes is that they are so extremely dry, just like chips of wood. To remedy this we make what is called a "panada," a thick white sauce, into which the meat is stirred, and then allowed to cool; when cold it is firm enough to form into shapes and fry—the hot fat liquifies the "panada" again, so that on cutting the croquette it is found full of creamy sauce. Melt the butter, mix the flour into it smoothly with a wooden spoon, add the stock, and bring it to the boil, stirring all the time; now cook it very thoroughly, until it leaves the sides of the stew-pan freely and clings to the spoon. If you fail in this, the croquettes will be a failure, for the panada will not be strong enough to hold them together, they will burst in the fat, and hollow balls will be the result. You need not fear making it too stiff; the cream and lemon juice have to be added next off the fire, and both these tend to make it thinner. Lastly, add the seasoning, mushrooms, and minced meat, stir them well in and spread the mixture upon a greased dish to stand aside and cool for at least two hours. Make some bread crumbs by rubbing the crumb of a stale loaf through a wire sieve, and do not be stingy in the quantity, for it is not wasteful; they will keep some days if in a dry place, and, like the fat, can be used several times, each time being again shaken through the sieve to separate the egg that has fallen in; they are rather nicer a day or two old, for as they get

staler they shrink, and are, consequently, finer. Put at least two lbs. of fat in a deep pan and stand it on the stove to get hot. Oil is the best of all mediums for frying; it attains a greater heat, without burning, than fat does; at least, 100 deg. more, and the hotter you can have it when your "fritture" goes in the more perfect the "surprise," as the French say. Fresh butter is, of course, too expensive for general use; against animal oil there is a strong prejudice; though why neat's-foot oil should be objected to I cannot see; horse oil is used in the fried-fish shops; lard and clarified fat answer the purpose very well, the preference being always given to that which you have rendered down yourself. If your fat is once allowed to get over hot before you use it, you will notice that when cold the colour is dark, as dark as coffee, perhaps—it is burnt, and whatever is cooked by it is the hue of mahogany, instead of golden or nut-brown. Over-frying might, of course, bring about the same result, but when it is due to burnt fat there is no help for it but to set it on one side and take fresh. As I have already told you, it will keep for an almost unlimited period if properly strained each time after using, the pieces left in it are those which go bad and spoil it, not the fat itself.* We cover jams and potted meats with fat, to keep them.

To return to the Croquettes: when the mixture is cold you will find it comparatively solid, and easy to form into shape. Flour your board and hands slightly, place your crumbs on a sheet of paper, by your side, beat an egg upon a plate, and have a frying-basket near. Take portions of the mixture about the size of a tangerine orange, and roll them on your board into a ball, or like the cork of a bottle. Dip each in the egg, which must cover every part perfectly, and then roll them in your crumbs. Lastly, shake off the loose ones, and gently roll them again on a clean part of the board "to firm" on those which

* See also lesson on Frying, p. 40.

adhere ; this ensures their being completely covered and keeps the surface smooth. Mend any part which is not covered, and as each is done set it in the frying basket. So far this *entrée* may be prepared in the morning, it does not in the least harm rissoles, or croquettes, cutlets, fish cakes, &c., to remain in their case of egg and crumb before cooking for some hours ; indeed, it is rather a safe plan, for as the egg dries it fastens on the crumbs. Some cooks, to make sure of success, egg and crumb their "frittures" twice, but it is not a good plan, the case is too thick and hard. A frying basket is a saucepan made of wire, in which you lower your rissoles into the hot fat (you must be careful that it is quite hot, and that the blue fume I gave you as a test is visible*), its chief advantage is that as all go in at once and come out together they are exactly one shade. In your second lesson of the former series you saw that it was quite possible to fry without one. Don't be too anxious to see how they are getting on. If you lift them out too soon the change into the cold air will cause them to burst, about one minute will be long enough ; you can lift the basket to see without taking it completely out. When done, lift them with your fingers (you will soon get used to warm things, and they must be lightly handled as the sauce is now soft), and lay them on kitchen paper to drain whilst you fry the parsley. The English cook's one idea of a garnish is raw parsley, which by rights is only admissible with cold joints and boiled fish ; hot joints should be ornamented with vegetables, and for fried fish the parsley should be fried. Let the fat get still hotter, the blue fume must be very apparent, wring your parsley perfectly dry in a cloth, and pick off the stems, put a good handful in the basket, and plunge it in—turn your face away as it is apt to splutter. In about five seconds it is done ; it must not change colour at all but be so crisp that it crushes in your

* See p. 41.

fingers. Some people seem to find it difficult, principally because the fat is not hot enough, and the "surprise" perfect, and partly also because they leave it in too long. Toss it on to a sheet of paper and sprinkle upon it fine salt. Arrange the croquettes as lightly as you can upon a napkin or dish paper; if fried things press heavily on one another, the steam is kept in, and they are sodden and spoilt. Decorate the dish with the parsley, but do not overdo it above all things. They should be served as hot as possible, and will be found the very reverse of dry. Any meat can be used in croquettes by this receipt, game being particularly good. If enclosed in paste, a "salpicon" should be used in place of the panada. It is made in the same way with half as much flour and the yolk of an egg stirred in and slightly cooked just before the cream is added. Make some pastry with the yolk of an egg, a table-spoonful of water, and three of flour, roll it out as thin as a sheet of writing paper, stamp out some rounds with the top of a flour dredger, brush the edges with egg, lay a tea-spoonful of the mixture upon each, fold the paste over neatly, egg, crumb, fry, and serve them like croquettes. The great point to observe is that the paste should be as thin as a wafer, or it will not be cooked in the few seconds they take to fry; being light they float, and require turning.

I shall next instruct you in the process of LARDING some GRENADINES OF VEAL. You take a slice from the cutlet of veal, about one inch in thickness, and from it you must get seven or nine grenadines, an odd number always dishes up the best. Each must be about the size and shape of the top of a tea cup; there must be no join or sinew across them, and all skin must be cut off, or they will draw up in cooking. They should be half an inch in thickness; dip a cutlet bat, or heavy broad bladed knife in water and beat them well; this flattens them, and breaks some of the tissues, so that their tendency to shrink is decreased. Now trim them very neatly till the round is perfect; this, whether in

veal or mutton cutlets, should always be done after they are beaten. For larding them, you must have a block of fat bacon, one and a quarter inch in width; larding bacon is the best, as it is differently cured, without the saltpetre, which turns meat red; failing this, you must choose a piece of ordinary bacon from the back where the fat is firm and hard. Cut a number of slices along it, parallel to the rind, (which rests on the board), and one eighth of an inch apart, then cut downwards, so that you have strips of fat one eighth of an inch wide each way and one and a quarter inch long, with these you will thread your needle. A larding needle is a piece of wire, split into four at one end, between these pieces you lay the bacon. Take your grenadine on a cloth, and thread the needle through the upper surface of it across the grain of the meat. As you draw your needle through the stitch, you must leave the bacon in it. I find the easiest plan is to slant the needle a little upwards directly it is free of the meat. Make three stitches in a line across the narrower part, then three more a little lower down, so that they alternate with the previous row and the ends of the bacon cross slightly, and continue doing this until the entire surface is covered. Trim the ends off evenly with scissors. You must be careful to take the stitches so deep that you do not tear the meat, and yet not through to the other side. In hot weather the bacon is somewhat troublesome to manage, it is soft and breaks easily; handle it as little as possible and do your larding in a cool place. The breasts of fowls and game are often larded in this way; with very small game it is more usual to tie a slice of fat bacon over the breast, this is called "barding." Lean meats are generally selected to be larded, and they are then always roasted or braized. The lardoons, as the strips of bacon are called, must be proportionate in size to the piece of meat for which they are used. Truffles and ham also can be used to lard with, and the needle is sometimes run in at one side of the meat and out at the other, leaving the lardoon

in the centre instead of upon the surface. Pieces of beef from the under cut of the sirloin similar to these grenadines, would be called "fillets de bœuf," and a single large piece of veal would be a "fricandeau." In your last lesson but one, you were taught how to braize* so that I need only tell you that is the way these should be cooked, and give you a list of the ingredients. Half a pint of stock (it must be good and stiff), one good sized carrot, one turnip, one stick of celery, one bouquet garni, one onion, and seasoning. They will cook in an hour, and must be a light brown. The glaze must be stiff and only just enough to cover them and the dish. A macedoine of vegetables, cut a suitable size, must be served in the centre, the grenadines forming a circle round, each overlapping the other slightly. A bed of mashed potatoes is sometimes placed under them to make the dish handsomer and easier to arrange. A purée of spinach or sorrel is occasionally served in the centre, the acidity of the latter being particularly agreeable with veal.

A CURRY is a favourite *entrée*, and a good one for you to learn, since they are all made alike, whether you use meat or fish, the latter naturally requiring less time to cook. I shall use one rabbit, one pint and a half of stock, one table-spoonful of flour, two of curry powder, one apple, one onion, quarter lb. of butter, half a gill of cream, the juice of half a lemon, salt, one salt-spoonful of sugar, half a lb. of rice. Divide the rabbit neatly into joints, much smaller than you would in carving, about one inch or one and a half inch square, and chop off all projecting pieces of bone. The chest and head have so little on, they had better be put in the stock pot. Roll each piece well in flour to be sure it is dry, make the butter very hot, and fry them a rich brown. Meanwhile, peel, core, and mince the apple, peel the onion and slice it finely from the top to the root,† chop it up also, and as soon as the rabbit has taken a good

* See p. 105.

† See p. 13.

colour on both sides, lay it on a plate and fry the onion, which you must be careful not to blacken or your curry will taste bitter. As soon as it is brown, add the apple, and let the two frizzle together until soft, then return the rabbit to the saucepan, sprinkle over it your curry powder, and let that fry. In India curries are prepared very differently; they do not have the powder ready made, but mix it as they go on, putting in each ingredient separately; and, as they have the advantage of obtaining many of them fresh and green, it is no wonder theirs should be so superior and different from ours. I believe few people know what an immense improvement it is to fry the powder, and so is the addition of a little freshly grated cocoa-nut when it is in season. The best curry powder to be obtained in London is from Apothecaries Hall. I would not advise your manufacturing it at home, it is a painful performance, the red peppers tickle the throat and make the eyes smart sadly. The flour I am using is not a necessary ingredient. Some people say curry is not correct when it is added, let them leave it out; as for me, I think it an agreeable addition, *chacun à son goût*, where the question does not affect the character of the dish. Mix it with the stock, pour it into the saucepan, and let the whole simmer very gently for one hour and a half. As you already understand the boiling of the rice,* I will not weary you by repeating it. Just before the curry is served, add the cream and lemon juice, and on no account return it to the fire afterwards, or the acid will curdle the cream. Serve the pieces of rabbit in the centre of the dish, shake the rice in a loose and high border round, and pour what little sauce there is (it ought to be a teacupful at the most), over the meat; if properly made it will be very thick and smooth, and cling to the rabbit. When the curry is of lobster, use the same ingredients, only make it like the curry of cold meat, and decorate the rice with some of the

* See page 13.

grated coral. Prawns make an effective dish in the same way, with the heads embedded in the border. Sour fruit of some kind always enters into the composition of a curry. In India the meat will not keep, the heat is too great, it has to be eaten the same day it is killed, and to prevent its being too tough a sour fruit is cooked with it that the acid may soften the fibres and make it tender. They generally use the mango and green lime; we find the apple most convenient, and when that is out of season, substitute green gooseberries or rhubarb. Instead of rice, boiled maccaroni can be used with a curry, but it is not so general.

It is usual at a dinner to serve a brown and a white *entrée*.

CÔTELETTE DE VEAU À LA TALLEYRAND is a very quickly made dish, a general favourite, and though not exactly white, passes as one. The necessary ingredients are one lb. of veal cutlet, two ozs. of butter, one gill of white sauce, one shallot, four mushrooms, one tablespoonful of chopped parsley, the juice of a lemon, seasoning, and the yolks of two eggs. Cut your veal into neat pieces as for grenadines, make the butter hot in a *sautépan* or scrupulously clean frying-pan, lay the cutlets in it, and cook them gently for fully five minutes without discolouring them in the least on either side. Chop up the shallot exceedingly small, also the mushrooms, and sprinkle them with the parsley, pepper, and salt over the cutlets, add one gill of white sauce, first stir it until it simmers so that the sauce mixes well in with the butter, and then let it continue doing so for twenty minutes to cook the meat. If you have no white sauce at hand, make some in this way: Melt one oz. of butter and gently fry in it one oz. of lean ham without darkening the butter, stir in one and a half oz. of fine flour, add half a pint of white stock, and stir it until it boils. Peel four mushrooms, without washing, they must be buttons, the larger ones would discolour the sauce; cut up and add them, and

now draw the saucepan on one side, put the lid half on, and leave it gently simmering for twenty minutes to throw up the butter. At the end of that time you will find a quantity of oil upon the surface which must be removed, it has done its service in softening and enriching the sauce, but if left in would disagree with some people. Lay a tammy or loosely made cloth over a basin and pour the sauce into it. Take up the two ends, twist one in one way, the other in the opposite, and so wring the sauce through; this is the most effectual way of straining, and is always adopted with the best sauces. Add one gill of cream, and it is ready for use, it will keep for a day or two in cold weather, especially without the cream, which can be added at the time of using. An inferior white sauce is made in the same way without cream, and with milk substituted for half the quantity of stock. The only difficulty in a dish of cutlets à la Talleyrand is in the cooking, it must be very gentle, and they must be stirred often. I have seen them cooked so fast, that the butter completely separated from the sauce, giving the dish an unwholesome oily appearance, anything but tempting; the gentle stewing, besides avoiding that, makes the meat extremely tender. When done, stir in, off the fire, the yolks of two eggs, return the pan for a minute to take off the raw taste, and just before serving add the juice of a lemon. Arrange the cutlets in a circle, and pour the sauce over them. No garnish is served with this dish, and, unless you have cooked it so fast as to change the colour of the parsley, the yellow sauce is effective enough and none is needed.

You have had so many examples in these lessons of the way in which to egg and crumb meat, that I have not thought it necessary to show you that standard *entrée*, MUTTON CUTLETS. The great art lies in trimming them into a good shape, and for this reason, you must select the smallest meat and only use the seven bones at the best end of the neck. Let the chine bone be sawn neatly off (it is the flat piece that lies at the top of the

cutlets), and in removing it the top of the cutlet bone should be sawn off too; it is an ugly nob which spoils their shape. The bones of the cutlets themselves should not be longer than three inches, and each cutlet should be cut with a bone to it, and then beaten out to the right thickness. Trim them to a shape as nearly resembling a pear as possible, and remove the skin from the outside and inside the bone, the tip of which must be scraped bare for half an inch. They are now ready to be egged, crumbed, and fried in two ozs. of butter, and should be served with mashed potatoes, green peas, or with frills round the bone. There is some art in dishing them nicely. Lay one on your dish with the bone on the inner side of the circle, the next over it in the same way, and so on, until, as you slip in the last, you raise them all upwards so that they stand almost straight and the tips of the bones make a ring at the top; the vegetable should be placed in the middle. Almost any sauce or vegetable may be served with them, and the dish generally takes its name from the sauce. *Côtelettes de Mouton à la Soubis* is so called from the purée of onions, into which the cutlets have been dipped; covered with a purée of green peas, they are *à la Princesse*, and so on; there is an almost endless variety which you ought now to be able to work out for yourselves from the receipts given in Cookery books. Cutlets may be broiled or braized as well as fried, they are nice either way if not over done; seven minutes will fry them, five broil them, and half an hour braize them.

FOURTH LESSON.

VEGETABLES AND SALADS.

HAVING shown you in the other series of lessons how to boil both old and new potatoes, I shall to-day illustrate some of the fancy ways of dressing them. The ordinary and simplest way of finishing off new potatoes is

to pour away the water, put in a dessert-spoonful of finely chopped parsley, and one oz. of butter, and shake them for a minute or two over the fire (A LA MAÎTRE D'HÔTEL, it is called); slices of old potatoes warmed up in the same manner are very good, or a thick sauce made with melted butter and parsley may be used. To "SAUTÉ" them, they must be tossed in one or two ozs. of butter, according to the quantity, until golden brown. Sauté potatoes when made from old ones are somewhat different. Pieces about the shape and size of the quarters of an orange must be cut with a knife, or if you have a proper vegetable scoop cut them to resemble new potatoes, put them on in cold water and just bring them to the boil, no more or they will be ruined, then wipe them dry; make two ozs. of butter quite hot and put them in to cook for about fifteen or twenty minutes, tossing them occasionally, that all sides may be equally golden. They are an effective and agreeable garnish to a broiled steak or chop. The fried potatoes so often seen in France require considerable practice. Slices must be cut from the raw potato about one eighth of an inch in thickness, put into the frying basket, and then boiled in the fat until on pressing the centre it feels soft; the fat must not be nearly hot enough to fry in, they must only just cook. Take them out and let it get very hot indeed, quite 400°, now plunge them in for one or two seconds, and they will puff out like small balloons and be crisp and brown. POTATO CROQUETTES are general favourites, and it is a good way of dressing old ones, or warming up those left from yesterday's dinner. You must have at least one lb. of cold potatoes very drily boiled, or better still, not boiled at all but baked, two eggs, one oz. of butter, one tablespoonful of milk, seasoning, bread crumbs, and the frying fat. Rub the potatoes through a wire sieve and mix with them the butter and milk made hot together, break an egg and beat the yolk well in (in making up two lbs. you can be economical and make one whole egg serve instead of two yolks, but it is not so rich), add the seasoning and

roll small portions of this into different shapes upon a floured board. Apples and pears look very well, or merely balls and corks, just which you fancy, but never form it into cutlets, which would be misleading. Roll them in the egg and then in crumbs. The fat must be *very* hot before they are fried, and the case of egg and crumb very perfect, or you will be disgusted to see the potato boiling out and only a hollow shape left. They are such a watery vegetable, the only way to avoid such a catastrophe is to have no doubt about the fat, let the fume be very visible, or if you have a frimometer let it register 400° before you attempt to use it. Cook them in a frying basket and let them be of a light colour, drain them in the usual way on paper in front of the fire, and where the stalk of the fruit would be, insert some parsley stem to represent it. Serve them on a dish paper or napkin garnished with fried parsley.* To some people's taste, the addition of a table-spoonful of parsley to the potatoes is an improvement; further varieties may be produced by the admixture of different minced meats, in which case the dish must change its name. Those who are fond of BAKED POTATOES will find this a convenient way of serving them for company, 'en robe de chambre' as one *menu* gave it. Bake them and divide each skin carefully in half, scoop out all the potato, pass it through a wire sieve, melt two ozs. of butter in one table-spoonful of milk, let the potato warm through in it, add pepper and salt, chopped parsley if liked, and fill half the skins, heaping them very high in the centre. Smooth the surface with a knife dipped in cold water, or score it as your taste may dictate, brush them with yolk of egg and let them bake a golden brown in the oven before serving. A POTATO SALAD is a delicious dish. You shred a couple of young lettuces, cut six or eight cold boiled new potatoes into slices, and if they are liked slice up also a few chives; mix the lettuce, potatoes, and chives

* See p. 119.

with pepper, salt, a little vinegar, and plenty of the very best salad oil, and serve it upon a dish which has been rubbed with garlic. With celery and beetroot, cold boiled potatoes also make an excellent salad.

As an example of how to cook green vegetables, I have some spinach and BRUSSELS SPROUTS. All except spinach and green peas, the shells of which would crack, should go into boiling water and be boiled fast with the lid off and without soda, a small lump of sugar answers the same purpose, and does not make them so insipid. Greens are better steamed than boiled, they are less watery. Brussels sprouts must be neatly trimmed: the stalk is to be cut off and all loose leaves, so that each is a perfect and compact cabbage in miniature; those which have opened are unsatisfactory and will never dress nicely. They are to be washed in salt and water, and then cooked in some which is boiling fast for ten or fifteen minutes. The salt in the water, you remember, raises the temperature six degrees. Strain them off and set the water out of doors to cool before it is thrown away, and then let it be thrown down an outside drain. Green-water has a most objectionable odour, and should never be poured down the sink. A slice of bread tied up in linen and thrown into the saucepan whilst cabbages are boiling is said to cure it; if tied in calico it is not efficacious. Now *sauté* the sprouts for a few minutes in one oz. of butter with pepper and salt; the hot butter drives some of the water off in steam, and makes them more tasty. Most plainly boiled vegetables are improved by being *tossed* in butter, to which parsley, lemon juice, grated nutmeg, or minced shallot may be added to taste. Peas must be gently boiled from twenty minutes to half an hour, or more, according to their age. A sprig of mint should be cooked with them, and a lettuce also will give them a good flavour. On the continent it is not uncommon to see the pods sent to table, or a dish, half peas and half carrot, cut in small pieces, which mixture is very good. You should *sauté* both peas and beans in butter for a

few minutes before they are dished up; for the former the addition of some finely-chopped mint to the butter is thought an improvement. The most delicate way of serving BROAD BEANS is to slip them out of the skins, which are tough and bitter, and warm them in some parsley and butter sauce. SPINACH is an exceptional vegetable; it is boiled without any water. As it reduces enormously in cooking, you must have two pailfuls to make a good sized dish. The stalk must be pulled off every leaf, and if they are old so must the tip, it is apt to be bitter. The great drawback to spinach is its invariable grittiness; nothing is more unpleasant than to bite upon grit, and it is extremely difficult to wash out. I think the best plan is to put the leaves in a large sieve and let the tap run whilst you turn them over and over under it; but even this, unless persevered in for some time, is of no avail. When quite clean pack it into a large empty saucepan, with a good sprinkling of salt, put on the lid, and set it by the fire; nine-tenths of spinach are nothing but water from which you may gather that when finished you will only have one-tenth its original bulk, and also that it will furnish plenty of liquid in which to cook. Let it boil for ten minutes in its own juices, and the lid is to be left on. The green is so intense there is no fear of its discolouring; indeed, spinach affords the only pure green colouring-matter used in confectionery. To obtain it, pound some leaves in a mortar and steam the expressed juice in a gallipot until it is solid; it will keep some time. The economical way of dressing this vegetable is to press out the water, chop it, warm it with a piece of butter, and serve. By far the nicer method is to *wring* it very dry in a cloth, rub it through a wire sieve, add seasoning and as much cream as it will take up without becoming too liquid; one gill should be about the quantity; and warm it with one ounce of butter. It may be pressed into a buttered mould and shaken on to the dish, or formed there like a pyramid with a knife. Croûtons, or fried sippets, in

fancy shapes, should be used as garnish, and poached eggs may also be served with it. It is a particularly wholesome vegetable and very easy to digest after being passed through the sieve. ASPARAGUS, CELERY, and SEAKALE are cooked in the same way and for the same length of time—half an hour; though, in every instance, the time depends entirely upon age and the consequent toughness of the fibre. Asparagus must be scraped from the head downwards, to remove an outer skin; and cut all one length. Celery is to be well washed; the outer stalks that are too coarse to cook pulled off and the root cut away. Seakale only requires washing and trimming about the root; each must be tied in a bundle with bass or broad tape—string would cut through it—and put into boiling water and salt; with seakale it is most important that the boiling should be regular, and half an oz. of butter in the water softens and improves it. They must each be dished upon a slice of toast, not intended to be eaten, but for the purpose of draining them perfectly. EGG SAUCE is correct with asparagus. Melt a quarter of a lb. of butter, bruise the yolks of four hard-boiled eggs in a mortar, add seasoning and one teaspoonful of lemon juice and serve it in a tureen. Celery is not unfrequently stewed in stock, which is thickened and served with it as a brown sauce. SAUCE NORMANDE goes well with almost any vegetable; melt one oz. of butter, stir in half an oz. of flour, add (carefully, because it is hot *) half a pint of the water in which the vegetable is cooking, mix very smoothly, and just bring it to the boil; season it and add, off the fire, the yolks of two eggs, which, when thoroughly blended, must just be cooked enough to destroy the raw taste without curdling them. A squeeze of lemon just at the last moment is a wise addition. This sauce goes well with cauliflower, broad beans, vegetable marrow, &c. A more expensive one of the same description is Hollandaise,

See p. 21.

made by adding to half a pint of melted butter the yolks of three eggs and, piece by piece—off the fire—a quarter of a lb. of butter.

CAULIFLOWER AU GRATIN is an entremet. All dressed vegetables, such as tomatoes farcis, potatoes soufflée, and so on, are called entremets de légumes, and should be handed round after the game, they might also be introduced into the second service. You must select a cauliflower with a firm close head, wash it, trim off nearly all the leaves (a few will be a protection to the flower), and put it in boiling water until quite tender, probably from twenty minutes to half an hour. When it is to be plainly boiled for table, do not trim off quite so many leaves, split the stalk across in opposite directions that it may cook as soon as the flower; and take off the lid of the saucepan to prevent its turning brown; in this instance the lid may be left on, as not a particle of the green is sent to table. Place it in with the head downwards, so that any scum which may be thrown up settles on the stalk and not upon the white blossom. To try whether it is done, press the flower with your finger, and when soft, take it out on to a hair sieve, or cloth, and trim off all the stalk, reverse it upon a dish so that it is in the same position as when growing, and spread your sauce, which you will have made while it was cooking, well over the surface; it is to be completely masked. Melt one oz. of butter, mix in one oz. of flour, add one gill of water, and stir continually until it boils, then mix in three quarters of an oz. of grated Parmesan cheese, half a gill of cream, pepper, salt, and about as much cayenne as will cover the surface of a threepenny-piece. This will make an unusually thick sauce, which is what you must have, or it will run off into the dish where none is needed; spread it over with a knife, and sprinkle upon the top a quarter of an oz. of cheese. This now requires browning, and it can be done in three ways, either stand the dish in a Dutch oven in front of a fierce fire, and turn it once or twice; in a very quick oven; or it can be done by holding a

salamander over. The salamander is a round piece of iron at the end of a poker, it is heated until red hot, and is much used for browning; it must be knocked first on the hob to shake off pieces of cinder and coal dust, which would blacken your dish. Another way of serving cauliflower *au gratin* is simply to melt three ozs. of butter, just warm the grated cheese in it, and pour it over, some people much prefer it. When you cannot get one large flower, take two or three smaller, and press them well together in a basin (flower downwards), so that they take its shape, and when reversed upon the dish appear as one. Other white vegetables may also be served *au gratin*, and it is a good way of warming up what cauliflower remains from yesterday's dinner.

Young CARROTS may be quite plainly boiled and then tossed in butter, in which case cook them in the skins, and rub it off with a coarse cloth before you sauté them; or better still, cook them *a la maître d'hôtel*. Cut out the crown, wash and scrape them. Put into a saucepan one gill of boiling water, one oz. of butter, and a very small knob of sugar, and boil the carrots in this until they are nearly done—for a good half hour. Remove the lid of the saucepan, and allow the water to pass away in steam, so that by the time they are tender, there is only butter left; they generally take from three quarters of an hour to one hour. Put into the saucepan the juice of a lemon, seasoning, and a dessert-spoonful of chopped parsley, give it one good shake, and serve them standing on end with the sauce round. Young turnips should be boiled in brown stock with the lid off, so that when they are ready for eating, it has reduced to a thick glaze, just enough to cover them, or they may be plainly boiled and tossed in butter with a little castor sugar sprinkled upon them, which will also produce a glaze. They should be cut of a uniform shape, and trimmed to stand on end.

There can be no very precise rules as to the making and mixing of SALADS they must always vary with the

taste of those who eat them. I can only show you that standard dish, lobster salad (a plain one), and mayonnaise sauce, and leave it to you to vary them at discretion. Almost any edible green meat can be made into salads, lettuce, endive, sorrel, dandelion, water-cress, tarragon, chervil, mustard and cress, Australian cress, parsley, mint, marjoram, balm, thyme, basil, mint, cucumber, beetroot, celery, radishes, onions, chives, even garlic some people use, besides which various vegetables come into services, such as tomatoes, asparagus, cauliflower, potatoes, &c. Above all things, it is essential to a good salad, that it be freshly gathered; if the crispness is gone, half the enjoyment has also. Strictly speaking, it ought not to be washed, though green meat can rarely be grown so clean as not to need it; if it does, be most particular to leave no water on the leaves, it spoils the salad dressing; and do not crush them in drying, or they will taste flabby and faded; the best way is to shake them on a dry cloth. One cause of failure in English salads is that the lettuce and so forth is cut up too finely; abroad they break them apart, and tear the leaves, or pull them to pieces with forks; they never should be chopped, shred they may be, but then only in large pieces. To chop is to cut in any and every direction; to shred, to cut across the leaf only at right angles to the rib. Be careful in picking over the leaves that you reject all in the least faded or stale, and in using water cress, only take the tops and leaves, the stalks are coarse and hot. Onion is generally added in slices, a far wiser plan is to mince it exceedingly fine, likewise, all the strong herbs, such as tarragon, mint, thyme, and add them to the dressing, and so to the salad, by which means they become far more thoroughly incorporated, and you don't have one mouthful strong of tarragon, and the next of mint; perfect salad, like a good aspic jelly, should be an agreeable combination of many flavorings, not one of which is so strong as to predominate. Those who object to the use of onions and garlic, will find the taste quite sufficiently conveyed to the mixture, if the bowl is

rubbed with the cut surface of one before it is filled. Salads must not stand long after they are mixed, in fact, the dressing should only be added to them at the last minute, though it may be made before.

There is an almost endless variety of ways in which you may garnish them: hard boiled eggs in quarters or rounds, the yolk made into dust, fancy shaped pieces cut out of the white, cucumber in slices, beetroot in pretty shapes, the silvery stalks of the cress, truffles, radishes, borage flowers, the ice plant looks most exquisite, so cool and refreshing, and even the flowers of the nasturtium are admissible since they are not harmful. The way in which these are disposed is best left to the taste of the salad mixer; there can be no rule since one would weary of it were every salad precisely like the last. With regard to the dressing, there should be three times as much oil as vinegar, and they should be the chief ingredients; mustard, salt, pepper, Worcester sauce, anchovy sauce, sugar, the yolks of eggs (either raw or hard boiled), and vinegar flavoured with tarragon, chives, cucumber, celery, &c., can be used when those vegetables are not in season. These are to be added in quantities best determined by taste and practice, always bearing in mind that none should predominate. It is absolutely essential that your oil should be of the finest quality; it is hopeless to produce a really good salad with any but the best, and the most effectual way of blending it is to commence by emulsifying it with the egg. The salad dressing sold in bottles is too much like furniture polish, and, as the mixture will keep good any length of time, provided it is well corked, it is a pity housekeepers do not make their own. Oil and egg should be mixed first; if the latter is hard boiled, first rub it through a sieve, then add mustard, seasoning, sugar, sauces, vinegar, and, lastly, the chopped onion and herbs.

For **MAYONNAISE** you must put into a round-bottomed basin the yolks of two eggs, and stir them with a wooden spoon very regularly with a sort of backwards

and forwards motion, whilst you add, drop by drop, about one gill of oil or more, according to the quantity of sauce you want, for two eggs will take up even one pint of oil, and the more you add the thicker it becomes. The great point is not to add the oil too quickly *at first*; when it is thick it may go in more freely. Should you happen to curdle it, add another yolk, and it will come right. It is a fallacy to suppose this must be stirred one way. If used to mask fillets of chicken or sole, or to decorate salmon, use it as it is now; if as a salad dressing, put in two table-spoonfuls of vinegar (also cautiously), and one of tarragon vinegar, seasoning, and half a gill of cream, if it is liked. The addition to it of one tea-spoonful of made mustard, one table-spoonful of chopped gherkins, and one dessert-spoonful of finely chopped parsley, converts it into TARTARE SAUCE, very good with broiled salmon. The parsley should be dipped for an instant into strong soda and water boiling very fast—it intensifies the green. It used to be the fashion to serve salads in bowls; now-a-days they are arranged on dishes, and the dressing poured over. I cannot help thinking the older method the better, since they were more surely mixed. This is a simple way of serving LOBSTER SALAD: make a bed of the lettuce or endive, and lay on it at intervals the finest pieces from the claws and tail; next arrange a layer of your other greenmeat, water-cresses, perhaps, and so on, aiming at a variety and contrast in the colour; put the rest of the lobster amongst it, mix the soft matter from the head with the dressing, and pour it over all. Garnish with a sprinkling of fine cress, chervil leaves, hard boiled eggs, cucumber, and so on, and shake over the whole some powdered lobster coral.* The feelers of the fish should stand erect in the centre. If mayonnaise sauce is used, the larger pieces of the lobster should be dipped in it until completely masked and then laid on the salad; a mayonnaise of sole or chicken would be the

same. For a PLAIN SALAD, I arrange effectively upon my dish as great a variety of greenmeat as I can get: I then pour over every part the dressing, either mayonnaise or a mixture of my own to taste, and ornament it with quarters of hard boiled egg and half rounds of cucumber alternately round the edge, white of egg, beetroot, and cucumber, in fancy shapes about the top, and over the whole I rub the yolk of an egg through a wire sieve. Upon this again, if you like, a sprinkling of finely chopped parsley. In cooking beetroot you must notice that there is no fracture in the skin, or it will bleed in the saucepan, and be found almost colourless; I think the wiser plan is to bake them. Those who are fond of TOMATOES will like them in a salad; they make a good one cut in slices, and with a few slices of Spanish onion, a desert spoonful of chopped parsley, plenty of oil, some vinegar, and seasoning. Celery and beetroot together are also delicious; some people add a little onion. Potato salad I have already told you of, and numbers of others very similar will, doubtless, suggest themselves to your mind. In Germany, apples, meat, pickles, lettuce, and many other things equally incongruous, are mixed together, and the result is very satisfactory.

FIFTH LESSON.

FISH.

I SHALL commence this lesson with an example of a fish *entrée*, LOBSTER CUTLETS. The ingredients you will want are one lobster, one and a half ozs. of butter, one oz. of flour, one gill of cold water, half a gill of cream, seasoning, a squeeze of lemon juice, an egg, some crumbs, and the frying fat. They can be prepared early in the day, as the mixture must be cold before it is formed into cutlets; indeed, it may even be made up and left ready for frying an hour or two before it is

wanted. Unless a lobster is for eating, always select a hen, on account of the coral, which is so useful for colouring and decoration; you may know them by the extra breadth of the shell in the body, and can tell a good one by its weight. Lobsters are in full season in May and June, and the coral is then very plentiful; so is the spawn, which is taken from them previous to boiling, and pickled in a bottle with equal quantities of salt and sugar, against the winter, when there is none. Should you buy a cock lobster, ask for some spawn, which will answer the same purpose, and be used in precisely the same way. In many cookery books you are directed to commence by pounding the flesh in a mortar, it is a mistake; you should never disguise the substance of which your dishes are made, and, moreover, in this instance it would be disagreeably stringy; it is far better to cut it neatly into dice, a quarter of an inch square. Use none of the soft matter from the head; by rights only the tail should be used, but the flesh from the claws, if cut up tidily, can very well be put with it. Lobster cutlets should be as red all through as the shell of the fish after it is boiled. To obtain this colour, you must pound the coral or spawn with half an oz. of butter in a mortar, and then rub it through a wire sieve. Now, make a panada similar to that used for chicken croquettes: melt one oz. of butter, stir in one oz. of flour, add one gill of water or fish stock, stir it until it boils; let it cook very thoroughly, and add your pat of coral butter. If you are using spawn, it is a greenish black, and after mixing it with the panada you must stir it over the fire, until it turns bright red. When spawn is used for decoration in a jelly, salad, or upon turbot, it is thrown for one minute into rapidly boiling water. Lastly, add to your panada the cream, lemon juice, seasoning, and lobster, which you must stir in thoroughly without breaking; spread the mixture upon a greased dish, and set it to cool for at least two hours. The coral in the fish is found down the back, close against the shell, and running to the very top of the

head, if there is more than you need, wash, and wipe it very dry, and put it into a slow oven until hard enough to grate, if your oven is too hot, you will discolour and render it useless. Coral will keep any length of time if the moisture is perfectly dried out, and when rubbed on a fine grater produces a brilliant scarlet powder, very effectively used to sprinkle over a mayonnaise of lobster, or in garnishing other dishes prepared from fish. As soon as the mixture is firm you can make it into cutlets. Use as little flour as you can, and let none get inside the cutlet; just sprinkle sufficient on your board to prevent them from sticking. Take a table-spoonful and make it into a roll, now flatten it until it is half an inch thick, and at the same time make one end round and the other quite pointed, that they may resemble mutton cutlets as nearly as possible. A broad-bladed knife is best to use for the purpose. Egg and crumb these very perfectly, and as each is done lay it in a frying-basket, which, when as full as it can be without their touching one another, must be lowered into a saucepan of very hot fat, hotter than you use it for anything except potatoes and parsley. They are troublesome to fry, and burst very quickly if the fat is not at the right temperature when they first go in; they will also crack if you take them out too soon to look at, if there is not enough fat completely to cover them, and if the case of bread crumbs is imperfect. They must not be dark in colour, and should have a red tinge from the coral used in the panada, To represent bone, insert at the end of each cutlet one inch of the feeler, and arrange them on a dish paper precisely in the same way as mutton cutlets, filling up the centre with a good handful of fried parsley.* Sprinkle some finely grated coral over the whole, and serve them quite hot. Fish *entrées* are, of course, the first to hand round. If the coral is fresh you need not dry and grate it, but pass it at once through a very fine wire sieve, and you will obtain

nearly as good a powder. For a dish of cold lobster cutlets, you make the panada mixture and stir in the lobster flesh, and let it cool exactly the same, but they must be made up without any flour, and instead of the egg and crumbs they are rolled in powdered coral. Of course they are not cooked any more. They can be dished up with a border of chopped aspic jelly, or of salad, the centre being filled with the same. Another very effective way of serving them with aspic jelly is to let some set in a shallow dish to the depth of quarter of an inch, lay upon it the cutlets, formed into shape without flour, or stamped from the mixture with a cutlet cutter, pour over enough jelly to completely encase them, and let it set firm. Cut them out with a border of jelly round, about half an inch wide, and serve them with a good salad. Salmon cutlets can be made from this recipe, but they are much more difficult to keep in shape owing to the oily nature of the fish. If the lobster is cut up smaller and then formed into balls instead of cutlets, they are CROQUETTES D'HOMARD.

OYSTER FRITTERS are a favourite fish *entrée*, and an easy one. You must have some good fritter batter,* and a dozen or more oysters, according to the size of your dish. Have a pan of fat very hot, and some paper by the fire upon which to drain them. Trim off the beards, sprinkle over the oysters a little pepper and salt, take some batter in a spoon, lay an oyster in, pour more over, then gently drop it into the fat. If they are very small, two or more oysters may be included in the same fritter, but greater dexterity is required to slip them into the fat and fry them as one. They will need turning, and must be cooked, drained, and served with the utmost expedition; batter soon becomes sodden and flabby. The less oysters are cooked the better; for OYSTER SAUCE served with cod, they should only just be brought to the boil in the liquor the fishmonger sends with them, that liquor should be used instead of water, and

just before the sauce is poured into the turcen the oysters should be returned to it to warm through, away from the fire. Spirits should never be taken at the same time as oysters, they contain much albumen which the alcohol completely hardens, so that they are utterly indigestible. You can prove this most convincingly by putting one in a wine-glassful of brandy. You will find no difficulty with LOBSTER SAUCE after this lesson upon the cutlets. I shall be teaching you melted butter for fish, and to convert it into the sauce for turbot—you simply stir in the flesh of a small lobster cut in dice, and a pat of coral butter. The sauce for brill should be coloured by the same means, it is too often done with anchovy sauce; and a handful of picked shrimps must be added. In every sauce for fish lemon juice is an important ingredient, and should not be omitted; the acid assists its digestion, particularly in the case of oily fish.

I have already taught you how to clean and skin a sole; * I shall now show you how to FILLET it. Lay it on your board and make an incision down the centre, just over the back bone, and another on each side where the fins commence. Cut off the head and cut the flesh on the left hand half of the fish away from the bone, being careful not to cut through the bones and leave them in the flesh, nor to leave any flesh upon the bone; the knife must be held very flat. Turn the sole round, and remove the other fillet. Next turn it right over, and in the same way take off the remaining two. Put the bones and head, with a teaspoonful of salt and three quarters of a pint of water on to boil; I shall use it presently for sauce. The fillets must have all ragged pieces trimmed away, and are then ready to cook. For invalids, old people and children, it is a wise way of treating fish, as there is no danger from bones; plaice is filleted in the same manner, and thought by many people quite equal to sole. With some, it is customary to divide

* See page 73.

the fillets into smaller pieces; I think it better to leave them whole and twist them into shape. Draw the two ends towards you and cross them twice, always keeping the side which was next the bone outwards, the other is covered with a thin skin which contracts with heat, and in so doing would untwist the fillet if it were outside. They must, of course, be covered with the egg and crumbs, previously to being placed in shape. A frying basket will be necessary to cook them in. It is sometimes thought wasteful to fillet fish, but it need not be if well done. There is very little left with the fins, and the goodness from them is extracted and served in the sauce. **FILLETED AND FRIED MACKEREL** are extremely nice. Split in half, take out the back bone, and if a fine fish, cut each side into four pieces diagonally, dip these into egg with which you have mixed one dessert-spoonful of powdered mixed herbs and seasoning, then into bread crumbs, and fry them. If you broil them, use melted butter instead of the egg. They must have piquant sauce served in the dish with them, or the one I gave you in the other lesson for broiled mackerel. For a dish of **SOLE À LA MAÎTRE D'HÔTEL** you must have the fillets from a pair of soles, four makes too small a dish; half oz. of butter, three quarters of an oz. of flour, half a pint of fish stock, half a gill of cream, lemon juice, seasoning, and one table-spoonful of very finely chopped parsley. Fold the fillets in the way I described for frying, or else like a roll of carpet, or simply double them in half, remembering always that the flesh must be outside. Place them upon a greased baking tin, sprinkle salt and lemon juice over each to keep them white, and cover them with a piece of buttered paper for the same reason. They will take from six to ten minutes to bake, and will feel tender through, if you run a skewer in when they are done; meanwhile, prepare the sauce. You will observe I have broken the rule for melted butter, "always have more butter than flour," but the richness is made up for by the large amount of cream, for which, if you wish to omit it, sub-

stitute half an oz. of butter. Melt the butter, mix in the flour smoothly, and now add little by little the strained fish stock which has been boiling down from the bones; you want in all half a pint, but at first only one table-spoonful must go in at a time, because it is hot, and much mixing and beating is needed to prevent its becoming lumpy; (all fish sauces should have, as a foundation, some liquor in which their bones and trimmings have been boiling). Let it boil for a minute, then add the cream, seasoning, lemon juice, and parsley, and stand it away from the fire so that the parsley does not discolour. Lift the fillets off the tin and add the juice to your sauce. Arrange them upon a dish in a circle and pour the sauce over. A sprinkling of lobster coral upon the top of each adds to the brightness of the dish, or you may alternately use chopped parsley and browned bread crumbs. Plaice is nice when cooked *à la maître d'hôtel*, the flesh is firmer than if boiled. A more tasty dish is *Sole au gratin*. One large sole, four mushrooms, half a shallot, quarter of a pint of glaze, one table-spoonful of chopped parsley, lemon juice, two table-spoonfuls of browned crumbs and seasoning. The time it will take to bake varies with its thickness, from ten to fifteen minutes. Simply clean and trim the fish, or better still, if it is very large, fillet it and dispose the fillets to represent an entire fish, it is much pleasanter to serve and to eat without the bones. Mince the mushrooms, parsley, and shallot, the latter very finely, slightly grease a deep baking tin, large enough to take the sole, and sprinkle upon it half of your ingredients, excepting the glaze and bread crumbs. Gash the fish on each side several times with a knife, lay it in the tin and sprinkle over the remainder. Lastly, pour the glaze round and set it in a moderate oven. Some people only pour the glaze into the dish, the flavour is vastly improved by the two being cooked together. Try it with a skewer, and if tender in the thickest part, slip it with the sauce carefully on to a dish, just cover every part with browned crumbs, not thickly, only enough to hide the white flesh.

If you have no glaze made put a little stock, about one table-spoonful only in the tin to bake with the sole and boil one pint down quickly in a shallow pan without the lid. The browned bread crumbs can be obtained in two ways; put some white ones in the oven for a few minutes, or more economically, save all the crusts, put them in at night and leave them there, next morning they will be hard and crisp, pound them in a mortar and shake them through a sieve until they are of an equal size; they will keep any time in a tin cannister. Lastly I shall fry WHITING, in order to show you how round fish are skinned. When they are scarce, fishmongers often supply the ignorant with small haddock instead, and as the texture of the flesh is not unlike, the fraud is not always detected. A haddock is not so silvery as the whiting, nor so broad in the nose, the back and nose are of a purple tinge, whilst the other is stone colour, and they have two distinct black spots, one on each side just below the head. All flat fish are skinned like the sole, all round ones in this way: Cut the fins off the back with a sharp knife and from underneath also, removing at the same time a narrow strip of skin. Slip your thumb under it close to the head and carefully draw it downwards to the tail. If you attempt to skin from tail to head the flesh will come away in flakes with it. Lastly, rip the skin off the head and remove the eyes. Truss it into shape before covering with the egg. Either put the tail between the jaws and fasten it there with a small skewer, or slip it through the eyes where its fan like shape will generally hold it without fastening. Brush the fish over with egg, especially about the unsightly head, lay it in the crumbs, shake them well over, lift it with a skewer through the ring on to the board where you gently firm on the crumbs, have plenty of clean fat hot and lay it in without a frying basket, back downwards. The basket is unnecessary and might leave the mark of the wire upon the fish. Let it cook for about three minutes, then set it to drain on kitchen paper by the fire whilst you fry the others. Dish them upon a napkin and serve with fried parsley.

SIXTH LESSON.

OMELETTES AND SOUFFLÉES.

THIS might well be described as a lesson upon eggs, for they are the chief ingredient in both omelettes and soufflés. The term soufflée may be applied to anything which is lightened with whipped white of egg, but a soufflée proper is a very spongy, light pudding, so called because it is 'soufflée,' or blown up by the air contained in the whipped whites; it is particularly wholesome and very suitable for convalescents, unless baked, in which case the albumen becomes too much hardened to be digestible. There are only two ways of cooking them, by steaming and baking, and the former is infinitely preferable in every respect, it is more wholesome, more delicate in flavour, and more effective in appearance, whilst the latter is by far the easiest. As with almost every dish, if you can make one, with ordinary care, attention, and common sense, you can make any other variety of it you please. In the making there are three points specially to be borne in mind:—don't have too much flour for fear it won't stand, or it will be heavy and not rise at all; don't go to the other extreme, and have too little, in the hope of making it extra good, or it will be too light, and consequently fall when it is turned out; be very sure to cook the panada most thoroughly, and whip the whites as stiff as it is possible. In every soufflée there is one white at least more than the number of yolks, some use two more, but it is not necessary. Perhaps the most difficult part in their preparation is the cooking, it certainly is in the case of those which you steam. The baking is comparatively simple, since you only need your oven intensely hot, and sufficient patience not to open the door for ten minutes, when you may be sure of success, if the mixing has been rightly attended to. On an average, twenty minutes is the length of time to bake a soufflée,

whilst they require from twenty to thirty minutes to steam, and, if large, even longer. It is essential that the heat should be regular, and not too great; don't keep putting the saucepan over the fire and then drawing it back in anxious indecision, make up your mind when it will be of the right degree of heat, and there let it remain until the soufflée is cooked; of course, at first you will find this difficult, and you may err by being too cautious and not allowing the saucepan heat enough to expand the air, and so be disappointed in the lightness of your pudding; experience will help you better than any teaching: over a gas burner it is comparatively simple, for the heat is easily regulated by the tap. If the water in your saucepan is gently bubbling at one point you may be pretty sure that the soufflée will cook correctly; it must not boil, only simmer, and the heat should not be directly underneath but on one side, and the lid must not be continually lifted to see if it is cooking, like children who dig up the seeds they have just planted to ascertain how they grow. Firstly, put on a large saucepan with hot water in to the depth of one inch, next prepare your tin. A soufflée tin is like one for cakes, only narrower across, and with deeper sides, it should measure four and a half by three and a half inches in depth. Grease it most thoroughly in every part, especially in the joins, and use fresh butter, the salt in kitchen butter would make it stick. Now take a band of cartridge or doubled kitchen paper, three inches in depth, butter it, and bind it with string round the outside of your tin so that it will be a support to the pudding as it rises. It must not come low down on the tin, not so far as to touch the water, which it would draw up into the mixture; have a similar piece, about four inches square, with which to cover the top; if this is omitted, the steam which is condensed on the lid of the saucepan drops into the soufflée and spoils it. They take such a short time to mix and deteriorate so rapidly if not cooked immediately, that it is always necessary to prepare the tin first.

For a VANILLA SOUFFLÉE you will want one oz. of flour, one oz. of butter, one gill of milk, one oz. of castor sugar, four eggs, and half a teaspoonful of flavouring. Melt the butter, mix in the flour, add the milk, stir it smoothly whilst it boils and cooks until the panada comes freely from the sides of the saucepan, and when it is a trifle cooler beat in the three yolks vigorously, one by one—off the fire—sweeten and flavour it. The flour you use must be the very best, either Vienna or pastry whites. Now whip the four whites to the stiffest possible froth; an egg-beater is helpful, but it can be done as well upon a plate with a broad-bladed knife, if you keep the blade of the knife very parallel to the surface of the plate and turn the whole of the egg well over it each time. It is no use tickling it with the tip; and if begun badly they are twice the trouble to whip; get them well over at once, and keep all equally beaten, to do which you may have to turn the plate round now and then. New laid eggs are almost essential for soufflés; the fresher the egg the stiffer the froth. If not new laid, break them separately, lest one should be bad, and always be careful that none of the yolk falls in, it will increase the difficulty in whipping them, whilst a pinch of salt or sugar will materially assist. This froth must be mixed in most perfectly, or there will be streaks of white and streaks of yellow; at the same time, it must be very lightly done—a spoonful at a time, or the white will go down. Directly it is of an even consistency and colour, pour the mixture into the tin and set it in your saucepan with greased paper over the top, put the lid on, and don't look at it for quite ten minutes. You may then safely take a peep and see how it is getting on; if far up the paper, it has risen too quickly; it should come up very evenly and gradually, and when done will feel firm to the touch if pressed in the centre. It is most important it should have just the correct time, just long enough to harden the egg sufficiently to make it stand, and yet not long enough to drive out the im-

prisoned air, or on turning out it will wrinkle down like a crushed opera-hat. If not quite done, the sides bulge out and eventually crack. Great care is needed in turning a soufflée out of its tin. As with puddings, don't be in a hurry; cut the string and remove the paper, lift up the tin, slope it towards you, and turn it round, so that the soufflée falls away from the sides; don't use a knife, it will cut the edges and give it a ragged appearance. When quite free turn it gently on to a dish and lift off the tin, of which you must never lose hold, or its weight would crush the pudding. Strain your sauce round it without splashing, and serve it at once. Almost any sweet sauce can be used. You will find a nice one made in this way:—Boil one oz. of lump sugar in a tablespoonful of water until there is only one tablespoonful of thick syrup left; put to it one glass of sherry, one tablespoonful of marmalade, a squeeze of lemon juice, and enough cochineal to make it a pleasant cherry colour. Any sort of jam will do; if a red one, less cochineal is wanted; but none are so pretty as the coloured marmalade. Directly your jam is warmed through, the sauce is ready to strain. A LEMON SOUFFLÉE is very nearly the same, only differing in quantities, the way the flavouring is added, and the sort of flour used: one and a half ozs. of butter, one and a half ozs. of sugar, one and a half ozs. arrowroot, one lemon, four eggs, and half a pint of milk. Being larger, it will require steaming from thirty to forty minutes. Both this and the Vanilla might be baked, in which case no sauce would be required. Peel the lemon extremely thin, and put the rind in your half a pint of milk in a warm place to steep. This will extract the flavour; and in the same way you could use Vanilla bean, cinnamon stick, orange peel, &c.; or, you might add to your milk one tablespoonful of strong coffee, or of grated chocolate. Rub the one and a half oz. of lump sugar over the surface of the lemon and dissolve it in the milk. You will notice, from the proportion observed in the ingredients of the vanilla soufflée, that to the half pint of liquid

I should use two ozs. of flour, and yet I have only one and a half of arrowroot; arrowroot being more starchy and lighter than flour enables me to do with less, at all times the smaller quantity you use the better, provided the soufflé will stand; potato flour is sometimes used in place of flour. Make and mix it precisely like the last, cook it in the same manner, only longer; a custard goes well with it made thus. After you have strained the milk to your flour and butter, pour upon the lemon rind one gill of milk, and let it steep for twenty minutes, beat up the yolks of two eggs with one dessert-spoonful of castor sugar and strain the milk to them in a jug or measure, which you must stand in boiling water whilst you stir, until it has thickened to the consistency of good cream. Continue stirring for a minute or so after it has left the boiling water (eggs retain heat some time, and it might yet curdle), then strain it into the dish. Soufflés cannot be made of egg powders in place of the eggs, the powder lacks the albumen, the substance of which the soufflé is almost entirely composed. Those which are steamed should always be turned out of their tins, those you bake are sent to table in them; in neither case should the tins be washed, they must be wiped out with a dry cloth, and any pieces adhering scraped off with a knife; if wetted the next soufflé cooked in them sticks. For a CHEESE FONDUE the ingredients are one oz. of butter, three quarters of an oz. of flour, one gill of water or milk, but water is a little lighter, two ozs. of grated Parmesan cheese, one teaspoonful of mignonette pepper, salt, cayenne, and three eggs. No cheese but Parmesan is really suitable for cooking, owing to its strong flavour; hard dry Stilton, Brie, Cheshire, or Gloucester are, however, occasionally substituted. Melt the butter and fry in it the mignonette pepper, which is nothing more than white peppercorns coarsely bruised, strain the butter into another saucepan containing the flour, mix them, add the milk or water, cook the panada, beat in the yolks one by one off the fire, stir in the cheese and seasoning, and lastly the whipped whites. Pour the

mixture into a prepared tin and place it in a very quick oven, no paper is needed to cover it with. You must not go to the oven for at least ten minutes, and when you do, don't slam the door, a sudden draught of cold air would check its rising. When it is cooked enough it will probably have risen to the top of the paper and begins to sink immediately on leaving the oven, so that the dishing up must be done expeditiously. Tear away the paper, fold a napkin prettily round, sprinkle some grated cheese over, and send it to table as quickly as possible. Owing to the speed with which soufflés sink they are awkward dishes for a dinner party, you need to calculate nicely the time the earlier courses of the dinner will occupy, and it is better the guests should wait than the soufflé. If you have a proper soufflé dish, slip the tin into it as flower pots are put in fancy ones for table decoration. In some there is a spirit lamp beneath which should be lighted, and will keep the fondue from falling. Most cooks send a soufflé to the dining room door on a hot shovel, or with a hot salamander held over. This mixture is occasionally put into paper cases and served as Ramaquins, but it is not correct. When fruit, such as green gooseberries and apples, are made into soufflés, they must be stewed to an exceedingly stiff marmalade, little or no flour is used; vegetables, too, such as chestnuts and potatoes, sometimes form the main ingredient. Do not be disappointed if you have many failures, soufflés are admittedly difficult; it has been said with truth, the best of cooks will occasionally fail in them through no real fault of her own.

AN OMELETTE-SOUFFLÉE is something between an omelette and a soufflé; it is an omelette in that there are an equal number of yokes and whites, and a soufflé in that the whites are whipped separately, previous to being added. Any number of eggs can be used: two being the fewest, any jam or flavouring also, provided it is sweet. My favourite way of making them is to form a syrup with half an oz. of sugar, and one table-

spoonful of rose or orange flower water, by dissolving them over the fire and boiling until reduced somewhat to about one half, then adding this to the yolks of two eggs, which must be creamed to a froth; stir them continuously with a wooden spoon, they gradually grow lighter in colour, and increase in bulk; add to them gently and thoroughly their whites, stiffly whipped, and your omelette is ready for cooking. Make hot in a frying-pan six inches in diameter, half an oz. of butter, only enough really to grease the pan, in this sort of omelette the butter does not form an ingredient; in a plain one such as I shall show you presently, it does, and the more you use the richer the omelette. Pour in the mixture and give it one or two light stirs round, hold it over a *slow* fire for about two minutes to set the under side: be sure the heat is not great enough to blacken it, then put pan and all into a very quick oven for three minutes, or it may be cooked in front of a very fierce fire, though the oven is better. Whilst it is cooking get together what you require for serving it, a hot dish, a dredger containing castor sugar and a knife. As in the case of the fondue, don't open the oven door too often, look in about two minutes: if it has swollen, is a delicate fawn colour, and, when you shake the pan, looks firm in the centre, it is cooked, and must not be left in longer, or it will sink, wrinkle up, and taste tough. I am sure you will excuse me for reminding you that the handle of the pan is hot, and must be grasped with a cloth; hands have been fearfully seared through forgetfulness of this. Quickly run your knife round the edge, to be sure it is free, and shake it out, topsy-turvy, upon the dish, rapidly fold it in half, sprinkle over some sugar dust, and serve. It may be made "aux confitures" by slipping in a spoonful of heated jam as you fold it over. This is a comparatively easy omelette, as no manipulation is required. A PLAIN OMELETTE has been said to require promptness and decision of character, for it should not only be made, but eaten in the space of three minutes. An omelette is simply eggs and flavouring, nothing

more; directly flour or milk is added it ceases to be an omelette, and becomes batter or custard. The flavouring may be what you like, providing it is cooked, or needs no cooking, and is chopped up very small: parsley, mushrooms, shallot, herbs need no cooking; ham, tongue, kidney, fish, must all be cooked and finely shredded, they will be found delicious for a breakfast dish. You may take as many eggs as you please, from two to twelve, though the larger number requires great dexterity and practice, two would be safer for you to commence with: the size of the pan must, of course, be always proportionate to the number of eggs. If the pan is new, or has been wetted, it requires seasoning. Warm some fat in it until it is intensely hot, burnt, in fact, pour it away, and quickly and vigorously rub out the pan with paper, it will come as bright as when new, and there will be no danger of your omelette sticking. Beat the eggs, yolk and white together, with your seasoning and flavouring, there is one dessert-spoonful of grated Parmesan in this, melt one oz. of butter in the pan, and let it get hot, pour in the mixture and stir vigorously from the sides and bottom until it begins to set, mixing the butter in as you do so, raise the handle of the pan and scrape it all to the further side, let it just set, slip a spoon behind, and roll it over to the opposite side, at the same time lowering the handle of your pan; when firm on both sides, slip it on to a hot dish, and serve with a sprinkling of cheese over. There is no great difficulty in it, it must be quickly done, so that the centre is still liquid, and the outside only just enough hardened to hold together. The English cook's idea of an omelette has been somewhat justly defined as something between a very tough pancake and a piece of wash-leather.*

See page 33.

SEVENTH LESSON.

ENTREMETS.

ENTREMETS are second course dishes, and may be either savoury or sweet. In this lesson I shall give two examples of each. I have already shown you an entremet de légumes. In the term 'entremets sucrés' are included all descriptions of what we call sweets.

A great variety may be produced with the help of aspic jelly; RUSSIAN SALAD, for instance, is an extremely pretty dish and a very simple one. To make it you must have one pint of aspic jelly, one pint of mixed vegetables in fancy shapes, some gherkins, and, if liked, olives and anchovies, tarragon and chervil too, when they are in season. It should be made in a quart border mould, so called because when turned out there will be only a border of jelly with a space in the centre. Have as great a variety of vegetables as you can obtain, the points of 'sprue,' or thin asparagus, lengths of carrot, turnip, cucumber, or new potatoes cut with a French vegetable cutter, peas, beans, sprigs of white cauliflower, and so forth. Scald the mould, rinse it with cold water, and leave it wet. If you want to use your Russian salad the same day, you must put the mould in a basin, and pack ice round it, if not until the next, and the weather is cool, it can be set without ice, but it will take a long time. Warm the aspic jelly* just enough to make it liquid, and pour a couple of spoonfuls into the mould, next arrange a layer of vegetables, alternately asparagus, turnip, and carrot, for instance, cut in equal lengths, and, slanting a little to the right, pour in enough jelly to set them firm, and add another row of different colour leaning in the opposite direction, then, perhaps, some white sprigs of the cauliflower and green peas, forming with them any

* See p. 172.

device your fancy may dictate ; with time and patience very elaborate and effective designs can be worked out in the various colours. Each row must have enough jelly poured over to hold it, and it must get quite firm before more is added. Be careful not to garnish with a weight of vegetables leaning in one direction, or it will inevitably crack on being turned out. I would warn you against using beetroot ; although the colour is so good, it frequently spoils the jelly by running and giving it a blurred appearance. The gherkins should be exceedingly small, or else cut into shapes ; capers may be substituted for them. Olives must be stoned, and neither they nor anchovies must be used if preserved in oil, but in brine ; the latter must be wiped dry, and cut into pieces. The green leaves of the tarragon and chervil are a great help in the decoration, and so is Australian cress. A much quicker and very passable way of adding the vegetables to the jelly is to pour it when nearly cold into the mould, and then sprinkle them in carelessly, all at once, they settle themselves with tolerably good effect, and it takes less time and patience than waiting for each layer to get firm separately. When the jelly is turned out, the centre should be filled with the same sort of vegetables, &c., that are in the border mixed with mayonnaise sauce. Some Russian salads only consist of a dish full of the macedoine in sauce and no jelly, others serve it in a border of plain, ungarnished jelly. I recommend the first as by far the most effective. A sprinkling of small salad in the centre adds more to the sparkling brightness of the jelly than the mayonnaise and vegetables. Truffles in shapes, and white of egg also can be introduced into the designs ; you will find this the most convenient and economical way to prepare the latter. Take as many whites as you have unused from custards, puddings, or your mayonnaise sauce, pour them into a greased gallipot, and stand it in boiling water with paper over the top, until it is solid, then you have a good block from which to cut the shapes much less wastefully than from the rounded sides of the egg itself.

A GATEAU DE FRUIT is an excellent dish made from almost any fresh fruit; in winter French plums or apples can be used instead. The firmest fruits are the best to select, such as green gooseberries, cherries, and plums; currants and raspberries are so juicy they would lose their shape. One pint of fruit, one pint of water, half an oz. packet of gelatine, quarter of a pound of sugar, a squeeze of lemon juice, and half a pint of whipped cream to serve with it in the centre; for gateaux, like savoury jellies, are best made in border moulds. Put the gelatine into a quarter of a pint of cold water to soak for at least ten minutes, and then stir it over the fire until dissolved. Boil the rest of the water with the sugar, and the lid off your saucepan, until it is reduced to one half, removing all scum as it rises. Stone the fruit carefully—they must look entire and preserve their shape—let them simmer very gently in the syrup until the head of a trussing needle or a blunt skewer goes in easily—generally from five to ten minutes—then mix in the dissolved gelatine thoroughly, or the gateau may crack in places, pour it into a mould which has been scalded and left wet, and set it on ice to cool. The kernels of stone fruit, if blanched, can be placed as decoration at the top. To make this dish look tempting great care must be bestowed on not allowing the fruit to go to pieces; if plums or damsons are used, have a stone jar or enamelled pan, in which to stew the fruit, for its acid would act upon the tin lining of an ordinary saucepan, and give the juice a milky puce colour, very unsightly. To turn it out, dip the mould for one second into hot water, shake it in your hands, and reverse it upon the dish. Whip half a pint of double cream* with a dessert-spoonful of sugar to as great a stiffness as you can, and fill the centre, sprinkling over it some finely chopped pistachio nuts or some crimson sugar dust. The nuts are purple outside, but must

* See page 184.

be scalded with boiling water to remove the skins, under which you find them a brilliant green. To colour sugar put a few drops of cochineal upon some lumps, and let them dry, then crush it in a mortar or with a rolling pin; hundreds and thousands might be used instead. A Gateau de Prunes is prepared in the same way; if common prunes are used they should be soaked over night, and neither they nor French plums should be long stewed—they acquire a disagreeable medicinal flavour. An Apple Gateau is somewhat different: peel, core, and slice one pound of apples, put them, with the sugar and the thinly peeled rind of one lemon, in a pie dish in the oven or in a saucepan with half a pint of water, and let them stew down to a stiff marmalade. Rub it all through a hair sieve, strain to it the gelatine, and pour it in the mould to set. If the marmalade is divided in three, one portion whitened with cream or custard, another tinted with cochineal, and the third left green or brightened with a little spinach juice, you can get the gateau in layers of different colours.

CRÊME FRITE is, as its name implies, an entremet of fried cream, or a mixture as nearly approaching it as possible. It must be made at least two hours before it is cooked, that it may have time to cool and get quite firm. The ingredients are three dessert-spoonfuls of cornflour, one oz. of castor sugar, two ozs. of butter, two yolks and one whole egg, flavouring, and half a pint of cream, or, if you do not choose to afford so much, use a quarter of a pint of cream and a quarter of a pint of milk. Another egg, some cake crumbs, and the use of the frying fat will be needed for the cooking of the mixture. Melt the butter in a small saucepan, mix the cornflour with a little of the cream, then beat in the eggs with the flavouring and sugar, add the remainder of the cream, and pour it into the saucepan containing the melted butter; stand this in another containing boiling water, and stir it over the fire most regularly and carefully until the whole has thickened to the consistency of very rich cream. It

is troublesome to cook without some practice, as it must not be overdone or it hardens too much, nor underdone or it will not stiffen sufficiently to enable you to fry it, but it well repays you for the trouble when successfully accomplished. If you attempt to cook the mixture without standing it in an impromptu "bain Marie" it is nearly sure to burn. Spread it about the third of an inch in thickness over a greased dish, and set it aside to cool. Rub some stale sponge cakes through a wire sieve for crumbs, the chips left after making a Charlotte Russe can be turned to account in this way, and fried sweets are much nicer if rolled in sweetened crumbs instead of those from bread; indeed, some people use cake or biscuit crumbs for encasing fish, on account of their being finer. I have heard, too, of their being used already browned; it is a mistake; after frying they are too dark. Cream, made by this recipe, can be flavoured in a variety of ways; any essence, or orange flower, or rose water can be added just before it is spread to cool, remembering always that it must be done off the fire. The essential oil, from which the flavour is derived, is exceedingly volatile and easily driven off by heat. Lemon or orange rind, cinnamon or vanilla bean may be steeped in the milk previous to mixing with the cornflour; enough chocolate to colour and flavour the cream may be dissolved in it, or enough excessively strong coffee may be added. The most delicate way of flavouring with coffee is to gently boil the unroasted berries in the milk until it is slightly coloured and sufficiently tasty, then strain and let it cool a little before pouring it to the cornflour. Put your frying fat on to get hot, and as soon as the prepared cream is cold and solid cut it into shapes—diamonds waste the least—don't have any flour near it, but dip the pieces straight into the egg, then crumb them, firm on the crumbs and lay them in a frying basket, which, when it is as full as it can be without their touching, must be lowered into very hot fat until the outside is just golden brown. Lift them most care-

fully out with your fingers, for the intense heat has liquified them and they are really of the consistency of cream. Let them drain on whitey-brown paper by the fire while the rest of your dish is frying, then arrange them upon a table-napkin, or dish-paper, in a circle, each slightly overlapping its predecessor. Plentifully sprinkle them with fine white sugar, and let them be served very hot. Crêmes frites are equally nice dipped in a frying batter,* instead of the egg and crumbs; but it is more difficult to manage satisfactorily. If they are so light as to float, of course you must turn them. Any sort of fritter might be introduced as an entremet. All fruits are agreeable fried in batter, particularly fine strawberries and mulberries, the crimson and purple juice of which stains the batter and adds to the effect of the dish. Peaches, nectarines, greengages, plums, and, indeed, nearly all others are much improved by lying, cut in slices, for some hours in a marinade of brandy or liqueur, then roll them in plenty of powdered sugar before the batter, or you will find them too juicy for it to adhere. In making fritters of very small fruit you must drop two or three into the batter together, take them up in a spoon, and dexterously slip them into the fat as one fritter.

New ways of cooking cheese are generally acceptable, and I think you will be pleased with the next entremet I shall show you, AIGRETTES DE PARMESAN. Put into half a pint of hot water one oz. of butter, and, when it is boiling very fast, plunge in all at once four oz. of the finest Vienna flour, or potato flour, and beat it immediately backwards and forwards with a wooden spoon vigorously until it is perfectly smooth. Part of the beating must be done over the fire to cook the flour, which is most important in all hot water pastes, as the sudden heat bursts the starch grains, and makes them thicken, but does not cook it. Stir in off the fire two ozs. of grated Parmesan, pepper, cayenne, (no salt, you

observe), the yolks of two eggs, and lastly the whipped white of one, taking care you do not destroy its lightness in so doing. If you have time this should, like the crême, first be spread on a dish to cool, but it is not absolutely necessary, the mixture can be cooked at once. There are three ways of frying it, dipped in batter, in egg and crumbs, or without any covering. For the two former you must let it get cold and solid, then form it into shapes, and cook them in a frying basket; for the latter take up morsels, about half a teaspoonful, and drop them into plenty of boiling fat. Never mind what shape they are, the rougher the prettier, but do not let them be large, or they will not cook through—a good sized saucepan should hold about twenty at a time. They sink when first put in, but soon float, and as each becomes crisp and turns a pale brown, skim it out with a wire spoon or fish slice, drain it on paper, and then roll it in very fine salt. They should be served in several small dishes; many together on top of one another lose their crispness.

EIGHTH LESSON.

PASTRY.

You may, perhaps, be astonished at the quantity of butter I shall use in this lesson. I would have you remember that I am now teaching you the very best pastries, and therefore I do not curtail the allowance of either butter or eggs. You have already had one upon the plainer descriptions of short and flaky crust, and if you have really mastered the way of making them, it may safely be left to you to vary the richness at discretion. We hear constantly that you cannot be a good pastry-maker without a "light hand;" this is not quite correct—a cool hand would

be truer, for the secret of making it light is to get the butter in without heating it in the process; but there are rules to be attended to carefully, and by their help anyone ought to be able to produce good crust. Quite half the battle lies in the baking, especially with Puff Pastry, which may be perfect before it is cooked, and then an utter failure. All pastries, except those made with cheese, require a quick oven; in a slow one the butter melts out before the flour is sufficiently hardened to retain it, leaving the crust dry and chippy. A quarter of a lb. is the smallest quantity of puff it is possible to make with satisfaction; half a lb. is even better; you cannot do yourself justice with so little. You will want half lb. Vienna flour, half lb. fresh butter, yolk of an egg, lemon, a pinch of salt, and four or more table-spoonfuls of cold water as you may require. The best flour, you remember, always takes up the most water, and for good pastry it is essential you should use the driest and lightest kind, Vienna, made from the red wheats grown on the banks of the Danube. Fresh butter also is necessary, because of the absence of salt, which would tend to make the crust heavy; if, however, none is obtainable, the remedy is to knead what you have under the tap until the salt is washed out. It is scarcely needful to mention that pastry should not be made in a hot kitchen, but in the coolest place available, and, if you have it, upon slate or marble; in summer the butter should have been kept upon ice. The making of PUFF PASTIE occupies some time, quite one hour and a quarter, as it must stand aside between each rolling, in order that it may cool; friction produces heat, and, if it had its seven rollings one after the other, the butter would be so soft it would not blend with the flour. Place the butter in a cloth, roll it up and press out the water without making it hot or out of shape. Put a quarter of a pound of flour on your board, and make a well in the centre. Beat up the yolk of an egg with a pinch of salt, a tea-spoonful of lemon juice,

two table-spoonfuls of cold water in a tea-cup, and pour it little by little into the middle of the flour, mixing it at the same time with the other hand, never letting it get so dry as to be stringy, nor working in dry lumps of flour. If you need more water don't hesitate to add it ; the paste is to be of the same consistency as the butter, and it is a mistake to fancy water makes it eat hard ; if the paste is too stiff the butter cannot work into it, and squeezes out at each roll. It is also a mistake to imagine that you must not handle it much—*tout au contraire*, now that you have worked in all the dry flower, roll it into a ball, scrape from your board all the dry lumps left there, and gently knead the paste until it is like soft putty, perfectly mixed, quite elastic, and the same all through. You cannot hurt it, however much you work it about in its present state, for the butter is not in. I must warn you that all through the manufacture of Puff Paste the board must be kept perfectly free from pieces, and as little flower sprinkled upon it as you can possibly do with. It is a common error with beginners to work in afterwards almost as much as they originally started with. Roll the ball of paste straight out from you until it is at least twice the size of the pressed butter, which you must then lay on one half, fold the other over, and press the edges well together, as you would those of a turnover. This does not count as one roll, it is to have seven in all, and it is now ready for the first. Turn it round so that the two joined sides are opposite to you, and roll straight from you as far as you can, rolling always in one direction—from you or to you—but on no account from side to side. Neither must you press more heavily on one end of the pin than the other, or the flakes will rise unevenly in the oven. In rolling it is not necessary to press heavily, what you want is rather a sort of forward push which stretches out the crust. The best rolling pin to select is a plain round one without handles but perfectly straight ; those that bulge in the centre

are useless. Now fold the pastry in three, and again turn it, so as to bring the two open sides opposite you. Roll it out again as far as you possibly can, fold it as before, and set it on a plate in a cool place for at least a quarter of an hour; it will not hurt if you can afford time for it to stand longer, but it must be at least a quarter of an hour. It has now had two rollings; in intensely hot weather it is better to give it only one, and then set it aside. It must be folded each time with the greatest care; all the three pieces must be of equal size and not doubled in heedlessly; unless it is very neatly done, the flakes are irregular and the patties, or vol-au-vent case, for which it is used, will topple over in the oven. Give the paste two more rollings at the end of the fifteen minutes, and set it aside again, then bring it back for two more and send it into the cool for the last time; it has had six in all, and if you have rolled evenly and folded it neatly, it looks and feels to the touch like good cream cheese, and has all four sides perfectly straight. When you bring it back, give the last roll and it is then ready for use. Puff Pastry is used for a vol-au-vent, patties or meat pie chiefly; if for a vol-au-vent, it must be at least one inch thick when it is cut, for patties or a pie half an inch, and for jam tarts a quarter of an inch. You must have proper tin cutters the shape you require, and they must be dipped in boiling water, not in flour, as it is important to the lightness of the paste that it should be cut sharply and not dragged at the edges. Roll the paste out now to the requisite thickness, and stamp out your vol-au-vent or patty cases, which you lift in the cutter and shake straight on to the baking tin that they may not be marked by handling. There is no need to grease the tin, puff is so rich it is not likely to stick. As I have warned you to use as little flour as possible while rolling out this pastry, I need hardly remark that there should be no appearance of any when it is being used. After cutting the block for a vol-au-vent, or patty, take a cutter of the same shape, but two sizes smaller, dip it in the boiling water, and stamp it

into the centre of the pastry, pressing it two thirds of the way in; when it is baked the centre will be separate from the sides and can easily be raised with a couple of knives, leaving a space for the lobster or chicken. The top only must be brushed over with white of egg, but I prefer to do it in the oven, not now; egg catches very quickly and would look burnt. Place the baking sheet in a very hot oven from ten to fifteen minutes, one where the heat is underneath is far the best, there is less likelihood of the patty case being drawn to one side and rising crookedly, a vol-au-vent case requires even longer. Until you have sufficient experience to tell the heat of your oven by putting in your hand, the best test is to put in an odd piece of the pastry, or you can sprinkle some flour on a tin and judge from the speed with which it browns. Do not go to the oven too soon, opening the door cools it considerably, and checks its rising; when you do, don't keep it open longer than you can help. The pastry may need turning, and be most careful not to take it out before it is thoroughly cooked; it soon blows up if it is light, and, not unlike a soufflée, will sink somewhat afterwards if you have not allowed sufficient time for the flour to harden. Of course you must not go to the opposite extreme and overbake it. Burnt pastry is uneatable. From the remains, with a cutter one size larger than that used for stamping out the centre, cut some pieces to use as covers—they shrink in baking, and will be the exact size; for a vol-au-vent a number of small ones can be placed round the edge instead of one large one. These should be baked separately, they require less time than the cases, and if put in with them must be sacrificed. As soon as the pastry is baked, remove the soft piece from the centre, and fill it with a rich salpigon* of either fowl, game, oyster, or lobster. If your oven is so hot as to colour pastry almost immediately it goes in, it is too hot, and will incline to prevent its being light: use

See p. 120.

a piece of greased paper to cover it with, this will keep it from browning too much. Seven is the magic number for Puff Pastry, and some suppose an extra roll will spoil it. It is sometimes an improvement; occasionally it is too light to rise evenly without being rolled eight times. If you intend to use it for a meat pie, roll it the shape of your dish, but half an inch larger, cut a strip off the outside, wet the dish, lay this upon it, wet or egg the strip of paste and lay the whole over, press the two together with your thumbs just inside the edge, raise the dish in your left hand, and with a knife dipped in boiling water, trim the sides even, cutting always from you, and keeping the point of the knife slanted from the pie. Make a hole in the middle; this should never be neglected in a pie of fresh meat, I know of several instances where people have been ill from its omission, owing to the imprisonment of the gases generated during baking. It can be hidden by leaves or flowers cut from the trimmings of the pastry, but it must not be wholly covered. You can decorate a meat pie in any way you please, except at the edge, where you must leave the flakes free to rise, it should be glazed with yolk of egg and water when nearly done. Its baking requires management, for the crust wants half an hour in a very quick oven, and the meat two hours in a slow one, to get which you must sacrifice the crust unless you consider the pastry first, and then put the pie, with greased paper over it, on a cooler shelf in your oven, or outside on the top, for the meat to stew gently. Stewing the meat separately does not produce nearly so savoury a dish. For tartlets, rounds should be stamped out with a cutter a size larger than the patty pan in which you cook them, and a dummy, or a baked ball of flour and water, placed in the centre to prevent its rising. The jam should not be cooked in them.

GENOESE PASTRY is almost a cake; it is chiefly used for building up gateaux, for jam roll and sandwiches, &c. The ingredients are six ozs. of butter, six ozs. of

flour, seven eggs, eight ozs. of castor sugar, and it must bake from thirty to forty minutes. Melt the butter slowly, shake the Vienna flour through a wire sieve to be sure it is not lumpy, put the sugar into a large basin, and break the new laid eggs into it. Take a round baking tin, about ten inches across and three in depth; if it is copper, a *sauté* pan for instance, all the better; the heat from copper is more regular, but tin will serve. Cut a round of thick cartridge paper, eighteen inches across, and brush over it plenty of your melted butter, of thinner paper use two or three sheets, fit it into your tin, and carefully set folds round the edge so that they lie quite flat, otherwise they would be embedded in the pastry. Now stand the basin containing the eggs and sugar over a saucepan of boiling water and whip vigorously for twenty minutes, by then it should be so light as to fill the basin. If your china is thin don't let the water boil all the while; you want just heat enough to slightly stiffen the eggs as you froth them. I believe the secret of a good Genoese lies quite as much in the way you add the butter and flour as in the whipping; they must be got in thoroughly and evenly with only one or two turns of the whisk. Stand the basin on your board, pour the butter round (it must not be at all hot), stir it in lightly, sprinkle all the flour over the top, and rapidly mix it in with a few quick stirs, first to the right, and then to the left, after which pour it at once into the prepared tin, and set it in a good oven. Greased paper must be put over the top if it browns too quickly, and, if it catches underneath you must stand it upon a tray of sand. Grated lemon rind, or the essence can be added for flavouring. To test if it is done press the centre with your finger, and if it feels firm turn it out at once on to a wire sieve or cane-bottomed chair, and tear away the paper. It is intended to be eaten cold, and can be soaked with wine, cut in slices with jam between, iced with coloured sugar, and garnished with whipped cream according to taste. It is the most wholesome of all the pastries.

SHORT CRUST is very simple: eight ozs. of flour, six ozs. of butter, half an oz. of castor sugar, yolk of an egg, lemon juice and cold water. Rub the butter lightly into the flour and sugar, and mix it with the egg, lemon juice, and water, beaten together. Be careful to handle it as little as possible in hot weather, or you will make it into paste without any liquid. Flour your board and pin slightly, and roll the paste out only once; don't turn it over or fold it, but you may roll it in any direction, as there are no flakes to injure. As you have seen a fruit pie made, you know how to cover it.* It is a delusion to imagine a cup in the centre of the dish saves the juice, it does not; it saves some fruit inasmuch as it occupies the place of it, but all the while the pie is baking it is empty, and only when it comes into the cold air does the cup suck up the juice. Snipping the edge of the crust with scissors makes a pretty decoration for a fruit pie. Half an hour will bake it; you can see when the crust is cooked, and when the fruit is, it boils and steam escapes. In winter the yolk of an egg is not quite so necessary, though it always enriches the pastry; the lemon juice helps to make it light, and also to digest the baked butter.

CHEESE STRAWS must be very slowly baked, they scarcely need more than drying; over-cooked cheese is most objectionable and bitter. Put two ozs. of Vienna flour, two ozs. of grated Parmesan, and two ozs. of butter, with salt and cayenne (about as much as would cover a threepenny-piece), into a basin, and rub them lightly together, as though making short crust; mix it with the yolk of an egg and a squeeze of lemon juice only, no water at all; the whole character of them is changed if you add any, all the brittle crispness is gone, and they taste like ordinary crust flavoured with cheese. Some people do it because they are easier to make up. Knead the paste thoroughly together, and roll it out to

* See page 53.

the thickness of one-eighth of an inch, and to the breadth of five inches, Cut the sides straight, and make the straws by taking off strips the whole way across, a quarter of an inch wide. Carry them on your knife to the tin, which need not be greased, and lay them perfectly straight. It is so short you will experience some difficulty in doing this, they break easily, and must be handled as little as possible. From the remaining pieces, kneaded up and rolled out again, stamp some rings with round cutters of two sizes, and bake them with the straws in a slow oven, until they are fawn colour. If you can leave them on the tin until cold they are easier to serve. Place five or six straws in each ring, like a bundle of faggots; arrange them prettily on a napkin, and sprinkle some grated cheese over. This mixture is sometimes made into biscuits, but it is not quite correct.

NINTH LESSON.

PUDDINGS AND THEIR SAUCES.

IN fancy puddings there are scarcely any principles involved. As a rule, we prefer steaming them to boiling—they are lighter, and do not lose their richness in the water; those with much suet, however, cannot be well steamed—they would scarcely cook through. VENNOISE looks much like a rich plum pudding, and yet is made without butter, suet, or flour. Five ozs. of crumbs of bread, three ozs. of sultanas, three ozs. of castor sugar, four eggs, two ozs. of candied peel, one oz. of lump sugar, one glass of sherry, a quarter of a pint of cream, and half a pint of milk. Though the foundation is bread, no one would detect it if properly made. Cut five ozs. of the crumb of a loaf into small dice, put them in a basin with the sugar. Burn the oz.

of lump sugar in a small saucepan until it is dark brown; nothing is put with it whilst it burns. When it is the right colour, pour in the milk, and let it simmer until coffee colour, then strain it on to the dice, cover with a plate, and let it stand, if possible, until cold—this is to allow time for the bread to be coloured all through; if made hastily, pieces of white are visible on cutting it. Meanwhile, shred the peel finely, and clean the sultanas by rubbing them in a cloth with flour, which removes both stalks and dirt, beat the yolks of your four eggs with the wine and cream, and, if the milk is cold enough, mix all together. You know by now that the egg will be spoilt if it is too hot; the whites are not used in this pudding. Prepare a pudding mould by rubbing it everywhere with butter, and have a piece of greased paper for a covering—those tins with lids made expressly for this purpose are a mistake, the lid being fastened prevents the pudding from rising, however light it may be—any mould will do, only it cannot be used afterwards for jellies. Pour your pudding in, it may quite fill it, the paper is so light it is no bar to its rising. You must twist it round close to the top of the mould, stand it in a saucepan containing boiling water to the depth of one inch, where it will cook for one hour and a quarter. At the same time, put a kettle on, that you may have water with which to replenish it as it may require.

Ten minutes before serving make some GERMAN SAUCE with the yolks of two eggs, one dessert-spoonful of castor sugar, and one wine-glassful of sherry. Put them in a saucepan over a slow fire, stand a whisk upright in it, place your hands, stretched out, one on each side of the handle, and rub them backwards and forwards; this is called milling, and will produce a thick froth, which you must have just heat enough to stiffen or it returns to a liquid state when poured in the dish; too much heat curdles and spoils the eggs. For a plum pudding I should use one glass of brandy extra and four yolks. Remove the paper from the Veu-

noise, shake the mould slightly, put a dish over the top, reverse it and raise the tin, pour the sauce round and serve. It is an extremely easy dish to prepare, always turns out successfully, and is much approved. CABINET PUDDING is not quite so simple; it must be steamed with more care, lest the custard should spoil. It is of no consequence how fast the water boils for the Vennoise, for this it must gently simmer. The ingredients are four sponge-cakes, two ozs. of ratafias, one oz. of sugar, four eggs, one pint of milk, cherries, angelica, and vanilla. It is made in a soufflé-tin,* which you grease and line with sponge-cakes. If you cut the cakes in four you can arrange them with a white and a brown side outwards alternately. Arrange at the bottom some fancy dried fruits, and half fill the centre with broken pieces of cake and ratafias. Beat the yolks of four eggs and one white, with the milk, sugar, and flavouring to taste, and strain the custard into the tin, a little at a time, so as to allow the cakes to absorb it. It is easy to make a cabinet pudding stand if it is nearly all cake; it ought to be chiefly custard, and only just enough cake to stiffen it. Cover with greased paper and steam it like the Vennoise, only more slowly—it will want from three quarters of an hour to one hour. Look at it in twenty minutes, and if it has risen considerably the heat is too great; it must rise a little, but not so much that it will sink on being turned out. To ascertain if it is cooked feel the top; unless it is quite firm the sides will bulge and crack. Avoid using a knife to free it from the tin; patience it is sure to want, and it should be allowed to stand a minute first; it shrinks from the sides of itself. Turn it carefully on to a dish and serve with custard of the same flavouring or German sauce. It is intended to be eaten hot, but is almost equally nice cold. Cold cabinet pudding is a totally different mixture. You arrange in a mould layers of sponge cakes soaked in

* See p. 146.

wine, jam, ratafias, and custard in which half an oz. of gelatine has been dissolved, and allow it to set until firm. The only difficulty is not to use too much wine or jam, as they possess no stiffening properties and would make it crack. In making custards, whether to eat alone or as ingredients in another pudding, bear in mind that the fewer whites you can use the richer and softer they will be. Three whole eggs could be substituted for the four yolks and one white; you would be more sure of the pudding turning out creditably, but its delicacy would be gone; it would be poor and solid.

AMBER PUDDING is useful, inasmuch as it is an autumn and winter dish when it is troublesome to produce varieties. Its foundation is an apple marmalade, made by stewing six apples (previously peeled, cored, and sliced), with the rind and juice of a lemon, two ozs. of butter, and three ozs. of moist sugar, until they are reduced to a complete pulp. This can be done either in the oven or over the fire. Line a pie-dish half way down with a strip of short crust, and grease the bottom of the dish. Pass the apples through a hair sieve, beat into the marmalade the yolks of three eggs, and turn it into the dish. Ornament the edge of the pastry round as you please, either by laying fancy pieces upon it, by cutting it in strips, and bending the alternate ones inwards, or by snipping it with scissors. Bake it now for fifteen minutes. Beat the whites of your eggs * on a plate to a very stiff froth, and after it is done beat into them some lemon essence. Nothing is more insipid than white of egg, it is a decidedly objectionable garnish that tastes of nothing, but if you flavour them before whipping you will never get them up, only sugar should be added then. Cover the pudding with the froth, heaped high in the centre, and smoothed with a knife. Place in it at intervals pieces of dried fruits; cherries, angelica, and so on, and plenti-

* See page 147.

fully sprinkle it with castor sugar. Now, return it to the oven, which should not be at all fierce, for quite another quarter of an hour. It is a common mistake to leave it only long enough to blow up still further and take a colour, the consequence of which is that it soon sinks on coming out, and eventually runs away in its original state. It must remain in until it is solidified all through, and yet be no darker than fawn colour. When apples are out of season, this, by a slight alteration, can be converted into the QUEEN OF PUDDINGS. Instead of the marmalade, substitute a quarter of a pint of bread crumbs soaked in a quarter of a pint of sherry and a quarter of a pint of cream, beat in the eggs, and bake it. Let it get quite cold, spread apricot marmalade over, and cover with whipped cream, or, if you wish to be economical, use the whites instead.

APPLE CHARLOTTE is generally made with the same sort of apple marmalade, only stiffer. A very nice but more homely way is the following: Butter some thin slices of bread thickly on both sides, and line a tin with them, shake plenty of sugar round, place a layer of sliced apple at the bottom and cover with sugar and another slice of doubly buttered bread, then more apple and sugar, and so on until the tin is quite full, when it must be baked in a good oven for one hour to one and a half hours, it will then be a dark brown and much like French caramel. The great point is to have enough butter and sugar, and the juice of a lemon must also be used to give piquancy.

For LEMON PUDDING you will require two oz. cake crumbs, two lemons, two oz. castor sugar, two table-spoonfuls of milk, and two of cream, two eggs, and some short crust. In some recipes one inch of cinnamon stick is included, but I cannot help thinking it a mistake, the large quantity of spice completely overpowers the lemon and it really becomes cinnamon pudding. If you use it you must pound it to powder in a mortar with the sugar, which must be lump (it will not powder alone), then shake it through a strainer. The cake

crumbs are made by rubbing scraps of stale cake through a wire sieve, the trimmings from a Charlotte Russe can be saved in a tin for the purpose. Pour upon them the milk and cream, add the sugar and spice, and let them soak. Grate the rind of your lemons, squeeze the juice through a strainer, and add that next; beat in the yolks of the eggs, and, lastly, stir in lightly one whipped white. Pour it into a greased pie dish lined part way down with short crust, and bake it in a moderate oven for three quarters of an hour. Dredge a little sugar over the top for serving. The only mistake you are likely to make is in the mixing, which must be thorough, or you will have a lower layer of the crumbs tolerably solid, then one of custard, and an upper froth of scorched egg.

TENTH LESSON.

JELLIES AND CREAMS.

THE preparation of a jelly necessarily occupies a longer period than the limits of a lesson. Stock must be made for it the day before, unless, you use gelatine. That you may learn both methods, I will prepare an Aspic jelly from stock and a sweet one from gelatine. Aspic is the name given to a savoury jelly composed of meat, vegetables, herbs, spices, and other flavourings, and much used for decorating dishes, cold *entrées*, and salads. I will give you the full recipe for making the stock and converting it into jelly, it is somewhat lengthy: two calves' feet, two lbs. of knuckle veal, three quarters lb. of lean veal, the shells and whites of two eggs, two carrots, one turnip, two leeks or one onion (small), one half head of celery, one shallot, one clove of garlic, one blade of mace, three peppercorns, eight cloves, ten allspice berries, three bay leaves, one bouquet

garni, one sprig of tarragon, one sprig of chervil, the rind of one and juice of two lemons, one table spoonful of French vinegar, one table-spoonful of tarragon vinegar, one gill of chablis or sherry, a dessert-spoonful of salt, and it will take, in all, about seven hours to prepare—one for clearing the jelly and six on the previous day for boiling the stock. You must divide each of the calves' feet in four. First cut through the joint, and then between the hoofs, that will give you two pieces; next saw through the long bone. Blanch these in every instance before using them. You remember, to blanch anything is to put it on in cold water and bring it to the boil. Then take them up and wash them thoroughly in cold water, wash out also your saucepan—you cannot be too cleanly, and you will be astonished at the quantity of green scum that rises from the feet, apparently so white and clean. A lady once assured me that if any one walked across the room or breathed near her jelly, it was clouded; that is, of course, ridiculous. Great cleanliness and care are needed, then, if you will only follow the directions strictly, you cannot fail to have your jellies bright. It is not half so difficult a process as people imagine; and I shall point out to you as I go on some of the probable causes of failure, and give you the necessary cautions respecting them. To return to the calves' feet—after blanching, lay them in a saucepan with your two lbs. of knuckle of veal, free from fat and marrow; cut the meat into pieces an inch square, and break up the bone, add five pints of cold water, and one dessert-spoonful of salt, and bring it slowly to the boil. Meanwhile, prepare your vegetables in the usual way, and add them when it is thoroughly boiling. The garlic, shallot, mace, cloves, allspice, tarragon, chervil, lemons, vinegar, and wine are all too strong in flavour to require the long boiling of the stock—they are used in the clearing only. So is the three quarters of a lb. of lean veal and the eggs. This must now simmer gently for nearly the whole day, being skimmed from time to

time. The lid must be kept down, and, after six hours, the whole poured through a hair sieve and left until the next day. It will be found much reduced in quantity — there should be about one quart left; if there is more it will not be stiff enough to stand, if less, it will be more like glue than jelly. Before clearing it, it is most essential that it should be perfectly free from grease. Every particle must be removed. Dip an iron spoon in boiling water, so that it is quite hot, and skim over the surface. When you have taken off as much as you can in that way, dip the corner of a cloth in hot water, and wipe it carefully, and round the sides of the basin also. Have a scrupulously clean stewpan, and be sure that the tin lining is not worn off. If it is, the jelly will be discoloured. Put into it the stock, the shallot with the skin on—that helps to colour it, you know—one clove of garlic (the garlic root is composed of many small pieces enclosed in one skin), the spice, your French herbs, tarragon and chervil, when they are obtainable; should (they be out of season, use double the quantity of the tarragon vinegar to supply the flavour), the lean veal shred as for soups,* just a small quantity of each of the vegetables to revive the flavour, carrot, celery, turnip (very little of the latter, it is apt to predominate), and the shells and whites of your eggs. Just break up the shells, the whites need not be whipped. Put the saucepan over the fire, and keep it well stirred with a whisk until you see plenty of thick, white froth over the top and it steams plentifully. Then cease, take out your whisk, and let it boil up, it rises in the saucepan just as milk does before it boils over, let it come well to the top, and then draw it gently on one side where it will only just simmer very slightly. Put in now your vinegar and wine; if added earlier in the process they would be quite wasted. The flavour is volatile, and flies off in the cooking. Place the lid over the top, it helps to

* See Lesson II. in the High Class Series, page 110.

harden the crust, but don't quite close it, it is better to let the steam escape. That thick white scum is composed of the white of egg broken up extremely small by your continued whisking, and it carries up with it all the impurities, so that at the end of twenty minutes, when your jelly will be ready to strain off, it is perfectly clear and bright underneath.

In many cookery books the direction is given, "remove the scum." This is most absurd, it is your filter, and if you take away your filter how will the jelly run through clear? It is all nonsense to suppose that all the virtue of a bright jelly lies in the jelly bag. It is no such thing. A jelly is cleared in the saucepan, all the real work is done there or not at all; for, unless a good scum is formed, you might run it through twenty times and it would be no clearer than at first. You all know that running water through sand in a cloth will filter it; but try it through the cloth without the sand, it will be the same as when poured in; and just so with the jelly. I shall now leave that to stand by the fire for the twenty minutes whilst I make another, without stock, from gelatine. I will then give you the directions for straining them both; for jelly making is exceedingly simple, they are all on precisely the same principles, if you can make one, you can make any; broadly speaking, they only differ in the flavouring you add to them. Before leaving the aspic jelly, I must tell you that the second stock * is an excellent foundation for it, and makes your dish less costly than preparing a stock on purpose. If your second stock, when cold, is not stiff enough to stand, it can easily be remedied by the addition of a little gelatine. A still less expensive way of making it would be to use only gelatine. It has the advantage of being also quicker. In that case, I would advise your boiling your vegetables cut up small for about an hour in one and a half pint of water to extract their flavour, then dissolve the

* See Lesson II. in the High Class Series, page 109.

gelatine in it by the directions I shall give you presently, add to it the other ingredients, and proceed to clear it.

Jellies may be said to owe their existence to the stiffening properties of gelatine. They are delicious, and most useful in many cases, especially to invalids, as a vehicle for conveying nourishment in an agreeable form. Gelatine is found in bones, muscle, skin, horns, hoofs, and even in ivory. Hartshorn shavings boiled down with other ingredients make a jelly given to invalids.

I have just shown you one stiffened with the gelatine from bones, and am now going to make one with the pure gelatine, which you can buy in packets, already extracted and prepared for use, thus effecting a saving of time, fuel, and money; for the oz. packet costs only sixpence, and will make one quart of jelly, the equivalent for which would be two calves' feet at a cost of probably two shillings (this varies according to neighbourhood), and which would require boiling down for five or six hours the previous day. There is an immense prejudice in some people's minds in favour of the calves' feet, but if you get really pure gelatine it is quite as good and infinitely more convenient. We use Swinborne's for both jellies and creams. The packets are convenient, as they contain just the correct quantity for the quart jelly, and if too much is used your dish will be disagreeably stiff, so much so that a knife is almost needed to cut it. A jelly should be only just so stiff as to stand, and requires no mastication; the warmth of the mouth should dissolve it. In warm weather, August for instance, a small quantity more of the gelatine will be necessary both for the jellies and the creams, but be careful not to overdo it, they are both spoilt if made too solid, especially the creams. The dietetic value of gelatinē is scarcely yet determined; some chemists say it is highly nutritious, others not at all. It has been proved that after being acted upon by the gastric juice it will not again stiffen,

thus showing that it has parted with some constituent ; on the other hand, it is not found in the blood, hence it is argued it is not necessary to life since the blood is the life, and everything necessary to our existence may be traced therein. Neither is it in eggs or milk, both of which contain all that is absolutely essential for life. Any way it is a most useful and agreeable substance, and even if we cannot yet distinctly prove its use on the higher ground, we know that some of our food must be taken simply as stuffing to increase its bulk, and this is an undoubtedly pleasant padding. Dr. Lankester uses the illustration of horses who do not work so well on beans and oats as they do if they have chaff mixed with it; and so, he says, it is with human beings and gelatine. Another authority, Prof. Church, says, speaking of gelatine, it is probably turned to some account in the human body, but we can quite live without it; vegetarians do entirely. It is, however, admitted to be a "nitrogenous" substance (and all food-stuffs containing nitrogen are flesh formers), so that we may very safely conclude that it is a good and useful food as well as an obliging friend to the cook, whom it assists in many ways in preparing numerous tempting dishes.

Lemon jelly is a type jelly ; all others are made like it, with one lemon instead of three, and their distinctive flavouring in addition. For a maraschino jelly, the recipe I shall give you can be used with one third the quantity of lemon, and a glass of maraschino added at the last ; curaçoa in the same way ; orange jelly, three oranges and one lemon ; wine jelly, quarter of a pint of sherry, and three quarters of a wine-glassful of brandy, and so on. I shall use one oz. of gelatine, one quart of water, three lemons, three ozs. of lump sugar, one inch of cinnamon stick, eight cloves, and the shells of whites of two eggs. Take an oz. packet of gelatine and soak it in your quart of cold water for some time, from ten to twenty minutes. Peel the lemons exceedingly thin, the rind should be equally yellow on both sides ; if any of the

pith is taken up it makes it bitter. In punch and lemonade-making you often hear people blaming a "bitter lemon;" it is no such thing; it is because they have used the bitter part. Next rub your lumps of sugar over the surface so that they extract all the essential oil that may be left in the pores. Squeeze the juice from your fruit through a strainer that none of the pips fall in, and add that with the rind of two of the lemons to your saucepan. We always use one third less of the rind than of the juice of lemons, it is so much stronger in proportion. The rind gives the flavour of lemon, the juice the acidity. Next add one oz. of sugar for the juice of each lemon, this is an average proportion, but you must vary according to the taste of those for whom you are making the jelly. I remember two persons tasting the same jelly, one asked me if I had forgotten the sugar, and the other said it was rather too sweet.

Crush the shells of your eggs. If they are not clean wash them first in strong salt and water, put them with the whites into the saucepan; there is no need to beat them first, they will get well whisked whilst it is coming to the boil. One egg to each pint is always necessary for clearing jellies, and if you have no use for the yolk, that may go in too, though it is more economical to reserve them for custards.

I must warn you that very stiff jellies are very troublesome to clear, more egg will be needed, for it is the stiffening that needs the clearing, not the quantity;* and if you have used too much gelatine, and yet made only one quart of stock, two eggs will not clear it; moreover, it will be so thick, you will lose half in running it through your cloth, and will be disappointed to find it wasted and opaque. Your remedy would, of course, be to add water before clearing it. Put your saucepan over the fire, whisk it thoroughly until it quite boils up to the top, then draw it on one side, and leave it

* See page 110.

for twenty minutes to settle. Next consider your medium for straining it. I quite believe many people can make bright jellies in the saucepan, but cannot successfully complete the process, owing to the detestable jelly bags used for straining. I know of nothing in the way of cooking which I consider such an abomination as the jelly bag. It is almost invariably dirty—of course, I am alluding to those thick felt ones sold expressly for this purpose—there is great difficulty in cleaning them, owing to their thickness; soap is generally used, and it is impossible to rinse them thoroughly, so that the flavour of your jelly is too often unpleasantly suggestive of soap suds and washing day, besides which, the thickness of the substance retards the passage of the jelly, and unless you are particularly skilful, it will cool and set firm before half is through. Did you depend upon the cloth to clear your jelly, there might be some meaning in it, but, as we have it beautifully transparent in the saucepan, all that is now needed is a cloth so much closer than canvass that it will not let the particles of albumen forming our crust pass through, and yet in no way impede the passage of the liquid. Demet or tammy are the two best materials for the purpose. All that I ever use is an ordinary tea-cloth, taking care that it is perfectly clean, and has not been washed with soap or soda. A piece of ordinary house-flannel is a capital strainer, and if anyone is particularly wedded to a conical jelly bag, it is easy to make one by folding your square of flannel across and running the two sides together. Then this can be unripped for washing, and the material is not so expensive, but that after using it several times you might relegate it to the kitchen for scrubbing purposes, and indulge in a new one. A chair reversed upon a table, so that the legs point upwards, makes an excellent jelly stand, provided it has no bar across the centre. Tie each corner of your cloth securely to the legs, and place a basin underneath, now run boiling water through to make quite sure it is clean, and it is

ready for your jelly. With a jelly bag you must put enough water through to make the bag quite hot, and it must stand in front of the fire, then when you pour your jelly in the top, the first spoonfuls forced out are more than half water, so you must remove that basin and throw away its contents, rapidly replacing it by another. It is always as well to strain it in a warm place, even when using a cloth, because as it cools it stiffens, and you will not get it all passed through. I can now strain them both. Pour all the contents of your saucepan on to the centre of the cloth. It looks thick, because that has shaken and broken up the crust. Put a clean basin underneath, and now that the crust has settled, pour it through again, very gently this time, so as not to disturb it. It generally is perfectly clear and bright the second time, it scarcely ever needs to go through again; if, however, it still looks cloudy, it must, even again and again, until it is perfectly bright, bearing in mind always that it must be done so quickly that it does not stiffen. When all is satisfactory, let it become almost cold before it goes into the moulds; it will very often thicken at the last from being put in them too hot, especially if they are made of common tin. Lemon jelly should have no decoration, dried fruits would cloud it, and fresh ones be inappropriate. As I am going to finish off the aspic with hard boiled egg, I shall set a small quantity on the ice at once. The moulds for both jellies and creams should first be scalded in boiling water, lest they are greasy, and then rinsed out with cold and *left wet*. In winter jellies will set in the course of the day without ice; in summer they will become firm in four and twenty hours; but if you want to garnish them it is pleasanter at all times to have ice. Set the mould in a basin and pack it round with nobs of ice, particularly noticing that it stands level, or your decoration will be uneven. What is known as a border mould is generally used for aspic jellies, for it enables you to serve an appropriate salad in the centre. If it is to be eaten with a plain

salad the correct decoration in the jelly would be hard boiled eggs, mustard and cress, or any small green meat ; if with lobster salad, pieces of the claw and tail of the lobster should be floating in it, and the coral, properly prepared,* can be used with great advantage ; if with fowl or game fillets from the breast of the birds, are set in the jelly, and so on, bearing in mind that everything you use for decoration must be edible and cooked, or requiring no cooking. The ice plant looks very well. To boil your eggs hard put them into enough boiling water to cover them, and let them boil, without check, for ten minutes, then lift them out and lay them in cold water. Most people would say, at any rate, they know how to boil an egg hard, but even here there is something to be learnt, for if the boiling ceases for a minute the yolk never hardens thoroughly, and, instead of looking like a cloud of gold dust in your jelly it will be like mustard and water. This is the secret by which cook shops are able to supply an enormous number of eggs properly and lightly boiled at a minutes' notice. They boil them all over-night for three minutes, then let them get cold, next morning lay them in hot water, and they are at any minute ready to serve. The great point is to let them get cold, for if an egg is first properly and softly boiled, no amount of after cooking will harden it. The object of laying eggs in cold water immediately is to prevent the yolks turning black. When quite cold remove the yolk, and carefully cut pieces from the white with a fancy cutter, stars, crescents, rings, as you may like. Pour a little of your smaller portion of jelly, which by this time is nearly cold, into the mould first, just sufficient to cover the bottom, lay in it at regular intervals the pieces of white, and leave it until perfectly firm. Then pour in gently, with a spoon, some more jelly, paying great attention that you do not disturb the egg. If the second supply is too hot it

* See Lesson V. in High Class Series, page 138.

dissolves the first, and all your decorations will float out of their places. At the same time, if it is too cold it will not adhere, and on dishing up your jelly you will be annoyed to find it separating into flakes. You will by now have filled your mould to the depth of half an inch, lay in next some very small sprigs of parsley, tarragon, chervil, or cress, arranging them so that they will alternate with the white above; you must not fail to remember that you are garnishing it topsy-turvy, and that on being turned out all will be reversed. Pour in just enough liquid to hold them firmly. While that is setting rub the yolk of your egg through a wire sieve, and put with it about three table-spoonfuls of jelly. This will be your next layer, and you must be very particular in setting this decoration, for our object is to produce a distinct band of gold through the aspic, and, if it unites at all with what is already in the mould, the effect is lost, and the result a dismal failure. When that is perfectly firm fill up the mould. It looks overdone to garnish a plain aspic further, but, if you are using lobster or game, it is in this lower band of the jelly that the pieces should be floating. When aspic is only required for garnishing, it is run into a basin to cool, and then cut into stars, diamonds, crescents, and so on, or chopped up exceedingly small with a knife. To turn it out, plunge the mould rapidly into hot water, shake it well in your hand, place a dish over the top, reverse the two together, and gently lift the mould. Take care to dip it very rapidly into the water, the more quickly the hotter it is, or the jelly will melt and run into the dish like a sauce. Crockery moulds are occasionally used, but I do not recommend them, they are troublesome to manage, their thickness is so great it takes some time for the heat to penetrate it.

I will next give you a recipe for Custard Cream. Half a pint of double cream, half a pint of milk, the yolks only of four eggs, one oz. of castor sugar, flavouring, and half an oz. of gelatine; and I must warn you

that if you are not using Swinborne's gelatine, but that of inferior strength, which is sold by the lb., you will need double the quantity. Double cream has stood upon the milk for at least four and twenty hours before skimming; single, or ordinary cream, is set in the morning and skimmed at night, but for whipping you must have that which has stood for "two meals," or "two milkings," as it is called. When none is obtainable (in very hot weather it will sometimes turn sour before it has stood as long), Devonshire cream will serve, dissolved first in an equal quantity of milk by very gentle heat. Soak your gelatine as early as you can in half your milk, let it stand for at least ten minutes, then bring it to the fire and stir until it is perfectly dissolved, stand it on one side to cool a little, break the eggs, separating yolks from whites (an economical cook would use the whites for jellies, meringues, salads,* lemon, sponge, &c.). Beat the yolks very slightly with the remainder of your milk, and pour it through a strainer into a jug. Stand this in a saucepan of boiling water, and stir it until it is of the same thickness as your cream. Be very careful not to let it curdle; directly you see it thickening lift it out, one second too long will do the mischief and completely ruin it; and even afterwards it may curdle, for eggs retain their heat so that unless you continue stirring it for a minute or so, it may yet happen; of course, if your milk is the least sour the same result will occur. Strain the gelatine into the jug, mix them, and set them away to cool. Before the gelatine is added you have an ordinary boiled custard, only needing sugar and flavouring. By using it for a cream we are lessening the cost of the dish by fully one third; the eggs and milk with the cream will fill a one quart mould, to do which, without the custard, you must have one pint of cream. Next add the castor sugar, one oz., and the flavouring (about half a tea-

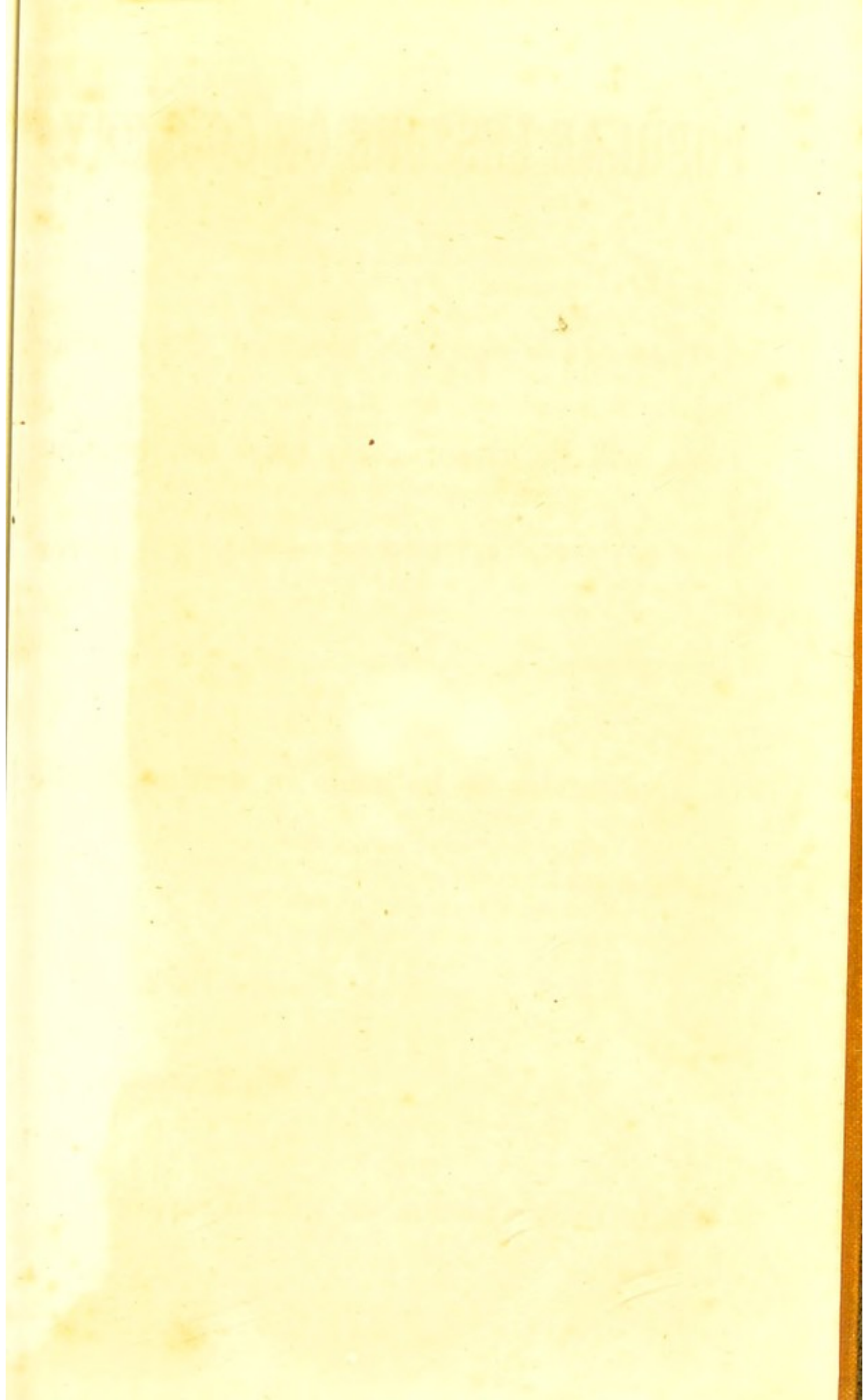
* See Lesson IV. in High Class Series, page 154.

spoonful of vanilla and less of a stronger essence) to the cream, and proceed to whip it with an ordinary whisk. It is not hard work ; your object is to make it as light as possible by beating air into it, so raise your whisk each time as much as you can, and turn the cream over. Cream well beaten is double its original bulk. You must continue until on holding up your whisk you find the cream cling to it, then stop instantly ; a turn or two more, especially in the summer, and you will be dismayed to find the contents of your basin a quantity of milk and a little pat of butter. As long as it has a smooth, creamy appearance you are safe, but directly it looks rough as though sand or fine crumbs were mixed in it—be careful, you are churning. Prepare your mould as for jellies, and garnish it with fruit, cherries, angelica, or pistachio nuts blanched and minced finely. These latter have a very pretty effect like moss. Now if the custard and gelatine are cool enough, you may add them to the cream, and herein lies the whole art of cream making. If it is poured in too hot it destroys all the lightness of the cream, and no amount of after whipping will recover it, and when turned out of the mould it will be found in layers ; a little cake of glue at the top, that is the gelatine which settles at the bottom of the mould, then the custard, and lastly a lighter band which is the cream. If put in too cold it never mixes thoroughly, half sets in the basin, and when turned out is rough and cracks away in lumps. It should be only just warm enough to mix and pour into the shape before it sets, then it blends perfectly all through, and every part of the cream is of the same colour and consistency. A little experience will soon show you when it is of the right temperature, it should just be lukewarm. A cream of fresh fruit is slightly different, no custard is used, but the syrup of the fruit instead. You must pass a pint of raspberries through a silk sieve, if you have one, if not fine hair ; add to them the juice of a lemon and two ozs. of castor sugar. Dissolve half an oz. of gelatine in quarter of a pint of

milk. Whip half a pint of cream stiffly, add to it the syrup, and lastly the gelatine, then turn it into your mould, which may be garnished with some of the whole fruit and set it on ice to cool. From these two recipes you ought to make almost any cream successfully, like jellies they mainly differ in the flavouring. A fruit cream ought not to have custard in it, neither ought a Charlotte Russe, which I shall show you next. For this you require half a pint of cream, quarter of a pint milk, quarter of an oz. of gelatine, half an oz. of sugar, flavouring, dried fruit for garnishing, and six pennyworth of savoy's. It is made in a straight round tin, like a cake tin, only narrower across, and with higher sides, a large Charlotte Russe is inelegant, it is better to have two small ones. The tin is to be clean and dry, and not prepared in any way; as it is lined with the biscuits, and does not require it, they will not stick. I once saw the result after it had been wetted as for a jelly, it was most disastrous; the crisp brown outside of the biscuits stuck to the tin, and they looked sodden and ugly as though mice had been nibbling the outside. The ladies' fingers sold in tins are not suitable, they are so crisp they break in trimming, and you cannot press them well together; those purchased at the confectioners are much better. You will not absolutely use all the sixpenny worth, some may break, and these with the scraps can be used for puddings or cake crumbs. They must be neatly trimmed, so that all four sides are straight and even; then line your tin, keeping the brown side towards the tin. You must always hold the first and last or they will tumble down; it can be managed by keeping your little finger on the first, and creeping round with the forefinger. Squeeze them as tightly together as you can or the cream will force itself through. Never choose a mould with sloping sides, for you must then cut one finger wedge-shape, and it spoils the appearance. With the top of a knife you can arrange some dried fruit at the bottom of your tin; don't lay biscuits there, it does not

look well, but before this you must gently shake out the crumbs. Soak and dissolve your gelatine as for the custard cream. Put your sugar and flavouring to the cream, whip it, and add the gelatine, if cool, through a strainer. In this cream you must be even quicker after mixing it in getting it into the mould, for it sets more rapidly, owing to the smaller bulk of the gelatine and milk in proportion to the cold cream. The first supply should be put in gently by spoonfuls, so as not to disturb the garniture. It will be very soon ready to turn out, and only the top need be dipped in the warm water, as the cream nowhere else touches the tin. In farm-houses in winter, where the cream is very good, it is possible to make a Charlotte Russe without gelatine, as the biscuits support it, but for all others in every case you must use some stiffening, the less the better; you don't want them as stiff and solid as a blanc mange, but remember that in the hot weather a trifle more gelatine will be necessary.

There are, as you know, many other varieties of creams, but from the examples I have given you you ought to be able to prepare them, provided always you remember the proportions: half an oz. of gelatine to one pint of cream, or cream and custard, or cream and fruit syrup; and don't forget that the gelatine must cool before it is mixed. One or two failures will impress this upon you more strongly than my words. We never learn thoroughly but when we learn by experience, and I hope, therefore, that you will practically ~~test~~ these recipes yourselves.



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